



FM CATERING SERVICES

# Parent Information Pack



# For excellent service on a plate

FM Catering Services carry the heritage and pride of being the world's first school meal provider, therefore we have many years of experience when it comes to providing a tasty school meal. We know that lunchtimes are an important part of a child's school day and we're dedicated to providing an enjoyable lunch experience for your child throughout their time at primary school.

We provide catering services to many schools across the region. With a higher percentage of children eating school meals at our schools than the national average, we feel this shows children are enjoying the tasty and nutritionally balanced school meals we provide.

There are many good reasons why choosing a school meal is the best lunchtime option - and not just because you don't have to worry about those packed lunches. Not only do our meals use fresh, high-quality ingredients, but our school meals also provide lots of variety with menus operating on a 3-week cycle - this means no two meals are the same!

## WHY GET A SCHOOL MEAL?

- ✓ A school meal is cost-effective, whilst ensuring your child has a healthy, balanced meal at lunchtimes. For children who prefer a packed lunch, FM Catering provide a 'fill your lunch box' service.
- ✓ Primary school pupils can choose from either a two-course hot meal or jacket potato, sandwiches or salad options.
- ✓ School meals are yummy, but they are also free. All children in KS1 are entitled to a Universal Free Infant School Meal (UIFSM). Some children in KS2 are eligible for Free School Meals. You'll be saving money, but you'll also be giving your child a nutritional meal to fuel their growing bodies.

Click here to  
find out more  
about Free  
School Meals

## DIETARY NEEDS

- ✓ Our Halal meal options are 100% authentic, with an approved and fully audited supply chain using a HMC certified supplier.
- ✓ Every diet can be catered for, so all children can enjoy a great school meal! Here at FM, it's important to us that your child enjoys their meal and experience at school.
- ✓ All our staff are fully trained, so when it comes to special diets or food allergens we've got your child covered - all of these are important too us to ensure every child can receive a tasty school meal.
- ✓ Non-meat options are available every day.

Children who eat a well-balanced diet at lunchtime, have better concentration levels!



## GOOD FOOD, GOOD FOR THE PLANET

- ✓ Sustainability is at the heart of what we do, we operate to manage our energy & water usage and waste. FM work in close consultation with the Energy, Carbon and Climate Change Unit (ECCU) to ensure all activities undertaken are environmentally friendly.
- ✓ All our meat and poultry, vegetables (even our potatoes) are fresh and locally sourced where possible.
- ✓ We have meat-free Mondays - an initiative to help reduce meat consumption in primary schools - to help with a more balanced, nutritional meal.



## ALWAYS THE BEST

- ✓ We don't use any preservatives, colouring or additives that are unsuitable for children.
- ✓ There are no nuts or Genetically Modified (GM) foods on offer. Salt, fat and sugar content is kept to a minimum across the whole menu.
- ✓ Our menus meet the government's standards for school meals.
- ✓ By choosing school meals, you can rest assured that your child has a tasty and nutritious meal every day, packed full of the goodness that growing bodies need.
- ✓ FM are achieved the Food for Life bronze soil association award across all catering sites.



## PARENTPAY & MENU APP



Parentpay allows you to safely and securely make payments and communicate about any aspect of school life - say goodbye to cash-stuffed envelopes and mysteriously vanishing school letters!

Why not try our menu app? The easy way to get information on school meals via your phone, tablet, laptop or PC. You can scroll through the menu options for the day, check out the nutritional and allergen information, and much more!



SCAN HERE



Contact us

<https://schoolmeals.bradford.gov.uk>



Assorted Jacket Potatoes  
& a Selection of  
Sandwiches served

# Example Primary School MENU B

W/C  
October 24

**MON**

**TUES**

**WED**

**THUR**

**FRI**

- Vegetarian Chilli & Nachos (Served with Garlic Bread or Rice)
- Spaghetti Marinara (Served with Garlic Bread)
- Halal Beef Bolognaise (Served with Pasta & Garlic Bread)

Minced Beef & Onion Pie (Served with New Potatoes)

Cheese & Potato Flan (Served with New Potatoes)

Roast Meat (Served with Yorkshire Pudding, Roast Potatoes & Gravy)

