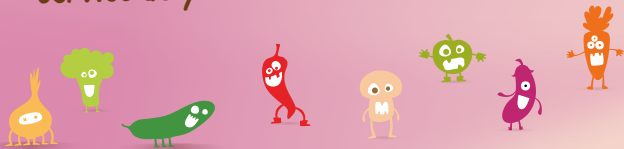


Welcome to
BAM FM Ltd, and
REGGIE RELISH

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



BAM FM are delighted to provide fresh,
nutritious & healthy lunches at your school.

Fresh, seasonal and locally sourced produce
is used where possible and we are proud of
the accreditations earned.

We believe that our menu reflects the current trends
and styles of education catering, offering popular
child friendly menu choices, and remains compliant
with the government food standards.

We also offer a Gluten and Dairy free menu.
All other allergy and dietary requirements
will be issued to schools upon request.

Menu is subject to change depending
in availability of ingredients

If you would like further information
on any of our menus or services please
contact us by emailing:
somersetcatering@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:



SCHOOL LUNCH

Winter Menu
November 2016 - February 2017



FOR MONSTER APPETITES

Hey Kids all our ingredients
are sourced from
the following areas





WEEK 1

WEEK COMMENCING

31/10/16 21/11/16 12/12/16 1/1/17 23/1/17

MONDAY

Meat: Cheesy Tomato Chicken Bake

Vegetarian: Tomato and Lentil Whole Wheat Pasta Bake

Side: Garlic Slice

Vegetables: Green Beans

Dessert: Raspberry Whirl

TUESDAY

Meat: Pork Meatballs in Tomato & Basil Sauce

Vegetarian: Quorn Balls in Tomato & Basil Sauce

Side: Boiled Rice

Vegetables: Farmhouse Mixed Vegetables

Dessert: Pear & Apple Crumble with Custard



WEDNESDAY

Meat: Roast Turkey served with Gravy

Vegetarian: Five Bean Casserole

Side: Roast Potatoes

Vegetables: Carrots & Peas

Dessert: Clementine Cake

THURSDAY

Meat: Minced Beef & Vegetable Puff Pastry Pie

Vegetarian: Sweet Potato Pie

Side: Mashed Potatoes

Vegetables: Peas & Corn

Dessert: Fruit Yoghurt

FRIDAY

Fish: Bubble Crumb Salmon Fillet

Vegetarian: Margherita Pizza

Side: Baked Wedge Potatoes

Vegetables: Baked Beans

Dessert: Chocolate & Banana Cake with Vanilla Sauce



WEEK 2

WEEK COMMENCING

7/11/16 28/11/16 9/1/17 30/1/17

MONDAY

Meat: Beef Bolognese Pasta Bake

Vegetarian: Macaroni Cheese

Vegetables: Carrots & Corn

Dessert: Brownie Cake

TUESDAY

Meat: Tomato & Basil Chicken

Vegetarian: Veggie Sausage Casserole

Side: Boiled Rice

Vegetables: Garden Peas

Dessert: Oaty Fruit Crumble with Custard

WEDNESDAY

Meat: Roast Gammon served with Gravy

Vegetarian: Cheese & Lentil Pie

Side: Fondant Potatoes

Vegetables: Farmhouse Mixed Vegetables

Dessert: Fruit Yoghurt

THURSDAY

Meat: Braised Beef with Winter Vegetables

Vegetarian: Vegetable Ravioli with Garlic Bread

Side: Mashed Potatoes

Vegetables: Green Beans

Dessert: Somerset Apple Cake with Custard

FRIDAY

Fish: Golden Fish Bites

Vegetarian: Veggie Nuggets

Side: Chips

Vegetables: Baked Beans

Dessert: Fruit Cocktail

DAILY EXTRAS

Jacket Potatoes are available to order daily with a choice of fillings Baked Beans, Cheese, Tuna Mayonnaise.
Fresh Drinking Water and Bread available daily,

WEEK 3

WEEK COMMENCING

14/11/16 5/12/16 16/1/17 6/2/17

MONDAY

Meat: Savoury Minced Beef

Vegetarian: Quorn in BBQ Sauce

Side: Boiled Rice

Vegetables: Green Beans

Dessert: Winter Berry Drizzle Cake

TUESDAY

Meat: Baked Sausages with Gravy

Vegetarian: Cauliflower & Broccoli Cheese

Side: Mashed Potatoes

Vegetables: Garden Peas & Carrots

Dessert: Chocolate Whirl

WEDNESDAY

Meat: Roast Chicken served with Gravy

Vegetarian: Veggie Sausages

Side: Fondant Potatoes

Vegetables: Farmhouse Mixed Vegetables

Dessert: Jelly with Fruit

THURSDAY

Meat: BBQ Pulled Pork Tortilla Wrap

Vegetarian: Veggie Curry with Naan Bread

Side: Wholegrain Savoury Rice

Vegetables: Sweetcorn & Peppers

Dessert: Pineapple Upside Down Cake

FRIDAY

Fish: Fish Fingers

Vegetarian: Veggie Fingers

Side: Chips

Vegetables: Baked Beans

Dessert: Apple Crumble with Custard

