

OUR MENU

You can feel secure in the knowledge that not only do our menus meet government food standards for School meals, they have also achieved the **Bronze Food for Life Award**. This means your children are being provided with healthy, nutritionally balanced and freshly prepared lunches. We only use red tractor farm assured meats, lion stamped free-range eggs, locally supplied fresh ingredients and MSC certified fish.

SPECIFIC DIETARY REQUIREMENTS

Our in-house nutritional team adapt our menus for children with allergies and religious requirements. They also provide carbohydrate counts for diabetics.

UNIVERSAL INFANT FREE SCHOOL MEALS

All Reception, Year 1 and Year 2 are entitled to a free School meal. Please take advantage of this amazing opportunity!

SPECIAL DAYS

Look out for our specially themed days! Based upon specific events, street food, days and curriculum activities.

No hungry tummies around!

Dear Family,

We have been busy working away with your school cooks 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, full salad bar 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 child will be eating healthily, trying new things and receiving the fuel they need to concentrate throughout the afternoon.



Preston Primary School
SPRING/SUMMER
MENU



WEEK 1

Monday

Ham, Cheese and Tomato Pizza
Cheese and Tomato Pizza (V)
Served with Diced Potatoes, Carrots and Broccoli
Chocolate Sponge served with Custard

Tuesday

Cottage Pie
Vegetarian Mince Cottage Pie (V)
Served with Sweetcorn and Cabbage
Oat & Cinnamon Cookie

Wednesday

Roast Turkey with Gravy
Vegetarian Meatloaf with Gravy (V)
Served with Roast Potatoes, Green Beans and Carrots
Banana Muffin

Thursday

Sausage & Tomato Pasta
Roast Vegetable Frittata (V)
Served with Warm Baguette Slice, Carrots and Swede
Chocolate & Orange Shortbread served with Apple Slices

Friday

Fish Fingers
Vegetable Nuggets or Vegetable Fingers (V)
Served with Chips, Garden Peas or Baked Beans and Ketchup
Freshly Prepared Famous Fruity Friday



WEEK 2

Monday

Homemade BBQ Chicken
BBQ Vegetable & Mixed Bean Wrap (V)
Served with Fluffy Rice, Carrots and Broccoli
Flapjack with Orange Segments

Tuesday

Beef Burger
Vegetable Burger (V)
Served with Potato Wedges, Green Peas and Cabbage
Jam Sponge served with Custard

Wednesday

Roast Gammon with Gravy
Vegetarian Mince Cobbler with Gravy (V)
Served with Roast Potatoes, Green Beans and Cauliflower
Shortbread with Apple Slices

Thursday

Beef Lasagne
Vegetarian Lasagne (V)
Served with Warm Baguette Slice, Broccoli and Swede
Apple Crumble served with Custard

Friday

White Fish or Salmon Fish Fingers
Cheese and Tomato Pizza (V)
Served with Chips, Garden Peas or Baked Beans
Freshly Prepared Famous Fruity Friday



WEEK 3

Monday

Spanish Chicken with Rice
Vegetable Curry served with Fluffy Rice (V)
Served with Carrots and Broccoli
Oat & Cinnamon Cookie with Orange Slices

Tuesday

Beef Pasta Bolognese
Macaroni Cheese (V)
Served with Sweetcorn and Garden Peas
Iced Sponge with Custard

Wednesday

Roast Chicken with Gravy
Roasted Vegan Quorn Fillet with Gravy (V)
Served with Roast Potatoes, Cauliflower and Swede
Vanilla Ice Cream with Fresh Fruit

Thursday

Pork Sausages
Quorn Vegan Sausages (V)
Served with Mashed Potato, Gravy, Green Beans and Carrots
Shortbread with Apple Slices

Friday

Fish Fingers
Tomato and Cheese Pizza Pinwheel (V)
Served with Chips, Garden Peas or Baked Beans
Freshly Prepared Famous Fruity Friday

