



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 (UFSM). 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>





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

# All Saints' C of E Primary School (Ilkley)

**Wk 1** - 21st Apr, 12th May,  
2nd Jun, 23rd Jun, 14th Jul,  
1st Sep, 22nd Sep, 13th Oct  
**Wk 2** - 28th Apr, 19th May,  
9th Jun, 30th Jun, 21st Jul,  
8th Sep, 29th Sep, 20th Oct  
**Wk 3** - 5th May, 26th May,  
16th Jun, 7th Jul, 28th Jul,  
15th Sep, 6th Oct, 27th Oct

**MON**

**TUES**

**WED**

**THUR**

**FRI**


**WEEK 1**

 **Cheese Flan**  
(Served with Paprika  
Potatoes, Seasonal  
Vegetables or Salad)

 **Fajita Pasta Bake**  
(Served with Crusty Bread,  
Salad or Seasonal  
Vegetables)

Assorted Jacket Potatoes  
Selection of Sandwiches

 **Hot Sub Roll**

 **Apple Cake**  
(Baked Vanilla Sponge  
with Blended Apples &  
topped with Icing Sugar)

 **Freshly  
Prepared Fruit**

**Meat Lasagne**  
(Served with Garlic Bread  
& Salad)


 **Quorn Meatballs**  
(Served with Rice & Salad)

Assorted Jacket Potatoes  
Selection of Sandwiches

 **Flapjack**

 **Freshly  
Prepared Fruit**


**Roast Dinner**  
(Served with Yorkshire Pudding,  
Roast Potatoes, Seasonal  
Vegetables & Gravy)

 **Quorn Roast**  
(Served with Yorkshire  
Pudding & Seasonal  
Vegetables & Gravy)

Assorted Jacket Potatoes  
Selection of Sandwiches

 **Hot Sub Roll**

 **Old School  
Sponge Cake**  
(Served with Custard)

 **Freshly  
Prepared Fruit**

 **Cheese &  
Tomato Pizza**  
(Served with Chips /  
Jacket Wedges & Beans  
or Salad)

 **Savoury Rolls**  
(Served with Chips /  
Jacket Wedges & Beans  
or Salad)

Assorted Jacket Potatoes  
Selection of Sandwiches

 **Marble Sponge**  
(Served with  
Chocolate Sauce)

 **Freshly  
Prepared Fruit**

**Southern Fried  
Chicken Goujons**  
(Served with Chips / Jacket  
Wedges & Beans or Salad)

 **Vegetable Dippers**  
(Served with Ketchup,  
Chips / Jacket Wedges,  
Salad or Seasonal  
Vegetables)

Assorted Jacket Potatoes  
Selection of Sandwiches

 **Ice Cream Tubs**

 **Freshly  
Prepared Fruit**

**WEEK 2**


 **Homemade  
Cheese & Onion  
Pasty**  
(Served with Seasoned  
