



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 Menu

- 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



# the Tasties

Putting the fun into food





## Week One Menu

4<sup>th</sup> Nov 25<sup>th</sup> Nov 16<sup>th</sup> Dec 20<sup>th</sup> Jan 10<sup>th</sup> Feb 2<sup>nd</sup> March 23<sup>rd</sup> March

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

### Key

V - VEGETARIAN  
GF - GLUTEN FREE

### Monday

BEEF BURGER WITH POTATO WEDGES

VEGGIE BURGER WITH POTATO WEDGES

SEASONAL VEGETABLES

CARROT CAKE

### Tuesday

QUORN MINCE SPAGHETTI BOLOGNESE

SPAGHETTI BOLOGNESE

SEASONAL VEGETABLES

VANILLA ICE CREAM

### Wednesday

ROAST GAMMON WITH ROAST POTATOES

CHEESE and BEAN PUFF WITH ROAST POTATOES

SEASONAL VEGETABLES

APPLE CRUMBLE WITH CUSTARD

### Thursday

CHICKEN CURRY WITH RICE

MIXED BEAN CHILLI WITH RICE

SEASONAL VEGETABLES

CHOCOLATE CORNFLAKE CAKE

### Friday

COD or SALMON FISH FINGERS & CHIPS

VEGGIE FINGERS WITH CHIPS

SEASONAL VEGETABLES

JELLY WITH FRESH FRUIT

### Available Daily

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

## Week Two Menu

11<sup>th</sup> Nov 2<sup>nd</sup> Dec 6<sup>th</sup> Jan 27<sup>th</sup> Jan 17<sup>th</sup> Feb 9<sup>th</sup> March 30<sup>th</sup> March

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

### Key

V - VEGETARIAN  
GF - GLUTEN FREE

### Monday

SAUSAGE and MASH WITH GRAVY

VEGGIE SAUSAGE and MASH WITH GRAVY

SEASONAL VEGETABLES

FRUIT SALAD WITH SHORTBREAD FINGER

### Tuesday

SPAGHETTI AND MEATBALLS

SPAGHETTI AND VEGETARIAN MEATBALLS

SEASONAL VEGETABLES

GOOEY ORANGE PUDDING

### Wednesday

ROAST CHICKEN WITH MASHED POTATO AND GRAVY

QUORN SAUSAGE TOAD IN THE HOLE

SEASONAL VEGETABLES

BANANA CUSTARD

### Thursday

BBQ CHICKEN WITH RICE

CHEESE AND POTATO PIE

SEASONAL VEGETABLES

APPLE SPONGE AND CUSTARD

### Friday

COD FISH FINGERS AND CHIPS

VEGGIE FINGERS AND CHIPS

SEASONAL VEGETABLES

FUDGE TART AND CUSTARD

### Available Daily

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

## Week Three Menu

18<sup>th</sup> Nov 9<sup>th</sup> Dec 13<sup>th</sup> Jan 3<sup>rd</sup> Feb 24<sup>th</sup> Feb 16<sup>th</sup> March NOTE: Please check with school for inset days, holidays and half term dates

### Key

V - VEGETARIAN  
GF - GLUTEN FREE

### Monday

HOT DOG AND WEDGES

VEGETARIAN HOT DOG AND WEDGES

SEASONAL VEGETABLES

FRUITY FLAPJACK

### Tuesday

TUNA AND SWEETCORN PASTA BAKE

CHEESE AND TOMATO PASTA BAKE

SEASONAL VEGETABLES

MANDARINS AND ICE CREAM

### Wednesday

ROAST BEEF WITH ROAST POTATOES

VEGGIE COWBOY PIE

SEASONAL VEGETABLES

CHOCOLATE AND BANANA BROWNIE

### Thursday

HAWAIIAN PIZZA

MARGARITA PIZZA

SEASONAL VEGETABLES

LIME JELLY

### Friday

COD FISH FINGERS WITH CHIPS

VEGGIE FINGERS WITH CHIPS

SEASONAL VEGETABLES

FRUITY FRIDAY

### Available Daily

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