SPRING 2022

LUNCH



MENU





On this menu you will find our favourite and most popular dishes like our Midweek Roasts, Lasagne with Garlic Bread and Oven Baked Local Butcher's Sausages and you will also find our new plant based, sustainable and low carbon selections which we think you will love, and the planet will love you for trying them.

Small changes to our menu can have a positive impact on our children's health and the health of the planet so why not give them a go? As Greta Thunberg says ...

Love is in the air on with our Valentines Shortbread!

NO-ONE IS TOO SMALL TO MAKE A DIFFERENCE



Look out for World Book Day and our competition to WIN A SUBSCRIPTION TO ECO KIDS MAGAZINE FOR A YEAR.

It's sure to spark your

FOOD ALLERGIES

It is your responsibility to order a meal your child can safely eat. To make this as easy as possible for you we have detailed the five most common allergens on the menu. These symbols show meals that 'contain' specified allergens.

Ingredients for all our meals can be found by clicking on a meal choice on the online ordering system. For further allergen details please refer to the full allergen list at

localfoodlinks.org.uk/allergies

Some side dishes or sauces are optional; gravy, custard, cheese, mayonnaise, spread and bread can be omitted to make your selection allergy compliant.

We will work with you to provide allergen free meals for children who have medically confirmed food allergies. To discuss in more detail please contact

barry.dovell@localfoodlinks.org.uk

FREE SCHOOL **MEALS**

If your child is in KS1 (Reception, Yr1 and Yr2) they can enjoy a hot school meal for free everyday!

Some children in Yr 3 or above may be entitled to FREE MEALS if their parents receive financial support.

To find out if you are entitled, look on the Dorset Council website or call 01305 221090.

SPRING

SCHOOL

NAME

ONE FORM PER CHILD

CLASS

Total x £2.40

Cheques made payable to School



31 JANUARY - MARCH

SCHOOL NAME **CLASS** Total

HOW TO ORDER

The easiest way to order meals is online at my.localfoodlinks.org.uk IIPDATED

Meals need to be ordered (or amended) 7 days in advance.

Why not order for the whole half term? You can log back in and make changes if you need to.

The system is easy to use but if you have any problems you can talk to the team on 01308 420269













Selected schools may accept paper orders via the school office, please check with your school for ordering deadlines.







Flapjack

or Fresh Fruit

SPRING

LUNCH

GDE Best of British Quorn Sausage with Yorkshire Pudding, Roast Potatoes, Carrots, Sweetcorn

GDS Cheese Sub Roll with Tomato Pinwheel & Crudites

GDE Roast Beef with Yorkshire

GDE Cauliflower Cheese with

Pudding, Potatoes, Mixed Vegetables & Gravy

Yorkshire Pudding, Potatoes, Mixed Vegetables & Gravy

WEDNESDAY 19 JAN

Potatoes, Mixed Vegetables

Vegetable Bake with Roast Potatoes, Mixed Vegetables

Cheese Baguette with Tomato Pinwheel & Mixed Salad

Roast Turkey with Roast

Baguette with Hummus, Peppers & Crudites (pb)