Vegetable Cottage Pie or Quorn Roast (Served with Yorkshire Pudding)

Halal Roast Chicken / Roast Chicken Tikka (Served with Yorkshire Pudding, Roast Potatoes & Gravy)

Hot Baguette (with Assorted Fillings)

Cheese & Tomato Pizza (Served with Chipped Potatoes & Baked Beans)

Quorn Sausage (Served with Chipped Potatoes)

Chicken Goujons (Served with Jacket Wedges & Coleslaw)

MSC Battered Fish (Served with Jacket Wedges)

Vegetable Pakoras (Served with Jacket Wedges & Riata)

Jam Sponge (With Custard)

Freshly Prepared Fruit

Syrup Sponge (With Custard)

Freshly Prepared Fruit

Apple Crumble (With Custard)

Freshly Prepared Fruit

Chocolate Sponge (With Chocolate Sauce)

Freshly Prepared Fruit

Parkin Cake (With Custard)

Freshly Prepared Fruit

Homemade bread, selection of seasonal vegetables or fresh salad served daily

Spicy Vegetable Spring Roll (Served with Riata, Jacket Wedges or Sweetcorn)

Vegetarian Lasagne (Served with Garlic Bread)

Halal Meat Lasagne (Served with Garlic Bread)

Hot Baguette (with Assorted Fillings)

Mandarin & Chocolate Sponge (With Custard)

Freshly Prepared Fruit

Meat Chilli (Served with Rice) or Pasta Bolognaise

Pomodoro Sauce (Served with Fusilli Pasta & Crusty Bread)

Halal Chicken Jalfrezi (Served with Pilau Rice)

Honey Cake (With Custard)

Freshly Prepared Fruit

Roast Meat (Served with Yorkshire Pudding, Roast Potatoes & Gravy)

Cheese Roll (Served with Yorkshire Pudding, Roast Potatoes & Gravy)

Quorn Roast (Served with Yorkshire Pudding, Roast Potatoes & Gravy)

Hot Baguette (with Assorted Fillings)

Ginger Sponge (With Custard)

Freshly Prepared Fruit

Cheese & Tomato Pizza (Served with Jacket Wedges & Coleslaw)

Loaded Vegetable Pizza (Served with Jacket Wedges & Coleslaw)

Chocolate Sponge (With Chocolate Sauce)

Freshly Prepared Fruit

All-Day Brunch (Sausage, Scrambled Egg, Baked Beans, Chips or Hash Brown & Bread and Butter)

MSC Fish Fingers (Served with Chipped Potatoes & Baked Beans)

All-Day Vegetarian Brunch (Quorn Sausage, Scrambled Egg, Baked Beans, Chips or Hash Brown & Bread and Butter)

Lemon Shortcake (With Custard)

Freshly Prepared Fruit

Homemade bread, selection of seasonal vegetables or fresh salad served daily

Pork Meatballs in Tomato Sauce (Served with Spaghetti & Garlic Bread)

Arrabiata Pasta (Served with Garlic Bread)

Halal Chicken Biryani (Served with Flatbread)

Hot Baguette (with Assorted Fillings)

Marble Sponge (With Custard)

Freshly Prepared Fruit

Savoury Roll (Served with Jacket Wedges or Sweetcorn)

Homemade Cheese & Onion Pasty (Served with Jacket Wedges & Sweetcorn)

Lemon Sponge (With Custard)

Freshly Prepared Fruit

Roast Meat (Served with Yorkshire Pudding, Roast Potatoes & Gravy)

Vegetarian Toad in the Hole (Served with Roast Potatoes & Gravy)

Halal Roast Chicken or Roast Chicken Tikka (Served with Yorkshire Pudding, Roast Potatoes & Gravy)

Hot Baguette (with Assorted Fillings)

Paris Sandwich (With Custard)

Freshly Prepared Fruit

Chicken Burrito (Served with Tortilla Chips & Coleslaw)

Cheese & Tomato Pizza (Served with Tortilla Chips & Coleslaw)

Mexican Burrito (Served with Tortilla Chips & Coleslaw)

Chocolate Sponge (With Chocolate Sauce)