Potatoes, Salad or  
Seasonal Vegetables)

 **Mascarpone Pasta**  
(Served with Crusty Bread  
& Salad)

Assorted Jacket Potatoes  
Selection of Sandwiches

 **Hot Sub Roll**

 **Sprinkle Cake**  
(Vanilla Sponge  
topped with Icing &  
Sprinkles)


 **Freshly  
Prepared Fruit**

**Spaghetti Bolognaise**  
(Spaghetti Bolognaise served  
with Garlic Bread & Salad)

 **Veggie Mince  
Pasta Bolognaise**  
(Served with Garlic Bread  
& Salad)

Assorted Jacket Potatoes  
Selection of Sandwiches

 **Hot Sub Roll**

 **Volcano Buns**  
(A Sponge-like Biscuit  
with a Jam / Lemon  
filling)

 **Freshly  
Prepared Fruit**


**Roast Dinner**  
(Served with Yorkshire Pudding,  
Roast Potatoes, Seasonal  
Vegetables & Gravy)

 **Quorn Roast**  
(Served with Yorkshire  
Pudding & Seasonal  
Vegetables & Gravy)

Assorted Jacket Potatoes  
Selection of Sandwiches

 **Hot Sub Roll**

 **Cornflake Tart**  
(Served with Custard)

 **Freshly  
Prepared Fruit**

 **Cheese &  
Tomato Pizza**  
(Served with Chips /  
Jacket Wedges & Beans  
or Salad)

 **Loaded  
Vegetable Pizza**  
(Served with Chips /  
Jacket Wedges & Salad)

Assorted Jacket Potatoes  
Selection of Sandwiches

 **Chocolate  
& Mandarin  
Sponge**  
(Served with Custard)

 **Freshly  
Prepared Fruit**

**Sausage in a Bun**  
(Prime Sausage served in a  
Bread Roll with Jacket Wedges  
/ Chips & Salad)

**MSC Battered Fish**  
(Served with Chips / Jacket  
Wedges, Salad or Vegetables)

 **Quorn Sausage  
in a Bun**  
(Served with Chips /  
Jacket Wedges & Salad)

Assorted Jacket Potatoes  
Selection of Sandwiches

 **Fruit Jelly**  
(Fruit Jelly  
topped with Cream)


 **Freshly  
Prepared Fruit**

**WEEK 3**

 **Mac & Cheese**  
(Served with Crusty /  
Garlic Bread & Salad)

 **Chickpea  
Tikka Masala**  
(Served with Naan Bread  
& Salad)

Assorted Jacket Potatoes  
Selection of Sandwiches


 **Hot Sub Roll**

 **Jam Sponge**  
(Served with Custard)

 **Freshly  
Prepared Fruit**

**Chicken Pie**  
(Served with Seasoned  
Potatoes & Seasonal  
Vegetables)

 **Cheese Roll**  
(Served with Seasoned  
Potatoes & Seasonal  
Vegetables)

 **Pomodoro Pasta**  
(Served with Fusilli Pasta,  