Mini Oat Cookie

& Melon

k roasts

& Gravy

GE or Fresh Fruit

MIDWEEK ROASTS

Mini Shortbread & Pineapple

WEDNESDAY 12 JAN

Jacket Potato with Spaghetti Hoops & Grated Cheese Raspberry Cake

& Peas

or Fresh Fruit

Hugh's Boston Bean & Squash

Hotpot with Crusty Bread & Peas

THURSDAY 13 JAN

Lasagne with Garlic Bread,

Baby Carrots & Green Beans

5 Veg Lasagne with Garlic Bread, Baby Carrots & Green

THURSDAY 20 JAN

Local Butchers Pork Sausage

with Mashed Potato, Carrots

Plant Powered Sausage with Mashed Potato, Carrots

THURSDAY 27 JAN

Planet Friendly Cottage Pie

Jacket Potato with Spaghetti Hoops & Grated Cheese

Raspberry Cup Cake

Hugh's Gardeners Pie

with Sweetcorn

Jacket Potato with

GE Carrot Cup Cake

or Fresh Fruit

& Gravy

Jacket Potato with

Cheese & Crudites

Mini Shortbread

& Pineapple

Ham & Mixed Salad

Beef Bolognaise with Wholemeal Pasta

Wedges, Baby Carrots & Tomato Ketchúp

Fishless Fingers with Potato Wedges, Baby Carrots & Tomato Ketchup

& Orange Wedge

TOTAL

MONDAY 10 JAN

MONDAY 17 JAN

OPTION 3

MONDAY 24 JAN

MONDAY 31 JAN

TOTAL

- Rice, Vegetable Medley & Mini Naan
- with Rice, Vegetable Medley & Mini Naan
- Beans & Grated Cheese
- or Frésh Fruit

- with Corn on the Cob & Baked Beans
- GDS Homemade 5 Veg Tomato Soup with a Wholemeal Cheese Roll
 - Jacket Potato with Mild Chilli non Carne (pb)

MONDAY 24 JAN

- BBQ Chicken Breast in a Roll with Sliced Tomato, Corn on
- Corn on the Cob & Peas (pb) Jacket Potato with Planet Friendly Bolognaise (pb) & Grated Cheese

menu changes

right to make

reserve the

≪e

Pork & Apple Burger in a Roll with Sliced Tomato, Corn on the Cob & Baked Beans

TUESDAY 11 JAN

Chicken Breast with Pasta.

Roasted Vegetable & Tomato Sauce with Pasta & Peas

Jacket Potato with Baked

Beans & Grated Cheese

Tomato Sauce & Peas

- Plant Based Burger in a Roll with Sliced Tomato, Corn on the Cob & Baked Beans
- Jacket Potato with Tuna Mayo & Mixed Salad
- Strawberry Yoghurt or Fresh Fruit

WINTERWARMERS

- Wholemeal Pasta, Grated Cheese & Baby Carrots
- Cheese & Baby Carrots
- Tuna Mayo & Crudites
- Mini Chocolate Brownie & Orange Wedge

TUESDAY 25 JAN

- GD Meatball Baguette with 5 Veg Tomato Sauce, Grated Cheese & Sweetcorn
- GDS Plant Powered Veg Ball Baguette with 5 Veg Tomato Sauce, Grated Cheese & Sweetcorn
- Jacket Potato with Tuna Mayo & Mixed Salad
- Mini Chocolate Cake & Orange Wedge

MIDWEEK ROASTS

- TUESDAY 1 FEB WEDNESDAY 2 FEB Roast Beef with Yorkshire Pudding, Potatoes, Mixed Vegetables & Gravy
- Plant Based Burger in a Roll with Sliced Tomato, Corn on the Cob & Baked Beans
- & Mixed Salad
- Strawberry Yoghurt or Fresh Fruit
- Pork & Apple Burger in a Roll with Sliced Tomato, Corn on the Cob & Baked Beans
- Jacket Potato with Tuna Mayo

GDE Cauliflower Cheese with

TUESDAY 8 FEB

- Beef Bolognaise with Wholemeal Pasta, Grated Cheese & Baby Carrots
- GDS Planet Friendly Bolognaise with Wholemeal Pasta, Grated Cheese & Baby Carrots
- Jacket Potato with Tuna Mayo & Crudites
- Mini Chocolate Brownie & Orange Wedge

MIDWEEK ROASTS

Roast Turkey with Roast Potatoes, Mixed Vegetables & Gravy

WEDNESDAY 9 FEB

Yorkshire Pudding, Potatoes, Mixed Vegetables & Gravy

Baguette with Hummus,

Peppers & Crudites (pb)

Mini Oat Cookie & Melon

- Vegetable Bake with Roast Potatoes, Mixed Vegetables & Gravy
- Cheese Baguette with Tomato Pinwheel & Mixed Salad