Freshly Prepared Fruit

MSC Fishcake (Served with Ketchup, Chipped Potatoes & Baked Beans)

MSC Salmon & Sweet Potato Fishcake (Served with Ketchup, Chipped Potatoes & Baked Beans)

Vegetable Dippers (Served with Ketchup, Chipped Potatoes & Baked Beans)

Vanilla Sponge Cake (With Custard)

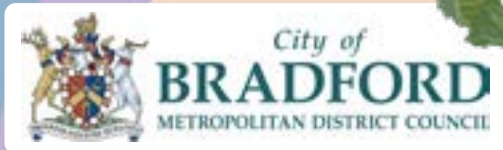
Freshly Prepared Fruit

Homemade bread, selection of seasonal vegetables or fresh salad served daily



the food quarter

**FM SERVICES**



For full allergen & nutritional information head to

<https://schoolmeals.bradford.gov.uk>



Assorted Jacket Potatoes & a Selection of Sandwiches served



# Example Primary School MENU B1

W/C  
October 24

## MON

-  **Halal Beef Bolognese**  
(Served with Pasta & Garlic Bread)
-  **Vegetarian Chilli & Nachos**  
(Served with Garlic Bread or Rice)
-  **Spaghetti Marinara**  
(Served with Garlic Bread)





-  **Halal Chicken Rogan Josh**  
(Served with Paratha Roti)
-  **Cheese & Potato Flan**  
(Served with New Potatoes)
- Minced Beef & Onion Pie**  
(Served with New Potatoes)

## WED

-  **Halal Roast Chicken or Roast Chicken Tikka**  
(Served with Yorkshire Pudding, Roast Potatoes & Gravy)
-  **Vegetable Cottage Pie or Quorn Roast**  
(Served with Yorkshire Pudding)
- Roast Meat**  
(Served with Yorkshire Pudding & Roast Potatoes)
- Hot Baguette**  
(with Assorted Fillings)



## THUR

-  **Cheese & Tomato Pizza**  
(Served with Chipped Potatoes & Baked Beans)
-  **Vegetable Samosa**  
(Served with Riata & Chipped Potatoes)

## FRI



-  **Vegetable Dippers**  
(Served with Ketchup & Jacket Wedges)
- MSC Battered Fish**  
(Served with Jacket Wedges)

-  **Jam Sponge**  
(With Custard)
-  **Freshly Prepared Fruit**

-  **Syrup Sponge**  
(With Custard)
-  **Freshly Prepared Fruit**


-  **Apple Crumble**  
(With Custard)
-  **Freshly Prepared Fruit**

-  **Chocolate Sponge**  
(With Chocolate Sauce)
-  **Freshly Prepared Fruit**




-  **Parkin Cake**  
(With Custard)
-  **Freshly Prepared Fruit**

Homemade bread, selection of seasonal vegetables or fresh salad served daily

## WEEK 1

-  **Halal Meat Lasagne**  
(Served with Garlic Bread)
-  **Spicy Vegetable Spring Roll**  
(Served with Riata, Jacket Wedges & Sweetcorn)
-  **Vegetarian Lasagne**  
(Served with Garlic Bread)
- Hot Baguette**  
(with Assorted Fillings)



-  **Mandarin & Chocolate Sponge**  
(With Custard)
-  **Freshly Prepared Fruit**

-  **Halal Chicken Jalfrezi**  
(Served with Pilau Rice)
-  **Vegetarian Chilli & Nachos**  
(Served with Garlic Bread or Rice)
-  **Pomodoro Sauce**  
(Served with Fusilli Pasta & Crusty Bread)



-  **Honey Cake**  
(With Custard)
-  **Freshly Prepared Fruit**



-  **Cheese Roll**  
(Served with Yorkshire Pudding, Roast Potatoes & Gravy)
- Roast Meat**  
(Served with Yorkshire Pudding, Roast Potatoes & Gravy)
- Hot Baguette**  
(with Assorted Fillings)

-  **Ginger Sponge**  
(With Custard)
-  **Freshly Prepared Fruit**

-  **Cheese & Tomato Pizza**  
(Served with Jacket Wedges & Coleslaw)
-  **Mexican Burrito**  
(Served with Jacket Wedges & Coleslaw)
- Sausage in a Bun**  
(Served with Jacket Wedges)



