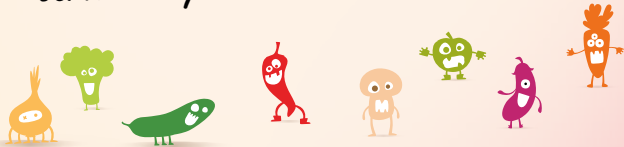


Welcome to
BAM FM Ltd, and
REGGIE RELISH

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



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

We use fresh seasonal 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.

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: dawn.marshall@bam.com

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 works to the highest standards



We work with:



EHS 501685



FS 81230



theo's
creative with food

bam
fm

BROMSGROVE FIRST & MIDDLE SCHOOL LUNCH

FEBRUARY 2023 - JULY 2023



FOR MONSTER APPETITES

BROMSGROVE FIRST & MIDDLE SCHOOL LUNCH

WEEK 1

WEEK COMMENCING

27/2, 20/3, 24/4,
15/5, 12/6, 03/7

MONDAY

Meat: Chicken Nuggets in a Wrap with Salad or Baked Beans

Vegetarian: Vegetable Fingers in a Wrap with Salad or Baked Beans

Dessert: Chocolate Iced Sponge Cake

TUESDAY

Meat: Chicken Korma with Rice and Carrots

Vegetarian: Vegetable Korma with Rice and Carrots

Dessert: Syrup Sponge and Custard

WEDNESDAY

Meat: Gammon with New Potatoes and Peas

Vegetarian: Vegetarian Sausage, New Potatoes and Peas

Dessert: Chocolate and Vanilla Marble Cake

THURSDAY

Meat: Beef Lasagne with Garlic Bread and Sweetcorn

Vegetarian: Vegetarian Lasagne with Garlic Bread and Sweetcorn

Dessert: Plain Iced Sponge Cake with Sprinkles

FRIDAY

Fish: Meat Pizza with Chips, Peas or Baked Beans

Vegetarian: Cheese and Tomato Pizza with Chips, Peas or Baked Beans

Dessert: Chocolate Chip Cake

WEEK 2

WEEK COMMENCING

06/3, 27/3, 01/5,
22/5, 19/6, 10/7

MONDAY

Meat: Beef Burger with Potato Wedges and Baked Beans

Vegetarian: Quorn Burger with Potato Wedges and Baked Beans

Dessert: Flapjack

TUESDAY

Meat: Pork Burritos with Salad

Vegetarian: Quorn Burritos with Salad

Dessert: Apple Crumble and Custard

WEDNESDAY

Meat: Roast Chicken with Sage and Onion Stuffing, Vegetables, Roast Potatoes and Gravy

Vegetarian: Quorn Fillet, Vegetables, Roast Potatoes and Gravy

Dessert: Carrot Cake

THURSDAY

Meat: Sausage and Cheesy Mash with Peas or Sweetcorn

Vegetarian: Vegetable Sausage and Cheesy Mash with Peas or Sweetcorn

Dessert: Lemon Drizzle Cake

FRIDAY

Fish: Fish Fingers with Chips and Baked Beans or Salad

Vegetarian: Tortilla Chips topped with Vegetable Salsa, Chips and Salad

Dessert: Chocolate Shortbread

WEEK 3

WEEK COMMENCING

13/3, 17/4, 08/5,
05/6, 26/6, 17/7

MONDAY

Meat: BBQ Chicken Wrap and Salad

Vegetarian: Buttered Pasta with Cheese and Sweetcorn

Dessert: Orange Drizzle Cake

TUESDAY

Meat: Beef Bolognaise Pasta Bake with Garlic Bread

Vegetarian: Jacket Potato with a choice of Vegetarian Fillings

Dessert: Rocky Road Chocolate Cracknel

WEDNESDAY

Meat: Roast Pork with Sage and Onion Stuffing, Roast Potatoes, Vegetables and Gravy

Vegetarian: Roasted Quorn Fillet with Sage and Onion Stuffing, Roast Potatoes, Vegetables and Gravy

Dessert: Chocolate Cake

THURSDAY

Meat: Jacket Potato with a choice of fillings

Vegetarian: Roasted Vegetable Pasta Bake with Garlic Bread

Dessert: Apple and Cherry Crumble with Custard

FRIDAY

Fish: Breaded Fish or Sausage Roll with Chips and Baked Beans or Salad

Vegetarian: Quorn Sausage with Chips and Baked Beans or Salad

Dessert: Chocolate Chip Brownie

DAILY EXTRAS

Salmon fishcake available on Fridays and Gluten Free options available daily when pre-ordered
Also available daily: Jacket Potato with toppings of Cheese, Baked Beans or Tuna Mayo. Freshly made Cheese, Ham, Tuna sandwiches Jelly, Fresh Fruit, Angel Delight