WEDNESDAY 16 FEB

Roast Gammon with Roast

Potatoes, Mixed Vegetables

Roasted Vegetable Twist with Roast Potatoes, Mixed

Tomato Pinwheel & Crudites

Vegetables & Gravy

Oat & Apricot Cookie or Fresh Fruit

WEDNESDAY 2 MAR

Roast Chicken with Roast

Love the Planet Loaf

Pinwheel & Mixed Salad

with Roast Potatoes, Mixed Vegetables & Gravy

Cheese Baguette with Tomato

Potatoes, Mixed Vegetables &

GDS Cheese Sub Roll with

Lemon Drizzle Cake or Fresh Fruit

& Gravy

Gravy

- Lasagne with Garlic Bread, Baby Carrots & Green Beans
- & Green Beans
 - Ham & Mixed Salad
- Carrot Cup Cake or Fresh Fruit
- Peas & Tomato Ketchup
- GDE Cheese & Onion Quiche with Chips, Peas & Tomato Ketchup
- with Chips, Peas & Tomato Ketchup (pb)
- Mini Chocolate Shortbread & Orange Wedge

FRIDAY 11 FEB GUGTAINA

- with Mashed Potato, Carrots & Gravy
- Jacket Potato with Cheese & Crudite
- Mini Shortbread & Pineapple

- Fishless Fingers with Potato Wedges, Peas & Tomato Ketchup (pb)
- Bean Burrito with Potato Wedges & Mixed Salad 📈
- or Fresh Fruit

FRIDAY 18 FEB

- Fish Fingers with Chips, Peas & Tomato Ketchup
- Peas & Tomato Ketchup

Orange Jelly & Mandarins

OPTION 2 OPTION 3

TOTAL

- with Sliced Tomato, Corn on the Cob & Peas Sausage Roll with
- Corn on the Cob & Peas (pb) Jacket Potato with Planet
- Valentines Shortbread or Fresh Fruit

- Lasagne with Baby Carrots
- Carrots & Green Beans
 - Jacket Potato with Ham & Mixed Salad
- Mini Chocolate Shortbread & Orange Wedge

Meatball Baguette with 5 Veg Tomato Sauce, Grated Cheese & Sweetcorn

TUESDAY 15 FEB

- GDS Plant Powered Veg Ball Baguette with 5 Veg Tomato Sauce, Grated Cheese & Sweetcorn
- Jacket Potato with Tuna Mayo & Mixed Salad
- Mini Chocolate Cake & Orange Wedge

- TUESDAY 1 MAR MIDWEEK ROASTS GS Pork & Apple Burger in a Roll with Sliced Tomato, Corn on
- GS Plant Based Burger in a Roll with Sliced Tomato, Corn on the Cob & Baked Beans
 - with Cheese & Crudites Pancake with Lemon
- Carrot Cake or Fresh Fruit

S Soya

Pb Plant based

FRIDAY 4 MAR Breaded Fish with Chips, Sweetcorn & Tomato Ketchup

- Glamorgan Sausage
- with Chips, Sweetcorn & Tomato Ketchup
- Chips, Sweetcorn & Tomato Ketchup

MONDAY 28 FEB

OPTION 1 **OPTION 2 OPTION 3**

TOTAL

See overleaf or online for more information on food allergies

Jacket Potato with Baked Honey & Fruit Slice

- Beef Bolognaise with Cheese & Tomato Pizza
 - GD Planet Friendly Bolognaise with Wholemeal Pasta, Grated
 - Jacket Potato with

MIDWEEK ROASTS WEDNESDAY 26 JAN

Lemon Drizzle Cake

- Roast Gammon with Roast Potatoes, Mixed Vegetables & Gravy
- Roasted Vegetable Twist with Roast Potatoes, Mixed Vegetables & Gravy
- GDS Cheese Sub Roll with Tomato Pinwheel & Crudites Oat & Apricot Cookie

or Fresh Fruit

- THURSDAY 3 FEB
- 5 Veg Lasagne with Garlic Bread, Baby Carrots
 - Jacket Potato with