-  **Chocolate Sponge**  
(With Chocolate Sauce)
-  **Freshly Prepared Fruit**

-  **Halal Chicken Nuggets**  
(Served with Chipped Potatoes)
-  **Vegetable Pakoras**  
(Served with Chipped Potatoes & Riata)
- MSC Fish Fingers**  
(Served with Chipped Potatoes & Baked Beans)

-  **Lemon Shortcake**  
(With Custard)
-  **Freshly Prepared Fruit**

Homemade bread, selection of seasonal vegetables or fresh salad served daily



## WEEK 2

-  **Halal Chicken Biryani**  
(Served with Flatbread)
-  **Arrabiata Pasta**  
(Served with Garlic Bread)
- Meat Bolognese**  
(Served with Pasta & Garlic Bread)
- Hot Baguette**  
(with Assorted Fillings)

-  **Marble Sponge**  
(With Custard)
-  **Freshly Prepared Fruit**

-  **Savoury Roll**  
(Served with Jacket Wedges & Sweetcorn)
-  **Homemade Cheese & Onion Pasty**  
(Served with Jacket Wedges & Sweetcorn)

-  **Lemon Sponge**  
(With Custard)
-  **Freshly Prepared Fruit**



-  **Halal Aloo Keema**  
(Served with Yorkshire Pudding)
-  **Vegetarian Toad in the Hole**  
(Served with Roast Potatoes & Gravy)
- Roast Meat**  
(Served with Yorkshire Pudding, Roast Potatoes & Gravy)
- Hot Baguette**  
(with Assorted Fillings)

-  **Paris Sandwich**  
(With Custard)
-  **Freshly Prepared Fruit**

-  **Halal Chicken Burrito**  
(Served with Tortilla Chips & Coleslaw)
-  **Cheese & Tomato Pizza**  
(Served with Tortilla Chips & Coleslaw)

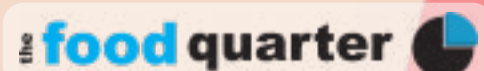
-  **Chocolate Sponge**  
(With Chocolate Sauce)
-  **Freshly Prepared Fruit**

- MSC Fishcake**  
(Served with Ketchup, Chipped Potatoes & Baked Beans)
- MSC Salmon & Sweet Potato Fishcake**  
(Served with Ketchup, Chipped Potatoes & Baked Beans)

