

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 MENU

SPRING '19 – SUMMER '19  
February 2019 – October 2019



## WEEK ONE MENU

W/C: 25th Feb, 18th Feb, 22nd Apr, 13th May, 10th Jun, 1st Jul, 22nd Jul, 16th Sept, 7th Oct

**KEY**  
V – vegetarian  
GF – gluten free

### MONDAY

PORK SAUSAGE, Creamy Mash & Gravy  
VEGETARIAN SAUSAGE, Creamy Mash & Gravy (V)  
FILLED JACKET POTATO / DELI BAR  
SEASONAL VEGETABLES (V) (GF)  
APPLE CRUMBLE WITH CUSTARD

### TUESDAY

HAM & CHEESE PIZZA with Jacket Potato  
MARGHERITA PIZZA with Jacket Potato (V)  
FILLED JACKET POTATO / DELI BAR  
SEASONAL VEGETABLES (V) (GF)  
CARROT CAKE

### WEDNESDAY

ROAST CHICKEN, Roast Potatoes & Gravy  
VEGETABLE PIE, Roast Potatoes & Gravy (V)  
FILLED JACKET POTATO / DELI BAR  
SEASONAL VEGETABLES (V) (GF)  
STRAWBERRY JELLY

### THURSDAY

PASTA BOLOGNAISE  
MIXED BEAN FAJITA (V)  
FILLED JACKET POTATO / DELI BAR  
SEASONAL VEGETABLES (V) (GF)  
FRESH FRUIT SALAD & HOMEMADE SHORTBREAD

### FRIDAY

FISH FINGERS with Chips  
VEGETABLE FINGERS with Chips (V) **AVAILABLE DAILY**  
FILLED JACKET POTATO / DELI BAR  
SEASONAL VEGETABLES (V) (GF)  
CHOCOLATE CORNFLAKE CAKE  
Deli bar, wholemeal bread, fresh salad, water, fresh fruit and yoghurt.

## WEEK TWO MENU

W/C: 4th Mar, 25th Mar, 29th Apr, 20th May, 17th Jun, 8th Jul, 2nd Sept, 23rd Sept, 14th Oct

**KEY**  
V – vegetarian  
GF – gluten free

### MONDAY

BEEF BURGER in a Bun & Potato Wedges  
VEGETABLE BURGER in a Bun & Potato Wedges (V)  
FILLED JACKET POTATO / DELI BAR  
SEASONAL VEGETABLES (V) (GF)  
MANDARINS with Ice Cream

### TUESDAY

TUNA & SWEETCORN PASTA BAKE  
VEGGIE MEATBALLS & Savoury Rice (V)  
FILLED JACKET POTATO / DELI BAR  
SEASONAL VEGETABLES (V) (GF)  
APPLE FLAPJACK

### WEDNESDAY

ROAST BEEF, Roast Potatoes & Gravy  
CAULIFLOWER & BROCCOLI CHEESE BAKE (V)  
FILLED JACKET POTATO / DELI BAR  
SEASONAL VEGETABLES (V) (GF)  
JELLY with Fresh Fruit Salad

### THURSDAY

CHICKEN & SWEETCORN PIE, Mash & Gravy  
CHILLI BEANS with Rice (V)  
FILLED JACKET POTATO / DELI BAR  
SEASONAL VEGETABLES (V) (GF)  
BANANA TRAY BAKE

### FRIDAY

TRADITIONAL FISH & CHIPS  
VEGETABLE FINGERS with Chips (V) **AVAILABLE DAILY**  
FILLED JACKET POTATO / DELI BAR  
SEASONAL VEGETABLES (V) (GF)  
HOMEBAKED CHOCOLATE COOKIE  
Deli bar, wholemeal bread, fresh salad, water, fresh fruit and yoghurt.

## WEEK THREE MENU

W/C: 11th Mar, 1st Apr, 6th May, 24th Jun, 15th Jul, 9th Sept, 30th Sept, 21st Oct

**KEY**  
V – vegetarian  
GF – gluten free

### MONDAY

HOTDOG, Pork Sausage in a Bun & Potato Wedges  
VEGGIE HOTDOG, Veggie Sausage in a Bun & Wedges (V)  
FILLED JACKET POTATO / DELI BAR  
SEASONAL VEGETABLES (V) (GF)  
ICED LEMON SPONGE

### TUESDAY

MILD CHICKEN CURRY with Rice  
MACCARONI CHEESE BAKE (V)  
FILLED JACKET POTATO / DELI BAR  
SEASONAL VEGETABLES (V) (GF)  
ORANGE JELLY with Mandarins

### WEDNESDAY

ROAST GAMMON, Roast Potatoes & Gravy  
ROASTED VEGETABLE FRITTATA, Roast Potatoes (V)  
FILLED JACKET POTATO / DELI BAR  
SEASONAL VEGETABLES (V) (GF)  
APPLE PIE WITH CUSTARD

### THURSDAY

ALL DAY BREAKFAST (with Bacon)  
VEGGIE ALL DAY BREAKFAST (V)  
FILLED JACKET POTATO / DELI BAR  
SEASONAL VEGETABLES (V) (GF)  
JAM TART WITH CUSTARD

### FRIDAY

COD / SALMON FISH FINGERS with Chips  
VEGETABLE FINGERS with Chips (V) **AVAILABLE DAILY**  
FILLED JACKET POTATO / DELI BAR  
SEASONAL VEGETABLES (V) (GF)  
HOMEBAKED OATY SULTANA COOKIE  
Deli bar, wholemeal bread, fresh salad, water, fresh fruit and yoghurt.