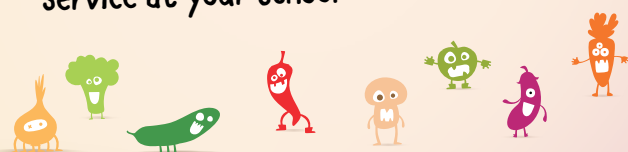


Welcome to  
BAM FM Ltd, and  
**REGGIE RELISH**  
and his monstrous  
vegetables and other  
scarily good foods.  
Provider of the catering  
service at your school



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](mailto: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:



# BROMSGROVE FIRST & MIDDLE SCHOOL LUNCH

February 2024 - July 2024



FOR MONSTER APPETITES



# BROMSGROVE FIRST & MIDDLE SCHOOL LUNCH



## WEEK 1

### WEEK COMMENCING

19.02.24, 11.03.24, 08.04.24, 29.04.24,  
20.05.24, 17.06.24, 08.07.24

### MONDAY

**Meat:** Sausage Roll, Diced Potatoes with Beans or Peas  
**Vegetarian:** Vegetable Korma with Brown Rice & Sweetcorn  
**Dessert:** Pears in Chocolate Sauce

### TUESDAY

**Meat:** Beef Lasagne, Garlic Bread with Sweetcorn  
**Vegetarian:** Quorn & Bean Fajita Wrap with Salad  
**Dessert:** Cookie Dough

### WEDNESDAY

**Meat:** Roast Turkey, Mashed Potato, Broccoli,  
Carrots with Gravy  
**Vegetarian:** Toad in the Hole, Mashed Potato,  
Carrots, Broccoli with Gravy  
**Dessert:** Rock Cakes

### THURSDAY

**Meat:** Fajita Chicken Wrap with Salad  
**Vegetarian:** Vegetable & Bean Chilli, with Garlic Bread  
**Dessert:** Shortbread

### FRIDAY

**Meat:** Pepperoni or Ham Pizza, Chips with Beans  
**Vegetarian:** Quorn Sweet & Sour Vegetables with Noodles  
**Dessert:** Ice Cream



## WEEK 2

### WEEK COMMENCING

26.02.24, 18.03.24, 15.04.24, 06.05.24,  
03.06.24, 24.06.24, 15.07.24

### MONDAY

**Meat:** Beef Burger, Wedges with Salad  
**Vegetarian:** Vegetable Mixed Beans Tortilla Stack,  
Wedges with Salad  
**Dessert:** Strawberry Angel Delight

### TUESDAY

**Meat:** Fish Pie with Peas  
**Vegetarian:** Quorn & Vegetable Wholemeal Pasta Bake  
with Garlic Bread  
**Dessert:** Apple & Berry Crumble & Custard

### WEDNESDAY

**Meat:** Gammon, New Potatoes, Spring Cabbage,  
Carrots with Gravy  
**Vegetarian:** Vegan Fillet, New Potatoes, Spring Cabbage,  
Carrots with Gravy  
**Dessert:** Chocolate Crunch with Strawberry Sauce

### THURSDAY

**Meat:** Chicken & Vegetable Wholemeal Pasta Bake  
**Vegetarian:** Vegetable Quiche with Savoury rice  
**Dessert:** Apple Cake

### FRIDAY

**Fish:** Fish & Chips with Beans  
**Vegetarian:** Cheese & Tomato Pizza, Chips with Beans  
**Dessert:** Cookies

### 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 & Egg sandwiches Jelly, Fresh Fruit.



## WEEK 3

### WEEK COMMENCING

04.03.24, 22.04.24, 13.05.24,  
10.06.24, 01.07.24

### MONDAY

**Meat:** Chicken Korma, Brown Rice with Carrots  
**Vegetarian:** Quorn Bolognese, wholemeal Penne Pasta  
with Salad  
**Dessert:** Fruit flap Jack

### TUESDAY

**Meat:** Sausage, Mashed Potato, Peas with Gravy  
**Vegetarian:** Quorn Sausage, Mashed Potato, Peas with Gravy  
**Dessert:** Pineapple Cake

### WEDNESDAY

**Meat:** Chicken, Roast Potatoes, Sweetcorn, Carrots with Gravy  
**Vegetarian:** Macaroni & Cheese with Sweetcorn and Carrots  
**Dessert:** Sprinkle Cake

### THURSDAY

**Meat:** Beef Bolognese Pasta Bake, Green Beans with Garlic Bread  
**Vegetarian:** Vegetarian Tortilla Chips with Cheese  
**Dessert:** Chocolate Mousse with Red Berries

### FRIDAY

**Meat:** Fish Cake with Chips & Beans  
**Vegetarian:** Vegan Sausage Roll & Chips with Beans  
**Dessert:** Chocolate Chip Sponge Cake