-  **Vanilla Sponge Cake**  
(With Custard)
-  **Freshly Prepared Fruit**

Homemade bread, selection of seasonal vegetables or fresh salad served daily

## WEEK 3



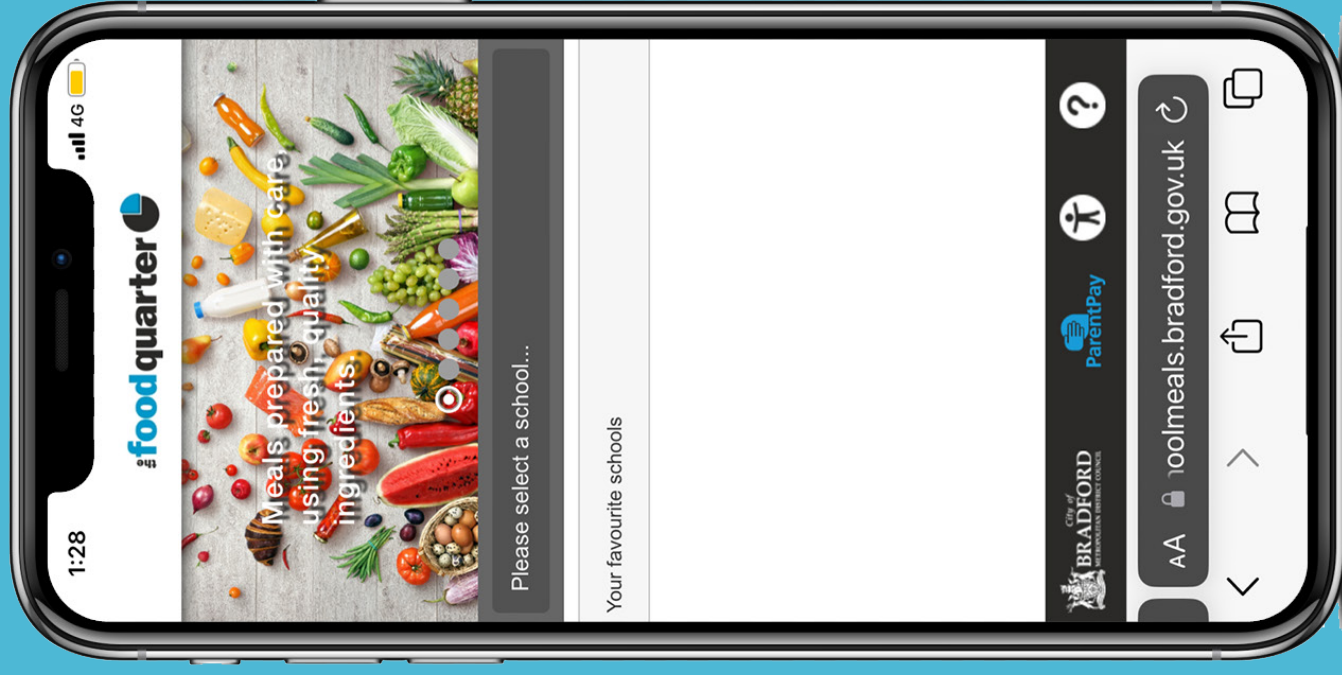
For full allergen & nutritional information head to  
<https://schoolmeals.bradford.gov.uk>

## FM SERVICES



# FM SERVICES SCHOOL MEALS APP

Available  
to parents!



Why not try our menu app? The easy way to get information on school meals via your phone, tablet, laptop or PC. You can scroll through the menu options for the day, check out the nutritional and allergen information, and much more!

Head to <https://schoolmeals.bradford.gov.uk>



SCAN HERE

# The easy way to get useful information on the menu and meals service within school!



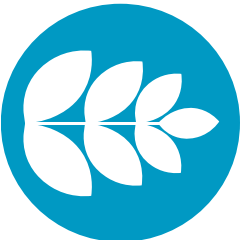
Scroll through menu options for the day



Filter menu options by meal type



See nutritional information on all menu items



Get allergen information on all our products



Find out about theme events & promotions



Save your child's school for easy access

# Why Choose School Lunch at your Child's School



I try new  
foods when  
eating with  
my friends

Provides 2  
out of my  
**5 a Day**

A hot lunch  
keeps me  
nice & warm  
on cold days

Helps me  
to grow  
and learn

Plenty of daily  
options to  
choose from



Compliant with school  
food standards.

Awarded the Soil Association's  
Food for Life Bronze Award.

Fresh regionally sourced produce

**FREE**  
for all primary  
school children in  
reception class  
and Years 1 & 2

FM Catering Services

# Examples dishes from your School Menu

Halal Chicken Masala Currito



Halal Lasagne

Chicken Pie  
Pasta Bolognaise

Soya Mince Chilli & Nachos



Homemade Cheese  
& Onion Pasty

Lemon Shortcake & Custard  
Date Crispy Crunch

## Wraps

Ham  
Cheese  
Halal Chicken  
Tuna  
Turkey

Come and try  
some of the  
lovely food we  
get to eat for  
school lunch!

