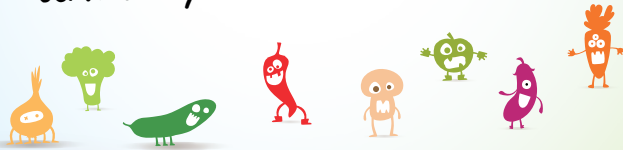
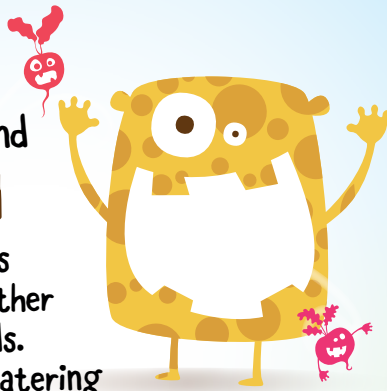


Welcome to
BAM FM Ltd, and
REGGIE RELISH
and his monstrous
vegetables and other
scarily good foods.
Provider of the catering
service at your school



BAM FM Ltd prides itself on sourcing quality ingredients for our catering staff to use in our freshly prepared, nutritionally compliant dishes.

We use fresh seasonal produce where possible, as you will see reflected in our menus and are proud of the accreditations earned.

Our menus change to reflect seasonal availability of foods.

Allergy and dietary requirements will be issued individually to schools on request.

Menu is subject to change depending on the availability of ingredients

Reggie makes lunchtimes fun!

He works hard to find the finest of suppliers and works to the highest standards



We work with:



EMS 501685



FS 83230



BROMSGROVE FIRST & MIDDLE SCHOOL LUNCH

September 2026 - February 2027



FOR MONSTER APPETITES

If you would like further information on any of our menus or services please contact us by emailing: dawn.marshall@bam.com

REGGIE LOVES TO HEAR ANY FEEDBACK AND COMMENTS YOU MAY HAVE FOR HIM

BROMSGROVE FIRST & MIDDLE SCHOOL LUNCH

WEEK 1

WEEK COMMENCING

31.08.26, 21.09.26, 12.10.26, 02.11.26, 23.11.26,
14.12.26, 04.01.27, 25.01.27

MONDAY

Meat: Chicken Curry Rice & Naan with Peas

Vegetarian: Sweet Chilli Vegetables & Noodles with Peas

Dessert: Blueberry Oatie Muffin

TUESDAY

Meat: Pork & Apple Plait with Roasted
Butternut Squash, Swede & Parsnips

Vegetarian: Broccoli Pasta Bake with Roasted
Butternut Squash, Swede & Parsnips

Dessert: Apple & Pear Crumble

WEDNESDAY

Meat: Roast Chicken, Stuffing, Mashed potato,
Cauliflower, Sweetcorn with Gravy

Vegetarian: Potato Gratin with Cauliflower & Sweetcorn

Dessert: Granola Slice

THURSDAY

Meat: Cottage Pie with Carrots & Green Beans

Vegetarian: Bean Chilli, Rice with Carrots & Green Beans

Dessert: Mixed fruit

FRIDAY

Meat: Fish, Chips with Peas or Beans

Vegetarian: Mushroom & Vegetable Pie, Chips with Peas or Beans

Dessert: Yoghurt & Jelly fruit mix

WEEK 2

WEEK COMMENCING

07.09.26, 28.09.26, 19.10.26, 09.11.26,
30.11.26, 11.01.27, 01.02.27

MONDAY

Meat: Creamy Cajun Chicken & Broccoli Pasta Bake
with Green Beans

Vegetarian: Cauliflower & Potato Korma,
Jeera Rice & Naan Bread

Dessert: Mixed berry Crisp

TUESDAY

Meat: Beef Lasagne, Sweetcorn with Garlic Bread

Vegetarian: Cheese & Vegetable cottage Pie

Dessert: Apple Pie & Custard

WEDNESDAY

Meat: Roast Pork, Stuffing, Potato & Swede mash,
Broccoli, Diced Carrots with Gravy

Vegetarian: Vegetable Fried Rice with Broccoli & diced Carrots

Dessert: Apple & Sultana Flap Jack

THURSDAY

Meat: Chicken & Pea Risotto with Broccoli & Spinach

Vegetarian: Green Tikka Chick pea Stew

Dessert: Pancake & Mixed fruit

FRIDAY

Meat: Beef Burger, Chips with Peas or Beans

Vegetarian: Tomato & Vegetable Noodles

Dessert: Cookie dough

WEEK 3

WEEK COMMENCING

14.09.26, 05.10.26, 16.11.26,
07.12.26, 18.01.27, 08.02.27

MONDAY

Meat: Pork Meatballs in a Rich Tomato Sauce,
Spaghetti With Ratatouille

Vegetarian: Vegetarian Bolognaise,
Spaghetti with Ratatouille

Dessert: Berry Mess

TUESDAY

Meat: Chicken & Vegetable Noodles with Baby Carrots & Peas

Vegetarian: Macaroni Cheese, Baby Carrots,
Peas with Garlic Bread

Dessert: Mixed fruit Crumble & Custard

WEDNESDAY

Meat: Beef, Yorkshire Pudding, Roast Potatoes,
Parsnips, Cabbage with Gravy

Vegetarian: Tofu Scramble & Rice with Cabbage, Parsnips

Dessert: Rice pudding

THURSDAY

Meat: Chilli Con Carne, Rice with Sweetcorn

Vegetarian: Vegetable Chow mein with Prawn Crackers

Dessert: Mixed Fruit Tart

FRIDAY

Meat: Salmon Fish Cake, Chips with Beans or Peas

Vegetarian: Vegetable Burger, Chips with Beans or Peas

Dessert: Sprinkle Cake

IF YOU HAVE ANY DIETARY REQUIREMENTS PLEASE SPEAK TO THE KITCHEN MANAGER AT YOUR SCHOOL TO ORDER IN ADVANCE