

Dear Parents

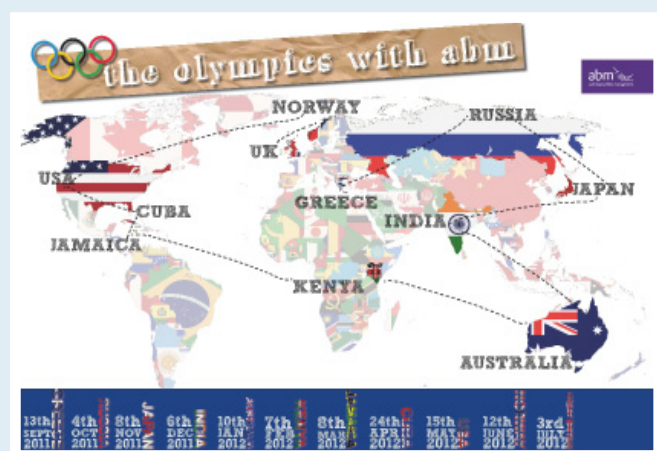
School meals and your child's happiness and success are a straightforward equation for abm catering: your child deserves the best quality and nutritionally balanced food to be able to achieve excellence at school. Your child's well-being is important to us, so our team of chefs have prepared a whole range of healthy, yet delicious new dishes and created special promotions that help to make lunchtime tasty and fun!



Take a look at the reverse of this flyer to see the variety of dishes that have been carefully selected by our nutritionist to offer something for every child, every day.

Since it's very important for your children to enjoy fresh food containing all the vitamins and minerals they need, our menus reflect the seasons to ensure we can always use the freshest ingredients - locally sourced wherever possible.

Your children will also have the opportunity to take part in a series of fun food workshops and assemblies during the course of the school year, focusing on the benefits of eating well and following a healthy lifestyle. Our monthly Olympic theme menu is now in full swing and has been a hit in dining rooms up and down the country. We're now half way around the world and will be stopping off at Australia, Kenya and Jamaica in the run up to Easter.



With such a fun-packed term ahead, we are confident your children will be eating healthily, getting to try things that are new and exciting and above all, fully enjoying their lunchtime.

If you would like further information on your children's lunches or advice on childhood nutrition, please feel free to email our nutritionist Danielle at dbretherton@abmcatering.co.uk



Set Lunch Options

Salad bar, bread, and chilled drinking water available.

All vegetables are seasonal with the exception of sweetcorn and peas.



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

w/c 2 JAN. 23 JAN. 13 FEB. 5 MAR. 26 MAR.

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

Wholemeal bread
 ◊
 Pizza selection
 ◊
 Jacket potato with a choice of filling
 ◊
 New potatoes
 Seasonal fresh vegetables
 Fresh crisp salad
 ◊
 Fruit crumble with vanilla sauce
 ◊
 Seasonal fresh fruit/yoghurt

Wholemeal bread
 ◊
 Chicken & vegetable wraps with herby potatoes
 ◊
 Cheesy topped tomato pasta
 ◊
 Baked beans
 Seasonal fresh vegetables
 Fresh crisp salad
 ◊
 Chocolate sponge with chocolate sauce
 ◊
 Seasonal fresh fruit/yoghurt

Wholemeal bread
 ◊
 Roast pork
 ◊
 Cheese flan
 ◊
 Roast potatoes
 New potatoes
 Seasonal fresh vegetables
 Fresh crisp salad
 ◊
 Fruit jelly & ice cream
 ◊
 Seasonal fresh fruit/yoghurt

Wholemeal bread
 ◊
 Lasagne with garlic bread
 ◊
 Vegetable curry with fluffy rice
 ◊
 Seasonal fresh vegetables
 Fresh crisp salad
 ◊
 Fruity flapjack
 ◊
 Seasonal fresh fruit/yoghurt

Wholemeal bread
 ◊
 Homemade beef burger with fresh tomato dip
 ◊
 Cheese & leek croquettes
 ◊
 Chips
 New potatoes
 Seasonal fresh vegetables
 Fresh crisp salad
 ◊
 Jam sponge with vanilla sauce
 ◊
 Seasonal fresh fruit/yoghurt

w/c 9 JAN. 30 JAN. 20 FEB. 12 MAR.

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

Wholemeal bread
 ◊
 Sausage with mash potato & gravy
 ◊
 Macaroni cheese
 ◊
 Seasonal fresh vegetables
 Fresh crisp salad
 ◊
 Chocolate brownie with chocolate sauce
 ◊
 Seasonal fresh fruit/yoghurt

Wholemeal bread
 ◊
 Pasta bolgnese
 ◊
 Vegetable curry with fluffy rice
 ◊
 Seasonal fresh vegetables
 Fresh crisp salad
 ◊
 Fruit pie with custard
 ◊
 Seasonal fresh fruit/yoghurt

Wholemeal bread
 ◊
 Roast chicken
 ◊
 Cauliflower & broccoli cheese
 ◊
 Roast potatoes
 New potatoes
 Seasonal fresh vegetables
 Fresh crisp salad
 ◊
 Shortbread finger with manderins
 ◊
 Seasonal fresh fruit/yoghurt

Wholemeal bread
 ◊
 Shepherds pie
 ◊
 Sweet & sour vegetables with fluffy rice
 ◊
 Seasonal fresh vegetables
 Fresh crisp salad
 ◊
 Ginger sponge with vanilla sauce
 ◊
 Seasonal fresh fruit/yoghurt

Wholemeal bread
 ◊
 Fish fingers
 ◊
 Cheese pinwheel
 ◊
 Chips
 New potatoes
 Baked beans
 Seasonal fresh vegetables
 Fresh crisp salad
 ◊
 Apple crunch & ice cream
 ◊
 Seasonal fresh fruit/yoghurt

w/c 16 JAN. 6 FEB. 27 FEB. 19 MAR.

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

Wholemeal bread
 ◊
 Turkey penne pasta
 ◊
 Cheese & tomato pizza
 ◊
 Seasonal fresh vegetables
 Fresh crisp salad
 ◊
 Sticky toffee pudding with custard
 ◊
 Seasonal fresh fruit/yoghurt

Wholemeal bread
 ◊
 Minced beef hotpot with sliced potato topping
 ◊
 Macaroni cheese
 ◊
 Seasonal fresh vegetables
 Fresh crisp salad
 ◊
 Chocolate cornflake cake
 ◊
 Seasonal fresh fruit/yoghurt

Wholemeal bread
 ◊
 Roast gammon
 ◊
 Creamy vegetable plait
 ◊
 Roast potatoes
 New potatoes
 Seasonal fresh vegetables
 Fresh crisp salad
 ◊
 Strawberry mousse
 ◊
 Seasonal fresh fruit/yoghurt

Wholemeal bread
 ◊
 Chicken curry with fluffy rice
 ◊
 Vegetarian sausage & baked bean casserole
 ◊
 Seasonal fresh vegetables
 Fresh crisp salad
 ◊
 Pineapple upside down cake with custard
 ◊
 Seasonal fresh fruit/yoghurt

Wholemeal bread
 ◊
 Salmon fishcakes
 ◊
 Vegetable burger with fresh tomato dip
 ◊
 Chips
 New potatoes
 Seasonal fresh vegetables
 Fresh crisp salad
 ◊
 Rice pudding with jam
 ◊
 Seasonal fresh fruit/yoghurt

