

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.

## 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](http://foodforlife.org.uk/schools) or alternatively contact Clare Hanna on [channa@abmcatering.co.uk](mailto:channa@abmcatering.co.uk)



## ORCHARD PARK COMMUNITY SCHOOL

AUTUMN TO WINTER 2018 MENU



## WEEK ONE MENU

W/C: 3<sup>rd</sup> Sep, 24<sup>th</sup> Sep, 15<sup>th</sup> Oct, 12<sup>th</sup> Nov, 3<sup>rd</sup> Dec, 7<sup>th</sup> Jan, 28<sup>th</sup> Jan  
NOTE: please check with school for inset days, holidays and half term

### KEY

V – vegetarian  
GF – gluten free

### MONDAY

Chicken Enchilada with yellow rice  
Macaroni Cheese (V)  
Filled Jacket/Deli Bar  
Seasonal Vegetables (V) (GF)  
Apple Crumble with Custard (V)

### TUESDAY

Pulled Pork in a bun with apple sauce  
Spicy Bean Burger in a bun (V)  
Filled Jacket/Deli Bar  
Seasonal Vegetables (V) (GF)  
Sticky toffee pudding (V)

### WEDNESDAY

Roast Chicken with stuffing, mashed potatoes and gravy  
Cheese and tomato pasta bake (V)  
Filled Jacket/Deli Bar  
Seasonal Vegetables (V) (GF)  
Carrot Cake (V)

### THURSDAY

All day breakfast (V)  
Vegetarian all day breakfast(V)  
Filled Jacket/Deli Bar  
Seasonal Vegetables (V) (GF)  
Chocolate rice krispy cake (V)

### FRIDAY

Fish fingers and chips  
Vegetable fingers and chips (V)  
Filled Jacket/Deli Bar  
Seasonal Vegetables (V)(GF)  
Shortbread with fresh fruit (V)

### AVAILABLE DAILY

Wholemeal bread,  
fresh salad, water,  
fresh fruit and  
yoghurt.

## WEEK TWO MENU

W/C: 10<sup>th</sup> Sept, 1<sup>st</sup> Oct, 29<sup>th</sup> Oct, 19<sup>th</sup> Nov, 10<sup>th</sup> Dec, 14<sup>th</sup> Jan, 4<sup>th</sup> Feb  
NOTE: please check with school for inset days, holidays and half term

### KEY

V – vegetarian  
GF – gluten free

### MONDAY

Sausage with mash potato  
Vegetarian sausage with mash potato (V)  
Filled Jacket/Deli Bar  
Seasonal Vegetables (V) (GF)  
Apple Flapjack (V)

### TUESDAY

Ham and cheese pizza with potato Wedges  
Cheese & tomato pizza and potato wedges(V)  
Filled Jacket/Deli Bar  
Seasonal Vegetables (V) (GF)  
Chocolate sponge with chocolate sauce (V)

### WEDNESDAY

Roast Gammon, roast potatoes and gravy  
Cheese and tomato puff (V)  
Filled Jacket/Deli Bar  
Seasonal Vegetables (V) (GF)  
Mandarins and ice cream (V)

### THURSDAY

Minced lamb cobbler with rice  
Vegetable Curry and rice (V)  
Filled Jacket/Deli Bar  
Seasonal Vegetables (V) (GF)  
Oaty Fruit Crunch(V)

### FRIDAY

Fish fingers and chips  
Vegetable fingers and chips(V)  
Filled Jacket/Deli Bar  
Baked Beans (V)  
Strawberry Whip (V)

### AVAILABLE DAILY

Wholemeal bread,  
fresh salad, water,  
fresh fruit and  
yoghurt.

## WEEK THREE MENU

W/C: 17<sup>th</sup> Sept, 8<sup>th</sup> Oct, 5<sup>th</sup> Nov, 26<sup>th</sup> Nov, 17<sup>th</sup> Dec, 21<sup>st</sup> Jan, 11<sup>th</sup> Feb  
NOTE: please check with school for inset days, holidays and half term

### KEY

V – vegetarian  
GF – gluten free

### MONDAY

Chicken Biryani  
Cheese and Broccoli quiche (V)  
Filled Jacket/Deli Bar  
Seasonal Vegetables (V) (GF)  
Goopy Orange Pudding (V)

### TUESDAY

Spaghetti Bolognaise  
Mixed bean chilli with rice (V)  
Filled Jacket/Deli Bar  
Seasonal Vegetables (V) (GF)  
Chocolate (courgette) Muffin (V)

### WEDNESDAY

Roast chicken with roast potatoes and gravy  
Roast Quorn fillet, roast potatoes & gravy (V)  
Filled Jacket/Deli Bar  
Seasonal Vegetables (V) (GF)  
Fruit whip and fresh fruit (V)

### THURSDAY

Beef lasagne with garlic bread  
Cheese and tomato puff (V)  
Filled Jacket/Deli Bar  
Seasonal Vegetables (V) (GF)  
Jam and coconut sponge (V)

### FRIDAY

Cod/ Salmon fingers and chips  
Vegetable fingers and chips (V)  
Filled Jacket/Deli Bar  
Baked beans (V)  
Rocket Lollies (V)

### AVAILABLE DAILY

Wholemeal bread,  
fresh salad, water,  
fresh fruit and  
yoghurt.