

Dear Family,

We have been busy working away with our development chefs and nutritionist to create new and exciting menus. Your child's health and happiness is the key driving force behind abm catering's values and we feel every child deserves the best quality of food and nutrition.

It's only natural to be concerned about whether your child is eating the right things, getting enough food and enjoying what's on the menu. That's why we put so much effort into getting our menus right! Take a look at the reverse of this flyer to see the variety of dishes that have been carefully selected by our chefs to offer something for every child, every day.

Our menus reflect the seasons to ensure we can always use the freshest ingredients, locally sourced wherever possible. By buying in fresh ingredients from quality producers, we can guarantee that your child is getting what it says on the menu. We always look to provide two hot main meals – one of which is vegetarian, filled jacket potatoes/ pasta in sauce and a cold deli bar with unlimited fresh salad and a choice of fresh bread to compliment your child's meal.

From our experience, we know that children love eating together at lunchtime. It's all part of a normal day at school and a chance for them to socialise with their friends away from lessons.

Our job is to enhance that with some great food and exciting special days that add an extra bit of fun to proceedings!

With such a fun-packed term ahead, we are confident your children will be eating healthily, trying new things and receiving the fuel they need to concentrate throughout the afternoon.

Please note any queries regarding school meals should be directed to the school kitchen on

cleves@abmcatering.co.uk

OUR MENUS

- Our menus meet or exceed government food standards for school meals
- Do not include fish on the Marine Conservation Society 'fish to avoid' list
- Only contain British farm assured meat
- Are nut free

With this menu we continue with our achievement of Food for Life Silver which briefly means your children are being provided healthy, well balanced and professionally created lunches made from the highest quality ingredients, including free-range, organic and MSC certified fish.

For more information on the award please visit foodforlife.org.uk/schools or alternatively contact Clare Hanna on channa@abmcatering.co.uk



CLEVES JUNIOR SCHOOL MENU

WINTER / SPRING TERM 2022



WEEK ONE MENU

W/C: 3rd Jan, 24th Jan, 14th Feb, 7th March, 28th March, 18th April
NOTE: please check with school for inset days, holidays and half term

KEY
V – Vegetarian

MONDAY

Freshly Prepared Macaroni Cheese(V)
Quorn Cumberland Sausages with Potato Wedges(V)
Jacket Potato – Cheese and Beans(V)
Deli Bar- Cheese, Tuna Mayo or Egg Mayo Bag
Dessert – Flapjack

TUESDAY

Mild Chicken Curry served with Fluffy Rice
Cheese and Bean Puff(V)
Jacket Potato – Tuna Mayo
Deli Bar- Cheese, Ham or Egg Mayo Baguette
Dessert – Shortbread with Apple Slices

WEDNESDAY

Roast Turkey, Roast Potatoes and Gravy
Roasted Vegetable Frittata (V)
Jacket Potato - Cheese and Beans (V)
Deli Bar- Cheese, Ham, Tuna Mayo Baguette
Dessert – Strawberry Angel Delight

THURSDAY

Cottage Pie served with Seasonal Vegetables
Vegetarian Cottage Pie (V)
Jacket Potato - Tuna
Deli Bar- Cheese, Ham or Egg Mayo Baguette
Dessert – Chocolate Sponge with custard

FRIDAY

Fish Fingers, Chips & Peas
Cheese and Potato Pie(V)
Jacket Potato - Cheese & Beans(V)
Deli Bar- Cheese, Ham or Egg Mayo Baguette
Dessert- Fruity Friday

AVAILABLE DAILY
Deli bar,
wholemeal bread,
fresh salad, water,
fresh fruit, jelly and
yoghurt.

WEEK TWO MENU

W/C: 10th Jan, 31st Jan, 21st Feb, 14th March, 4th April
NOTE: please check with school for inset days, holidays and half term

KEY
V – Vegetarian

MONDAY

Pasta with Quorn Sausage in Tomato Sauce
Pasta with Quorn Meatballs in Tomato Sauce
Jacket Potato – Cheese and Beans(V)
Deli Bar- Cheese, Tuna Mayo or Egg Mayo Bag
Dessert – Banana Traybake, served with Custard

TUESDAY

Mild Chilli Con Carne served with Rice
Mild Vegetarian Mince Chilli Con Carne(V)
Jacket Potato – Tuna Mayo
Deli Bar- Cheese, Ham or Egg Mayo Baguette
Dessert – Sultana and Oat Cookie with Apple

WEDNESDAY

Roast Gammon, Roast Potatoes and Gravy
Vegetarian Lasagne served with Roast Potatoes(V)
Jacket Potato -Cheese and Beans(V)
Deli Bar- Cheese, Ham or Tuna Mayo Baguette
Dessert – Rice Krispie Cake

THURSDAY

Freshly Prepared Chicken & Sweetcorn Pasta
Mixed Bean Fajita served with Potato Wedges(V)
Jacket Potato – Tuna Mayo
Deli Bar- Cheese, Ham or Egg Mayo Baguette
Dessert – Chocolate Cookie

FRIDAY

Fish Fingers, Chips & Peas
Cheese and Tomato Pizza(V)
Jacket Potato -Cheese & Beans (V)
Deli Bar- Cheese, Ham or Egg Mayo Baguette
Dessert- Fruity Friday

AVAILABLE DAILY
Deli bar,
wholemeal bread,
fresh salad, water,
fresh fruit, jelly and
yoghurt.

WEEK THREE MENU

W/C: 17th Jan, 7th Feb, 28th Feb, 21st March, 11th April
NOTE: please check with school for inset days, holidays and half term

KEY
V – Vegetarian

MONDAY

Vegetable Fingers served with Mashed Potatoes
Cowboy Casserole (Vegetarian Sausage and Bean) (V)
Jacket Potato – Cheese and Beans(V)
Deli Bar- Cheese, Tuna Mayo or Egg Mayo Bag
Dessert – Chocolate | & Orange Shortbread

TUESDAY

Pasta Bolognese with Garlic Bread
Vegetarian Bolognese with Garlic Bread(V)
Jacket Potato – Tuna Mayo
Deli Bar- Cheese, Ham or Egg Mayo Baguette
Dessert – Flapjack served with apple slices

WEDNESDAY

Langford Pork Sausage, Mash and Gravy
Quorn Cumberland Sausage, Mash and Gravy(V)
Jacket Potato -Cheese and Beans(V)
Deli Bar- Cheese, Ham and Tuna Mayo Baguette
Dessert – Chocolate Angel Delight

THURSDAY

Cheese, Ham and Tomato Pizza
Cheese and Tomato Pinwheel, Potato Wedges(V)
Jacket Potato – Tuna Mayo
Deli Bar- Cheese, Ham or Egg Mayo Baguette
Dessert – Freshly Baked Chocolate Brownie

FRIDAY

Fish Fingers, Chips & Peas
Vegetarian Sausage Roll, Chips(V)
Jacket Potato – Cheese and Beans
Deli Bar- Cheese, Ham or Egg Mayo Baguette
Dessert- Fruity Friday

AVAILABLE DAILY
wholemeal bread,
fresh salad, water,
fresh fruit, jelly and
yoghurt.