## Panini

Ham Turkey Tuna  
Halal Chicken Tuna & Cheese

## Cold Desserts

Brownie  
Cookies  
Flapjack  
Muffins

## Sandwiches

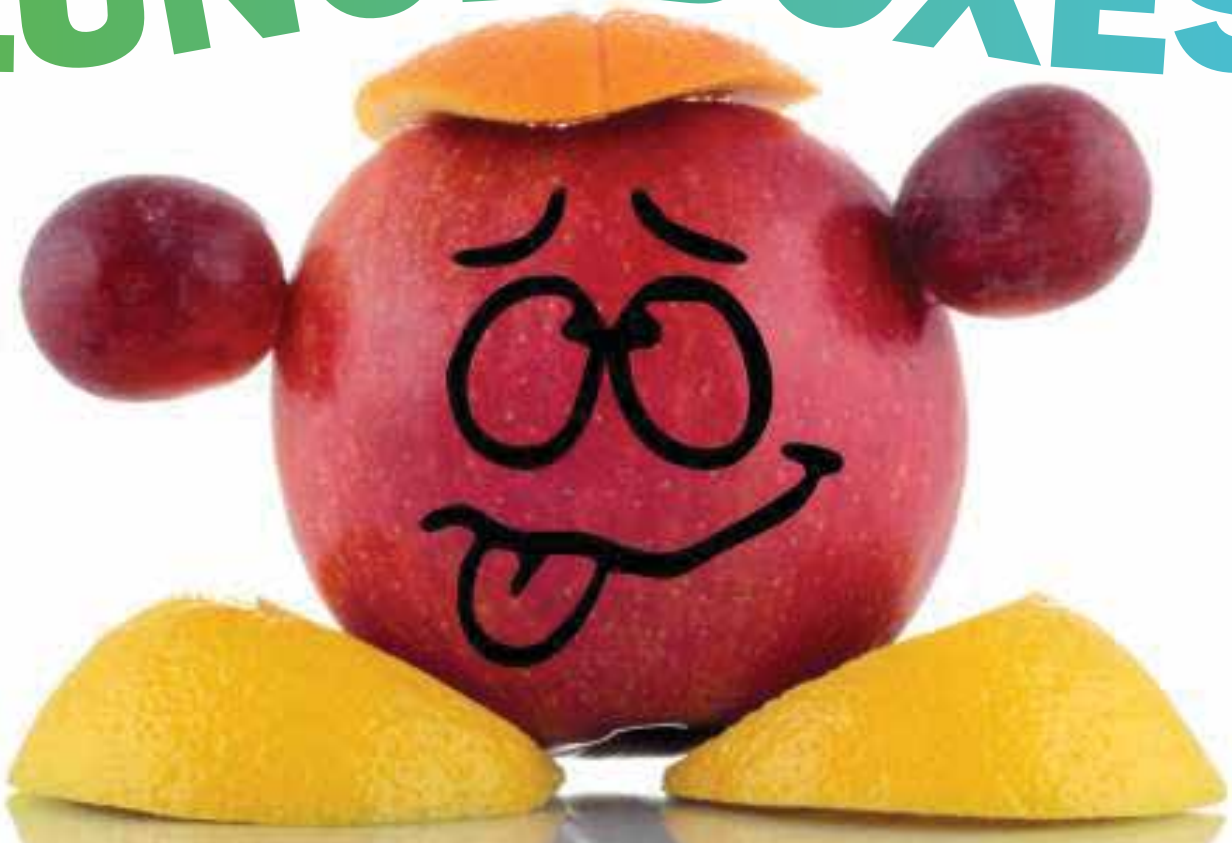
Ham  
Cheese  
Halal Chicken  
Tuna  
Turkey  
Egg



Our school catering  
is provided by

**FM Catering Services**

# LUNCHBOXES



**We know it's not easy for you to keep your child's lunchbox interesting and healthy day after day!**

**So why not let your school catering team do it for you!**

**Using our lunchbox filling service has many benefits:**

- ☺ We'll fill it with tasty and nutritionally balanced contents.
- ☺ Their favourite lunchbox can still be carried to and from school.
- ☺ Great variety of contents, freshly prepared each day.
- ☺ Food is kept in refrigerated conditions until lunchtime.

**Just leave it to us to slice and dice, while you go off & do something nice.**



# Typical Contents

To help children get a good balance of nutrients, we vary the contents of the lunchbox each day, on a planned 3 week cycle.

