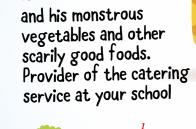
Welcome to BAM FM Ltd, and

REGGIE RELISH









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: dclisset@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.





BRONSGROVE MIDDLE SCHOOL LUNCH

February 2022 July 2022



FOR MONSTER APPETITES





BROMSGROVE MIDDLE SCHOOL LU





WEEK 2





WEEK COMMENCING

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



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

THESDAY

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 COMMENCING

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

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

THESDAY

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 COMMENCING

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

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

WFDNFSDAY

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