Crusty Bread & Salad)

Assorted Jacket Potatoes  
Selection of Sandwiches

 **Hot Sub Roll**

 **Fruity Flapjack**


 **Freshly  
Prepared Fruit**

**Beef Burger in a Bun**  
(Served in a Bun, with Chips /  
Jacket Wedges & Salad)

 **Quorn Burger  
in a Bun**  
(Served with Chips /  
Jacket Wedges & Salad)

Assorted Jacket Potatoes  
Selection of Sandwiches

 **Hot Sub Roll**

 **Chocolate  
Brownie**

 **Freshly  
Prepared Fruit**

**Cheesy Beef  
Taco Pasta**  
(Served with a side Salad)

 **Cheese &  
Tomato Pizza**  
(Served with Chips /  
Jacket Wedges & Beans  
or Salad)

 **Mini Meatless Ball  
Pizza**  
(Served with Chips /  
Jacket Wedges, Baked  
Beans or Salad)


Assorted Jacket Potatoes  
Selection of Sandwiches

 **Chocolate &  
Pear Sponge**  
(Served with  
Chocolate Sauce)

 **Freshly  
Prepared Fruit**

**MSC Salmon &  
Sweet Potato Fishcake**  
(Served with Creamed Potatoes  
& Seasonal Vegetables)

**MSC Fish Fingers**  
(Served with Creamed Potatoes  
& Seasonal Vegetables)

 **Breaded Cheese  
& Vegetable Grill**  
(Served in a Bun with  
Salad & Optional  
Coleslaw)

Assorted Jacket Potatoes  
Selection of Sandwiches

 **Vanilla Cookie**

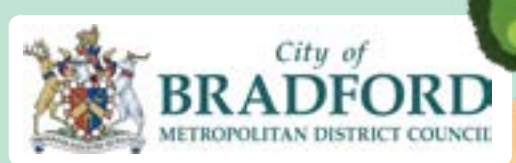
 **Freshly  
Prepared Fruit**



**the food quarter**

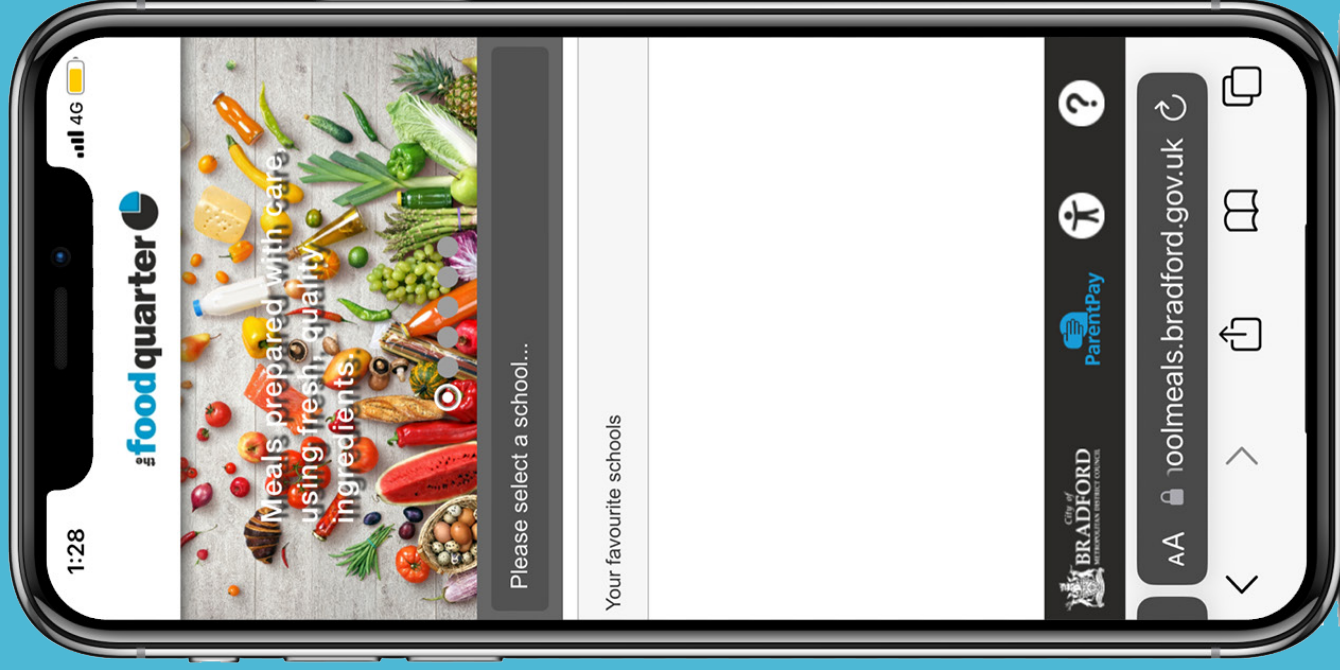
**FM SERVICES**

For full allergen  
& nutritional  
information  
head to our app



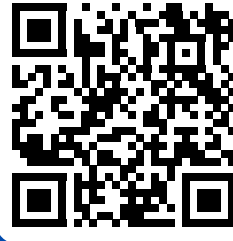
# FM SERVICES SCHOOL MEALS APP

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!



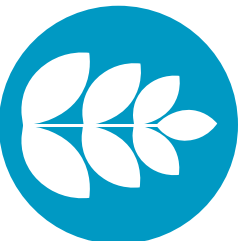
Scroll through menu options for the day



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.

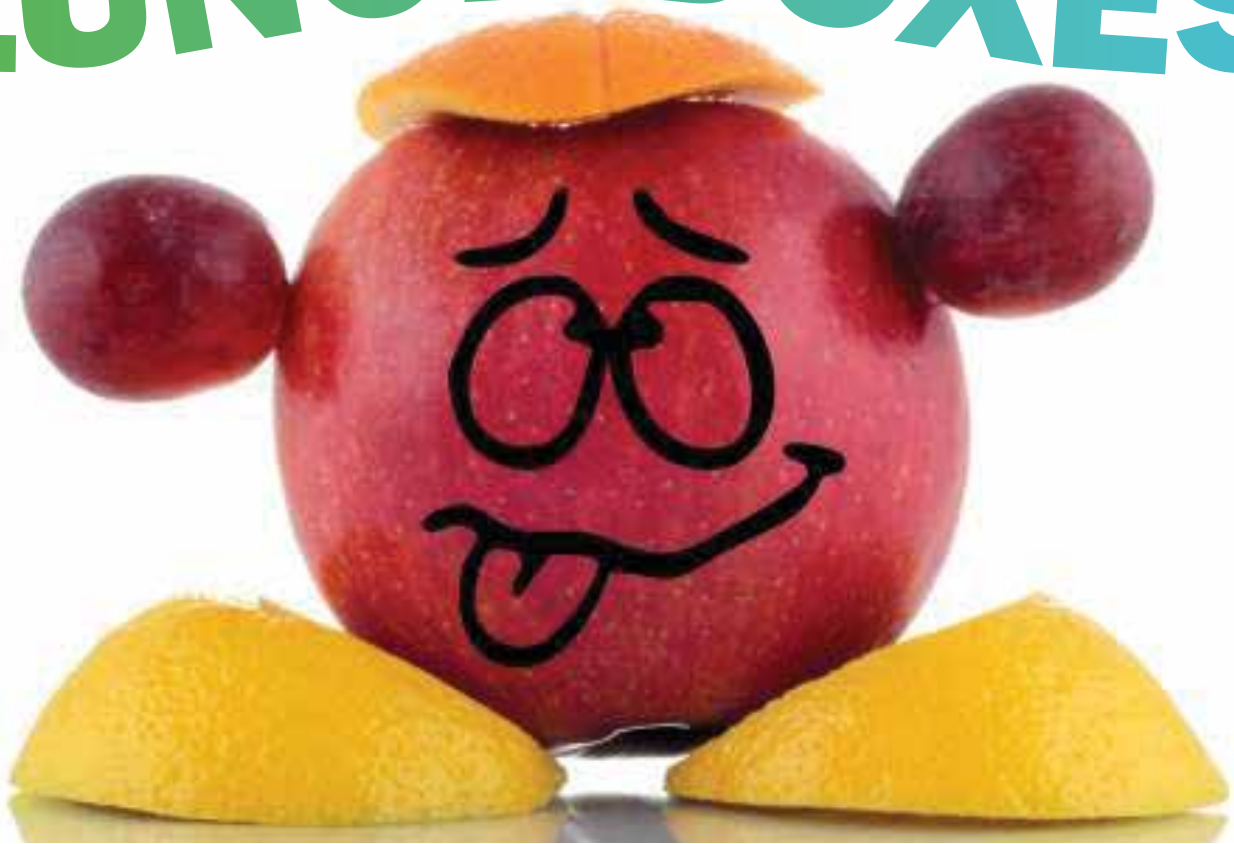
Awarded the Soil Association's  
Food for Life Bronze Award.

Fresh regionally sourced produce

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

FM Catering Services

# 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.



## 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**

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# 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**

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