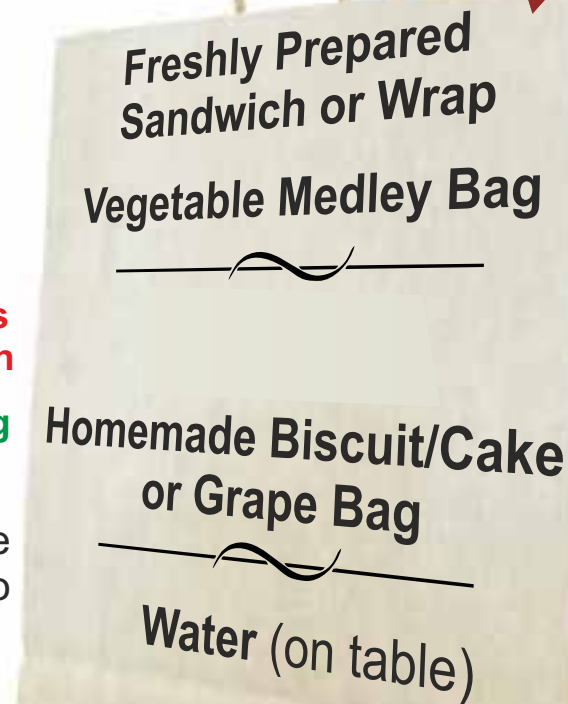
We've shown an example of the typical daily contents. We aim to always provide:

- ☺ **A portion of starchy food**
- ☺ **A portion of meat, fish, eggs, beans or other non-dairy source of protein**
- ☺ **At least 1 portion of fruit and/or veg**

To make use of this service, please fill in the form below and return it to school with your child. We'll send a

confirmation slip to inform you of the date when the service will start for your child. This means you'll know when to send them with an empty lunch-box.

**FREE**  
For all primary school children in reception class and Years 1 & 2



Freshly Prepared Sandwich or Wrap

Vegetable Medley Bag

Homemade Biscuit/Cake or Grape Bag

Water (on table)



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## Lunchbox Fillers Order Form

Name of Child:

Class:

Days of each week that "Lunchbox Fillers" is Required (please tick)

Mon:

Tue:

Wed:

Thu:

Fri:

Signed:

Print Name:

The wording in this publication can be made available in other formats such as large print and Braille. Please call 01274 431404.

You are invited to

# CHRISTMAS DINNER

TRADITIONAL TURKEY DINNER  
With Chipolata Sausage

🍴 HALAL ROAST CHICKEN

🌱 VEGAN VEGETABLE WHIRL

🧀 CHEESE QUICHE

Served with;  
Vegetarian Stuffing  
Roast Potatoes  
Traditional Vegetable Selection  
Veggie Gravy

CHRISTMAS PUDDING & WHITE SAUCE

CHOCOLATE SPONGE & CHOCOLATE SAUCE

DECORATED ICE CREAM

FRESH FRUIT

JOIN US IN THE DINING ROOM  
FOR A TREE-MENDOUS  
CHRISTMAS DINNER!

FM CATERING SERVICES

# Happy Easter!

ROAST TURKEY DINNER

served with Roast Potatoes, Spring  
Cabbage & Baton Carrots

🍴 HALAL ROAST CHICKEN

served with Roast Potatoes, Spring  
Cabbage & Baton Carrots

🌱 SAVOURY VEGAN SAUSAGE ROLL

served with Roast Potatoes, Spring  
Cabbage & Baton Carrots

EASTER BUNNY BISCUITS

CHOCOLATE FRUIT NESTS

Chocolate Cracknel with Fruit

WHY NOT HOP INTO  
THE DINING ROOM?

FM  
CATERING  
SERVICES

# MEXICAN DIA

Mexican Chicken Burritos

or

🍴 Halal Chicken Burritos

or

🌱 Vegetarian Chilli  
Taco Shells

served with

Mexican Tomato Rice

Assorted Salad

Coleslaw

Nachos & Salsa

\*\*\*\*\*

Chocolate Chilli Cake

or

Fresh fruit

FM CATERING SERVICES

# ITALIAN DAY!

BUON APPETITO

🍴 MARGHERITA

Cheese, Tomato and Oregano

AMERICANO

Cheese, Tomato and Pepperoni

TONNO

Cheese, Tomato, Tuna and Onion

🍴 PASTA ARRABIATA

Served with Garlic Bread or Mixed Salads

ICE CREAM CONE

or

FRUIT SALAD

FM CATERING SERVICES