



Dear Family,

We have been busy working away with your school cooks to create new and exciting menus. Your child's health and happiness is the key driving force behind abm catering's values and we feel every child deserves the best quality of food and nutrition.

It's only natural to be concerned about whether your child is eating the right things, getting enough food and enjoying what's on the menu. That's why we put so much effort into getting our menus right! Take a look at the reverse of this flyer to see the variety of dishes that have been carefully selected by our chefs to offer something for every child, every day.

Our menus reflect the seasons to ensure we can always use the freshest ingredients, locally sourced wherever possible. By buying in fresh ingredients from quality producers, we can guarantee that your child is getting what it says on the menu. We always look to provide two hot main meals – one of which is vegetarian, full salad bar and a choice of fresh bread to compliment your child's meal.

From our experience, we know that children love eating together at lunchtime. It's all part of a normal day at school and a chance for them to socialise with their friends away from lessons.

Our job is to enhance that with some great food and exciting special days that add an extra bit of fun to proceedings!

With such a fun-packed term ahead, we are confident your children will be eating healthily, trying new things and receiving the fuel they need to concentrate throughout the afternoon.



## Our Menus

- Our menus meet or exceed government food standards for school meals
- Do not include fish on the Marine Conservation Society 'fish to avoid' list
- Only contain British farm assured meat
- Are nut free

Spring 2019 - Summer 2019  
Menu

# the Tasties

Putting the fun into food



## Week One Menu



25th Feb, 18th Mar, 08th Apr, 29th Apr, 20th May, 10th Jun, 01st Jul, 02nd Sept, 23rd Sept, 14th Oct

NOTE: Please check with school for inset days, holidays and half term dates

### Key

V - VEGETARIAN  
GF - GLUTEN FREE

### Monday

**BBQ CHICKEN WITH SAVOURY RICE (H)**  
**MARGHERITA PIZZA (V)** WITH POTATO WEDGES  
**JACKET POTATO (V)**  
**JAM SPONGE & CUSTARD (V)**

### Tuesday

**LASAGNE (H)**  
**VEGETARIAN MEATBALLS (V)**  
**CHEESE SANDWICH (V)**  
**JACKET POTATO (V)**  
**CHOCOLATE SPONGE (V)**

### Wednesday

**ROAST TURKEY, ROAST POTATOES & GRAVY (H)**  
**CHEESE & ONION PASTY (V)**  
**JACKET POTATO (V)**  
**JELLY & FRUIT (V)**

### Thursday

**CHICKEN PITTA (H) (GF)**  
**CHEESE FLAN (V)**  
**TUNA SANDWICH**  
**JACKET POTATO (V)**  
**APPLE FLAPJACK (V)**

### Friday

**FISH FINGERS WITH CHIPS**  
**VEGETARIAN HOTDOG IN A ROLL (V)**  
**JACKET POTATO (V)**  
**BAKED BEANS (V)**  
**FRUITY FRIDAY (V)**

### Available Daily

WHOLEMEAL  
BREAD, COLD DELI  
BAR, A SELECTION  
OF JACKET  
POTATOES,  
WATER, SEASONAL  
FRESH FRUIT.

## Week Two Menu



04th Mar, 25th Mar, 15th Apr, 06th May, 27th May, 17th Jun, 08th Jul, 09th Sept, 30th Sept,

### Key

V - VEGETARIAN  
GF - GLUTEN FREE

### Monday

**BEEF BURGER IN A BUN (H)**  
**CHEESE & TOMATO PASTA TWISTS (V)**  
**JACKET POTATO (V)**  
**OATY COOKIE (V)**

### Tuesday

**MEXICAN CHICKEN (H)**  
**VEGETABLE BIRYANI & RAITA (V)**  
**CHEESE SANDWICH (V)**  
**JACKET POTATO (V)**  
**APPLE CRUMBLE & CUSTARD (V)**

### Wednesday

**ROAST CHICKEN WITH ROAST POTATOES & GRAVY (H)**  
**MACARONI CHEESE (V)**  
**JACKET POTATO (V)**  
**CARROT CAKE (V)**

### Thursday

**TURKEY PIZZA (H)**  
**VEGETABLE CHOW MEIN (V)**  
**TUNA SANDWICH**  
**JACKET POTATO (V)**  
**JELLY & ICE CREAM (V)**

### Friday

**FISH FINGERS WITH CHIPS**  
**VEGETABLE SAMOSA (V)**  
**JACKET POTATO (V)**  
**BAKED BEANS (V)**  
**FRUITY FRIDAY (V)**

### Available Daily

WHOLEMEAL  
BREAD, COLD DELI  
BAR, A SELECTION  
OF JACKET  
POTATOES,  
WATER, SEASONAL  
FRESH FRUIT.

## Week Three Menu



11th Mar, 01st Apr, 22nd Apr, 13th May, 03rd Jun, 15th Jul, 16th Sept, 07th Oct

NOTE: Please check with school for inset days, holidays and half term dates

### Key

V - VEGETARIAN  
GF - GLUTEN FREE

### Monday

**CHICKEN BURGER IN A BUN (H)**  
**CHEESE OMELETTE (V)**  
**JACKET POTATO (V)**  
**ICED LEMON SPONGE (V)**

### Tuesday

**MEATBALLS IN A TOMATO SAUCE WITH PASTA (H)**  
**VEGETABLE BURGER IN A BUN (V)**  
**CHEESE SANDWICH (V)**  
**JACKET POTATO (V)**  
**SHORTBREAD & ICE CREAM (V)**

### Wednesday

**LAMB KEEMA (H)**  
**VEGETABLE WRAP (V)**  
**JACKET POTATO (V)**  
**CHOC RICE CRISPIE CAKE (V)**

### Thursday

**STIR FRIED CHICKEN & NOODLES (H)**  
**CHEESE & ONION PASTY (V)**  
**TUNA SANDWICH**  
**JACKET POTATO (V)**  
**PINEAPPLE UPSIDE DOWN CAKE (V)**

### Friday

**FISH FINGERS WITH CHIPS**  
**VEGETARIAN LASAGNE (V)**  
**JACKET POTATO (V)**  
**BAKED BEANS (V)**  
**FRUITY FRIDAY (V)**

### Available Daily

WHOLEMEAL  
BREAD, COLD DELI  
BAR, A SELECTION  
OF JACKET  
POTATOES,  
WATER, SEASONAL  
FRESH FRUIT.

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