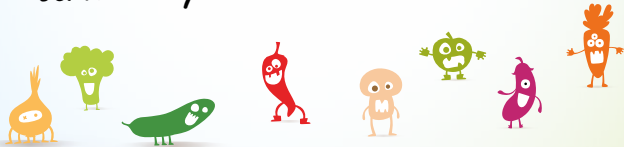


Welcome to
BAM FM Ltd, and
REGGIE RELISH
 and his monstrous
 vegetables and other
 scarily good foods.
 Provider of the catering
 service at your school



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:



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

September 2024 February 2025



FOR MONSTER APPETITES



BROMSGROVE FIRST & MIDDLE SCHOOL LUNCH

WEEK 1

WEEK COMMENCING

02.09.24, 23.09.24, 14.10.24, 04.11.24,
25.11.24, 16.12.24, 06.01.25, 27.01.25

MONDAY

Choice 1: Beef Bolognaise,
Wholemeal Penne Pasta with Mixed Vegetables

Choice 2: Vegan Mince
Cottage Pie with Mixed Vegetables

Dessert: Shortbread

TUESDAY

Choice 1: Quorn & Chick Pea Tikka Masala, Brown Rice with Peas

Choice 2: Cheese & Potato Pie with Beans or Peas

Dessert: Fruit Jelly

WEDNESDAY

Choice 1: Chicken, Ham & Vegetable Pie, Mashed Potatoes,
Broccoli, with Gravy

Choice 2: Roasted Vegetable Pasta Bake with Broccoli

Dessert: Sprinkle Cake

THURSDAY

Choice 1: Beef Chilli, Rice or Nachos with Sweetcorn, Carrots

Choice 2: Vegetable Korma, Rice with Sweetcorn

Dessert: Carrot Cake

FRIDAY

Choice 1: Fish, Chips with Spaghetti Hoops or peas

Choice 2: Vegetable Lasagne, Chips with peas

Dessert: Cookies

WEEK 2

WEEK COMMENCING

09.09.24, 30.09.24, 21.10.24, 11.11.24
02.12.24, 13.01.25, 03.02.25

MONDAY

Choice 1: Sausage, Mashed Potato with Beans or Sweetcorn

Choice 2: Mac & Cheese, Garlic Bread with Sweetcorn

Dessert: Upside Down Pineapple Cake

TUESDAY

Choice 1: Quorn Meatless Balls in a Rich Tomato Sauce,
Wholewheat Pasta with Broccoli

Choice 2: Cowboy Vegan Sausage Hotpot with Crusty Bread

Dessert: Apple & Berry Crumble with Custard

WEDNESDAY

Choice 1: Chicken, Roast Potatoes, Cauliflower, Carrots with Gravy

Choice 2: Vegan Fillet, Roast Potatoes, Cauliflower,
Carrots with Gravy

Dessert: Strawberry Cake with Chocolate Sprinkles

THURSDAY

Choice 1: Beef Lasagne, Garlic Bread with Mixed Vegetables

Choice 2: Crustless Quiche, New Potatoes with Mixed Vegetables

Dessert: Lemon Drizzle

FRIDAY

Choice 1: Fish Fingers, Chips with Beans or Peas

Choice 2: Cheese & Tomato Pizza, Chips with Beans or Peas

Dessert: Fruit Flapjack

WEEK 3

WEEK COMMENCING

16.09.24, 07.10.24, 18.11.24, 09.12.24,
09.12.24, 20.01.25, 10.02.25

MONDAY

Choice 1: Sweet & Sour Chicken, Brown Rice with Sweetcorn

Choice 2: Quorn Bolognaise, Pasta Twirls and Sweetcorn

Dessert: Double Chocolate Cake

TUESDAY

Choice 1: Cheese and Tomato Pinwheel,
Diced Potatoes with Carrots

Choice 2: Vegetable Burger in a Bun, Diced Potatoes with Carrots

Dessert: Apple Crumble with Custard

WEDNESDAY

Choice 1: Pork, Stuffing Roast Potatoes Broccoli,
Cauliflower with Gravy

Choice 2: Quorn Toad in the Hole, Roast Potatoes,
Broccoli, Cauliflower with Gravy

Dessert: Jam Crumble Cookie

THURSDAY

Choice 1: Cottage Pie, Green Beans, Cabbage with Gravy

Choice 2: Cauliflower and Broccoli Bake with Crusty Bread

Dessert: Banana Cake

FRIDAY

Choice 1: Fish, Chips With Beans or Peas

Choice 2: Vegan Sausage Roll, Chips with Beans or Peas

Dessert: Ice-Cream

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 & Wraps Jelly, Fresh Fruit.