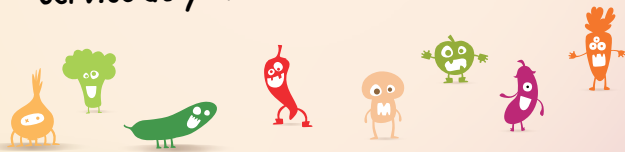


Welcome to
BAM FM Ltd, and

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

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

Reggie makes lunchtimes fun!

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



We work with:



BROMSGROVE FIRST & MIDDLE SCHOOL LUNCH

February 2024 - July 2024



FOR MONSTER APPETITES



BROMSGROVE FIRST & MIDDLE SCHOOL LUNCH



WEEK 1

WEEK COMMENCING

19.02.24, 11.03.24, 08.04.24, 29.04.24,
20.05.24, 17.06.24, 08.07.24

MONDAY

Meat: Sausage Roll, Diced Potatoes with Beans or Peas
Vegetarian: Vegetable Korma with Brown Rice & Sweetcorn
Dessert: Pears in Chocolate Sauce

TUESDAY

Meat: Beef Lasagne, Garlic Bread with Sweetcorn
Vegetarian: Quorn & Bean Fajita Wrap with Salad
Dessert: Cookie Dough



WEDNESDAY

Meat: Roast Turkey, Mashed Potato, Broccoli, Carrots with Gravy
Vegetarian: Toad in the Hole, Mashed Potato, Carrots, Broccoli with Gravy
Dessert: Rock Cakes

THURSDAY

Meat: Fajita Chicken Wrap with Salad
Vegetarian: Vegetable & Bean Chilli, with Garlic Bread
Dessert: Shortbread

FRIDAY

Meat: Pepperoni or Ham Pizza, Chips with Beans
Vegetarian: Quorn Sweet & Sour Vegetables with Noodles
Dessert: Ice Cream



WEEK 2

WEEK COMMENCING

26.02.24, 18.03.24, 15.04.24, 06.05.24,
03.06.24, 24.06.24, 15.07.24

MONDAY

Meat: Beef Burger, Wedges with Salad
Vegetarian: Vegetable Mixed Beans Tortilla Stack, Wedges with Salad
Dessert: Strawberry Angel Delight

TUESDAY

Meat: Fish Pie with Peas
Vegetarian: Quorn & Vegetable Wholemeal Pasta Bake with Garlic Bread
Dessert: Apple & Berry Crumble & Custard



WEDNESDAY

Meat: Gammon, New Potatoes, Spring Cabbage, Carrots with Gravy
Vegetarian: Vegan Fillet, New Potatoes, Spring Cabbage, Carrots with Gravy
Dessert: Chocolate Crunch with Strawberry Sauce



THURSDAY

Meat: Chicken & Vegetable Wholemeal Pasta Bake
Vegetarian: Vegetable Quiche with Savoury rice
Dessert: Apple Cake

FRIDAY

Fish: Fish & Chips with Beans
Vegetarian: Cheese & Tomato Pizza, Chips with Beans
Dessert: Cookies



WEEK 3

WEEK COMMENCING

04.03.24, 22.04.24, 13.05.24,
10.06.24, 01.07.24

MONDAY

Meat: Chicken Korma, Brown Rice with Carrots
Vegetarian: Quorn Bolognese, wholemeal Penne Pasta with Salad
Dessert: Fruit flap Jack

TUESDAY

Meat: Sausage, Mashed Potato, Peas with Gravy
Vegetarian: Quorn Sausage, Mashed Potato, Peas with Gravy
Dessert: Pineapple Cake

WEDNESDAY

Meat: Chicken, Roast Potatoes, Sweetcorn, Carrots with Gravy
Vegetarian: Macaroni & Cheese with Sweetcorn and Carrots
Dessert: Sprinkle Cake

THURSDAY

Meat: Beef Bolognese Pasta Bake, Green Beans with Garlic Bread
Vegetarian: Vegetarian Tortilla Chips with Cheese
Dessert: Chocolate Mousse with Red Berries

FRIDAY

Meat: Fish Cake with Chips & Beans
Vegetarian: Vegan Sausage Roll & Chips with Beans
Dessert: Chocolate Chip Sponge Cake



DAILY EXTRAS

Salmon fishcake available on Fridays and Gluten Free options available daily when pre-ordered
Also available daily: Jacket Potato with toppings of Cheese, Baked Beans or Tuna Mayo. Freshly made Cheese, Ham, Tuna & Egg sandwiches Jelly, Fresh Fruit.