

Welcome to
BAM FM Ltd, and
REGGIE RELISH

and his monstrous
vegetables and other
scarily good foods.
Provider of the catering
service at your school



BAM FM Ltd prides itself on sourcing local, quality ingredients for our catering staff to use in our freshly prepared, nutritionally compliant dishes.

We use fresh, seasonal & local produce, where possible, as you will see reflected in our menus and are proud of the accreditations earned.

Our menus change to reflect seasonal availability of foods.

Allergy and dietary requirements will be issued individually to schools on request.

Special Diet puddings will be made using GF flour and as similar to the Daily pudding as possible

Menu is subject to change depending on the availability of ingredients

If you would like further information on any of our menus or services please contact us by emailing: gmccurry@bam.co.uk

REGGIE LOVES TO HEAR ANY FEEDBACK AND COMMENTS YOU MAY HAVE FOR HIM

Reggie makes lunchtimes fun!

He works hard to find the finest of suppliers and work to the highest standards



We work with:



Bromsgrove First School SCHOOL LUNCH

Summer Menu
June 2019 - October 2019



FOR MONSTER APPETITES

Hey Kids all our ingredients are sourced from the following areas



NAME

Meal Deal £2.30





WEEK 1

WEEK COMMENCING

02.09 23.09 14.10

MONDAY

Meat: Pork & Carrot Meatball Pasta Served with Salad

Vegetarian: Burger in a Bun Served with Wedges and Salad

Pudding: Fruit Flapjack

TUESDAY

Meat: Chicken Tikka Curry Served with Rice

Vegetarian: Spaghetti Bolognese & Garlic bread

Pudding: Chocolate Sponge

WEDNESDAY

Meat: Roast Beef served with Herby Diced Potatoes and Mixed Vegetables

Vegetarian: Roasted Quorn Fillet served with Herby Diced Potatoes and Mixed Vegetables

Pudding: Summer Fruit Crumble & Custard

THURSDAY

Meat: Sweet and Sour Chicken Noodles Served with Tortilla Chips

Vegetarian: Mixed Vegetable Rice served with Salad

Pudding: Fruit Mousse

FRIDAY

Fish: Battered Fish served with Chips & Peas

Vegetarian: Veggie Hot Dog with Chips & Peas

Pudding: St Clements Cake



WEEK 2

WEEK COMMENCING

09.09 30.09 21.10

MONDAY

Meat: BBQ Chicken Pittas Served with Salad and Wedges

Vegetarian: Sticky Vegetable Rice and Naan

Pudding: Fruit Cookie

TUESDAY

Meat: Tuna Mixed Pepper Pasta Bake Served with Salad

Vegetarian: Jacket Potato with Cheese & Beans

Pudding: Fruit Cheese Cake

WEDNESDAY

Meat: Roast Chicken served with Carrots, Sweetcorn and Roast Potatoes

Vegetarian: Quorn Fillet, Roast Potatoes with Carrots and Sweetcorn

Pudding: Bread & Butter Pudding

THURSDAY

Meat: Lasagna with Garlic Bread and Salad

Vegetarian: Burger in a Bun with Sweet potato Fries

Pudding: Rocky Road

FRIDAY

Fish: Fish Cake Served with Beans & Chips

Vegetarian: Pizza served with Beans & Chips

Pudding: Chocolate Flap Jack



WEEK 3

WEEK COMMENCING

16.09 07.10

MONDAY

Meat: Sausage & Mash, Onion Gravy served with Green beans

Vegetarian: Falafel filled Pitta Served with Salad & Mint Mayo

Pudding: Chocolate Crunch

TUESDAY

Meat: Sweet Chili Beef Wraps Served with Rice

Vegetarian: Macaroni Cheese & Salad

Pudding: Jam Sponge

WEDNESDAY

Meat: Roast Pork, Gravy, Boiled Potatoes with Cauliflower & Broccoli

Vegetarian: Quorn Fillet & Gravy served with Boiled Potatoes with Cauliflower & Broccoli

Pudding: Fruit Mousse

THURSDAY

Meat: Theo's Chicken Wrap served with Roasted Vegetables

Vegetarian: Mixed Bean Burrito served with Wedges

Pudding: Shortbread

FRIDAY

Fish: Fish Fingers served with Chips and Peas

Vegetarian: Vegetable Curry Served with Rice and Tortilla Crisps

Pudding: Ice Cream

DAILY EXTRAS

A Selection of Sandwiches, Salads, Yogurts and Fresh Fruit are Available Daily.
Steamed Salmon Fillet is available every Friday. Please pre order if you require this option.

