



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



Autumn '18 - Winter '19
October 2018 - February 2019

Menu

the Tasties

Putting the fun into food



Week One Menu

NOTE: week beginning = *4/11/19* 25/11/19 *16/12/19*
20/1/20

Please note highlighted weeks are themed weeks, menus to be sent out

Key

V - VEGETARIAN
GF - GLUTEN FREE

Monday

CAJUN CHICKEN NUGGETS (H)
CHEESE & TOMATO PIZZA (V)
SEASON VEGETABLES (V) (GF)
JAM & COCONUT SPONGE & CUSTARD (V)

Tuesday

BEEF LASAGNE (H)
VEGETARIAN HOTDOG (V)
SEASON VEGETABLES (V) (GF)
CHOCOLATE COOKIE (V)

Wednesday

ROAST TURKEY, ROAST POTATOES & GRAVY
CHEESE & ONION PASTY (V)
SEASON VEGETABLES (V) (GF)
MARBLE CAKE WITH CUSTARD (V)

Thursday

SHEPHERDS PIE (H)
CHEESE FLAN (V)
SEASON VEGETABLES (V) (GF)
APPLE FLAPJACK (V)

Friday

FISH FINGERS AND CHIPS
VEGETARIAN MEATBALLS (V)
BAKED BEANS (V) (GF)
FRUITY FRIDAY

Available Daily

WHOLEMEAL BREAD, FRESH SALAD, WATER, FRUIT, YOGHURT, JELLY, FRESH SANDWICHES (cheese or Tuna) & JACKET POTATOES

Week Two Menu

NOTE: week beginning = 11/11/19 *2/12/19* 6/1/20
27/1/20

Please note highlighted weeks are themed weeks, menus to be sent out

Key

V - VEGETARIAN
GF - GLUTEN FREE

Monday

BEEF BURGER IN A BUN (H)
CHEESE & TOMATO PASTA (V)
SEASON VEGETABLES (V) (GF)
CHOCOLATE BROWNIE (V)

Tuesday

MINCE BEEF PASTY (H)
VEGETABLE PASTA BOLOGNESE (V)
SEASON VEGETABLES (V) (GF)
APPLE CRUMBLE & CUSTARD (V)

Wednesday

ROAST CHICKEN ROAST POTATOES AND GRAVY
VEGETARIAN WELLINGTON (V)
SEASON VEGETABLES (V) (GF)
CHOCOLATE SPONGE & CUSTARD (V)

Thursday

MEXICAN CHICKEN & RICE (H)
VEGETARIAN CHILLI NACHOS (V)
SEASON VEGETABLES (V) (GF)
JELLY & ICECREAM (V)

Friday

FISH & CHIPS
VEGETABLE FINGERS AND CHIPS (V)
BAKED BEANS (V) (GF)
FRUITY FRIDAY

Available Daily

WHOLEMEAL BREAD, FRESH SALAD, WATER, FRUIT, YOGHURT, JELLY, FRESH SANDWICHES (cheese or Tuna) & JACKET POTATOES

Week Three Menu

NOTE: week beginning = *18/11/19* 9/12/19 13/1/20
3/2/20

Please note highlighted weeks are themed weeks, menus to be sent out

Key

V - VEGETARIAN
GF - GLUTEN FREE

Monday

CHICKEN BURGER IN A BUN (H)
CHEESE & POTATO PIE (V)
SEASON VEGETABLES (V) (GF)
ICED LEMON SPONGE (V)

Tuesday

MEATBALLS IN A TOMATO SAUCE & PASTA (H)
VEGETABLE BURGER IN A BUN (V)
SEASON VEGETABLES (V) (GF)
SHORTBREAD & ICECREAM (V)

Wednesday

LAMB KOFTA (H)
BEAN & POTATO BURRITO (V)
SEASON VEGETABLES (V) (GF)
CHOCOLATE RICE CRISPIE CAKE (V)

Thursday

CHICKEN CURRY & RICE (H)
CHICKPEA CURRY & RICE (V)
SEASON VEGETABLES (V) (GF)
PINEAPPLE UPSIDE SPONGE (V)

Friday

FISHCAKE & CHIPS
MIXED BEAN TORTILLA (V)
BAKED BEANS (V) (GF)
FRUITY FRIDAY

Available Daily

WHOLEMEAL BREAD, FRESH SALAD, WATER, FRUIT, YOGHURT, JELLY, FRESH SANDWICHES (cheese or Tuna) & JACKET POTATOES