THURSDAY 10 FEB

- Local Butchers Pork Sausage with Mashed Potato, Carrots & Gravy
- Plant Powered Sausage

THURSDAY 17 FEB Hugh's Gardeners Pie with Sweetcorn

- GDS Planet Friendly Cottage Pie with Sweetcorn
- Jacket Potato with Spaghetti Hoops & Grated Cheese
- Raspberry Cup Cake or Fresh Fruit

THURSDAY 3 MAR Cheese & Tomato Pizza with Half a Jacket Potato & Peas

- Macaroni, Tomato and Vegetable Cheese with Peas Jacket Potato with Planet Friendly Bolognaise (pb)
- Chocolate Crispy Square or Fresh Fruit

C Coconut

- FRIDAY 7 JAN Fish Fingers with Potato

- Cheese Baguette with Chips, Mixed Salad & Tomato Ketchup
- Mini Chocolate Brownie

FRIDAY 14 JAN SUSTAINA Breaded Fish with Chips,

- Peas & Tomato Ketchup GDE Cheese & Onion Quiche with Chips, Peas & Tomato Ketchup
- Falafel & Cucumber Wrap with Chips, Peas & Tomato Ketchup (pb)
- Mini Chocolate Shortbread & Orange Wedge

FRIDAY 21 JAN

- Battered Fish with Potato Wedges, Peas & Tomato
- Fishless Fingers with Potato Wedges, Peas & Tomato Ketchup (pb) Bean Burrito with Potato

Wedges & Mixed Salad (pb)

or Fresh Fruit

Chocolate Mousse

Fish Fingers with Chips, gugannam Peas & Tomato Ketchup Eco Burger with Chips, Peas & Tomato Ketchup (pb)

Cheese Baguette with Chips,

FRIDAY 28 JAN

Peas & Tomato Ketchup Orange Jelly & Mandarins

FRIDAY 4 FEB Breaded Fish with Chips,

- Falafel & Cucumber Wrap

- Battered Fish with Potato Wedges, Peas & Tomato Ketchup
- Chocolate Mousse
- Eco Burger with Chips, Peas & Tomato Ketchup (pb)
- Cheese Baguette with Chips,



Cheese Baguette with

Mini Oat Cookie & Melon

OLDAN MONDAY 10 JAN

- Fruity Chicken Curry with
- GDC Chickpea & Cauliflower Curry

MONDAY 17 JAN

- Flapjack or Fresh Fruit
- the Cob & Peas Sausage Roll with
 - Lemon Shortbread or Fresh
- MONDAY 31 JAN Fruity Chicken Curry with Rice, Vegetable Medley & Mini Naan
- GDC Chickpea & Cauliflower Curry with Rice, Vegetable Medley & Mini Naan Jacket Potato with Baked D Beans & Grated Cheese
 - MONDAY 7 FEB

GD Cheese & Tomato Pizza with Corn on the Cob

& Baked Beans

Honey & Fruit Slice or Fresh Fruit

- GDS Homemade 5 Veg Tomato Soup with a Wholemeal Cheese Roll
- Mild Chilli non Carne Flapjack or Fresh Fruit

Jacket Potato with

- MONDAY 14 FEB BBQ Chicken Breast in a Roll
- Friendly Bolognaise (pb) & Grated Cheese

MONDAY 28 FEB

- 5 Veg Lasagne with Baby
- the Cob & Baked Beans
- **E** Egg

- OPTION 1 OPTION 2
- **OPTION 3**

Did you order Week 1

WEEK 1

last half term?

TUESDAY 4 JAN

TOTAL





WEEK 5

TOTAL

WEEK 6 MONDAY 7 FEB

TOTAL

WEEK 7

WEEK 1

CONTAINS ALLERGENS

or Fresh Fruit