

# 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 local, quality ingredients for our catering staff to use in our freshly prepared, nutritionally compliant dishes.

We use fresh, seasonal & local 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.

Special Diet puddings will be made using GF flour and as similar to the Daily pudding as possible

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: [dcisset@bam.co.uk](mailto:dcisset@bam.co.uk)

**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 work to the highest standards



We work with:



**Real Wrap Co.**

**theo's**  
creative with food

**bam**  
fm

## BROMSGROVE MIDDLE SCHOOL LUNCH

February 2022 July 2022



**FOR MONSTER APPETITES**

Hey Kids all our ingredients  
are sourced from  
the following areas



**bam**  
fm

# BROMSGROVE MIDDLE SCHOOL LUNCH

## WEEK 1 £2.30

### WEEK COMMENCING

28/02/22 - 21/03/22 - 25/04/22  
16/05/22 - 13/06/22 - 04/07/22

### MONDAY

**Meat:** Pasta Bolognaise, Garlic Bread & Salad  
**Vegetarian:** Vegetable Lasagna, Garlic Bread & Salad  
**Dessert:** Chocolate Crunch

### TUESDAY

**Meat:** Chicken Curry, Rice & Naan bread  
**Vegetarian:** Vegetable Curry, Rice & Naan bread  
**Dessert:** Fruit Flapjack

### WEDNESDAY

**Meat:** Roast of the day, Roast Potatoes, Vegetables, Yorkshire Pudding & Gravy (Gluten Free)  
**Vegetarian:** Quorn fillet, Roast Potatoes, Vegetables & Yorkshire Pudding & Gravy (Gluten Free)  
**Dessert:** Iced Vanilla Sponge

### THURSDAY

**Meat:** Theo's Chicken Wrap, Herby Diced Potatoes & Salad  
**Vegetarian:** Vegetable Frittata, Herby Diced Potatoes & Salad  
**Dessert:** Cheesecake

### FRIDAY

**Fish:** Fish, Chips & Peas  
**Vegetarian:** Vegetable Burger in a Bun, Chips & Peas  
**Dessert:** Ice Cream

## WEEK 2 £2.30

### WEEK COMMENCING

07/03/22 - 28/03/22 - 02/05/22  
23/05/22 - 20/06/22 - 11/07/22

### MONDAY

**Meat:** Meat Feast Pizza, Salad & Coleslaw  
**Vegetarian:** Chinese style Vegetable Quorn Noodles & Salad  
**Dessert:** Rocky Road

### TUESDAY

**Meat:** Beef Lasagna, Salad & Garlic Bread  
**Vegetarian:** Macaroni Cheese Pasta Bake & Salad  
**Dessert:** Fruit Cookie

### WEDNESDAY

**Meat:** Roast of the day, Roast Potatoes, Vegetables, Yorkshire Pudding & Gravy (Gluten Free)  
**Vegetarian:** Quorn fillet, Roast Potatoes, Vegetables, Yorkshire Pudding & Gravy (Gluten Free)  
**Dessert:** Chocolate Sponge

### THURSDAY

**Meat:** Theo's Posh Dog, Potato Wedges & Salad  
**Vegetarian:** Vegetable Chili, Rice & Nachos  
**Dessert:** Carrot cake

### FRIDAY

**Fish:** Fish Fingers, Chips & Beans  
**Vegetarian:** Vegetable Nuggets, Chips & Beans  
**Dessert:** Shortbread

## WEEK 3 £2.30

### WEEK COMMENCING

14/03/22 - 04/04/22 - 09/05/22  
06/06/22 - 27/06/22 - 18/07/22

### MONDAY

**Meat:** Beef Burger in a Bun, Potato Wedges & Salad  
**Vegetarian:** Vegetarian Hotdog, Potato Wedges & Salad  
**Dessert:** Lemon Drizzle Cake

### TUESDAY

**Meat:** Hunters Chicken, New Potatoes & Green Beans  
**Vegetarian:** Vegetable Lattice, New Potatoes & Green Beans  
**Dessert:** Chocolate Chip Muffins

### WEDNESDAY

**Meat:** Roast of the day, Roast Potatoes, Vegetables, Yorkshire pudding & Gravy (Gluten Free)  
**Vegetarian:** Quorn Fillet, Roast Potatoes, Vegetables, Yorkshire pudding & Gravy (Gluten Free)  
**Dessert:** Apple Crumble & Custard

### THURSDAY

**Meat:** Chicken & Pepper Pasta Bake, Salad & Garlic Bread  
**Vegetarian:** Vegetable Bolognaise, Spaghetti & Garlic Bread  
**Dessert:** Chocolate Cornflake Cake

### FRIDAY

**Fish:** Fish Burger in a Bun, Chips & Salad  
**Vegetarian:** Pizza, Chips & Salad  
**Dessert:** Jam Doughnut

### DAILY EXTRAS

A selection of Sandwiches, Jacket Potatoes, Salads, Yogurts and Fresh Fruit are available daily. Salmon fillet is available every Friday. Please pre order if you require this option.