

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.

Did you know ?

- We ensure our menus stick to -
the current food standards
- We use fresh red tractor meat -
- We use fresh seasonal local produce where possible -
 - We only use fresh milk for our sauces -
 - All of our recipes are adapted to make them
as healthy as possible and we never use salt -
 - We are proud of the accreditations
earned for our catering -

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.

We will love to hear from you
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

Spring Summer Menu
February 2017 - June 2017



FOR MONSTER APPETITES

Hey Kids all our ingredients
are sourced from
the following areas





WEEK 1

WEEK COMMENCING

20/02/17 13/03/17 18/04/17
08/05/17 05/06/17 26/06/17

MONDAY

Meat: Minced Beef Cumberland Pie
Vegetarian: Veggie Ravioli in Tomato Sauce with Garlic Slice
Vegetables: Peas & Corn
Dessert: Butterscotch Whip

TUESDAY

Meat: Chicken in Tomato & Basil Sauce
Vegetarian: Veggie Sausage Casserole
Side: Boiled Rice
Vegetables: Green Beans & Carrots
Dessert: Summer Fruits Crumble With Custard



WEDNESDAY

Meat: Roast Beef with Gravy & Fondant Potatoes
Vegetarian: Roasted Vegetable Lasagne
Vegetables: Mixed Vegetables
Dessert: Jelly Pots

THURSDAY

Meat: Baked Butchers Sausages
Vegetarian: Lentil & Cheese Pie
Side: Jacked Wedge Potatoes
Vegetables: Garden Peas
Dessert: Carrot Cake

FRIDAY

Fish: Bubble Battered Fish fillets
Vegetarian: Vegetarian Sausage Hot Dog
Side: Chips
Vegetables: Baked Beans
Dessert: Chocolate & Pear Sponge Cake



WEEK 2

WEEK COMMENCING

27/02/17 20/03/17 24/04/17 15/05/17 12/06/17

MONDAY

Meat: Ham & Tomato Pasta Bake
Vegetarian: Roasted Vegetable Wholemeal Pasta Bake
Side: Garlic Herb Slice
Vegetables: Garden Peas & Corn
Dessert: Fruit Cocktail



TUESDAY

Meat: Roast Chicken with Gravy
Vegetarian: Cauliflower Cheese
Side: Fondant Potatoes
Vegetables: Farmhouse Mixed Vegetables
Dessert: Scones with Jam



WEDNESDAY

Meat: Pork Meatballs with Chunky Tomato Sauce
Vegetarian: Quorn Meatballs in Tomato Sauce
Side: Boiled Rice
Vegetables: Garden Peas
Dessert: Peachy Sponge with Custard



THURSDAY

Meat: Roast Turkey with Gravy
Vegetarian: Five Bean Casserole
Side: Fondant Potatoes
Vegetables: Green Beans with Carrots
Dessert: Fruit Yoghurt



FRIDAY

Fish: Cheese & Mackerel Fish Bites
Vegetarian: Cheese & Tomato Pizza
Side: Chips
Vegetables: Baked Beans
Dessert: Jelly Pot



WEEK 3



WEEK COMMENCING

06/03/17 27/03/17 02/05/17 22/05/17 19/06/17

MONDAY

Meat: Cheesy Tomato & Chicken Bake
Vegetarian: Tomato & Mascarpone Wholewheat Pasta
Side: Garlic Slice
Vegetables: Sweetcorn & Peppers
Dessert: Chocolate Whirl

TUESDAY

Meat: 100% Beef Burger in a Flour Bap
Vegetarian: Veggie Sausages
Side: Jacket Wedge Potatoes
Vegetables: Baked Beans
Dessert: Lemon Drizzle Cake

WEDNESDAY

Meat: Roast Pork with Gravy
Vegetarian: Baked Quorn Fillet with Gravy
Side: Fondant Potatoes
Vegetables: Farmhouse Mixed Vegetables
Dessert: Dorset Apple Cake

THURSDAY

Meat: Chicken & Vegetable Puff Pastry Pie with Mash
Vegetarian: Cheese, Spring Onion & Potato Bake
Vegetables: Green Beans with Carrots
Dessert: Apple Flapjack Crumble with Custard

FRIDAY

Fish: Fish Fingers
Vegetarian: Vegetable Nuggets
Side: Chips
Vegetables: Peas & Corn
Dessert: Fruit Yoghurt



DAILY EXTRAS

Jacket Potato with Cheesy Beans, Fresh Drinking Water & Bread Available Daily