

# Welcome to SUMMER TERM MENU 2022

We are going paper free but we still want to highlight some of the great lunches we have this term...



This menu begins with Great British Beef Week from the 25th-29th April. **LFL only ever use Great British Beef** from our Great Local Butcher.

Chewbacca, Yoda and C3PO do battle with Darth Vader at lunchtime on Wednesday 4th May. Will the Dark side be defeated, only you can help!!!  
**May the Fourth be with You.**

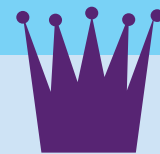


National  
Vegetarian  
Week

Vegetarian dishes galore from the **16-20th of May**. From Veg Powered Sausage Rolls to Plant Based Burgers and our very favourite original Mac & Cheese. Vegetarian food never tasted so good.



Celebrate the **Queen's Platinum Jubilee** a little bit early on Wed 25th May with Royal Roast Beef followed by Queen Elizabeth Sponge and on Friday 27th with a Traditional Fish & Chips or Jubilee chicken baguette. The Queen's actual favourite Rich Tea & Chocolate Biscuit Cake make this a delectably regal lunch!



[www.localfoodlinks.org.uk](http://www.localfoodlinks.org.uk)



Some other bits you need to know...

## 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](https://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](mailto:barry.dovell@localfoodlinks.org.uk)

## FREE SCHOOL MEALS

If your child is in KS1 they can enjoy a hot school meal for free everyday!

For children in KS2 the price is £2.40 per meal. Some children in Yr3 or above may be entitled to **free meals** if their parents receive financial support.

**To find out if you are entitled, contact your local authority.**

## ORDERING

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

**ORDER AT**  
[my.localfoodlinks.org.uk](https://my.localfoodlinks.org.uk)

Any problems call  
**01308 420269**



# SUMMER LUNCH MENU

Did you order Week 1 last half term?

MONDAY 25 APR

- GD Cheese & Tomato Pizza with Half a Jacket Potato & Peas
- E Quorn Cowboy Casserole with Half a Jacket Potato & Peas
- GE Jacket Potato with Plant Packed Bolognaise
- GE Dorset Apple Cake or Fresh Fruit

TUESDAY 26 APR

- GS Pork & Apple Burger in a Roll, Corn on the Cob & Baked Beans
- GS Plant Based Burger in a Roll, Corn on the Cob & Baked Beans
- D Jacket Potato with Cheese & Mixed Salad
- G Mini Chocolate Cookie & Orange Wedge

WEDNESDAY 27 APR

- GDE Roast Beef with Yorkshire Pudding, Roast Potatoes, Mixed Vegetables & Gravy
- GDE Veg Powered Sausage with Yorkshire Pudding, Roast Potatoes, Mixed Vegetables & Gravy
- GDS Cheese Sub Roll with Tomato Pinwheel & Crudites
- G Oat & Raspberry Slice or Fresh Fruit

THURSDAY 28 APR

- GD Beef Bolognaise with Wholemeal Pasta, Grated Cheese, Baby Carrots & Peas
- GD Vegetable & Tomato Macaroni Cheese with Baby Carrots & Peas
- G Jacket Potato with Ham & Crudites
- G Mini Shortbread & Pineapple

FRIDAY 29 APR

- FG Breaded Fish with Chips, Sweetcorn & Tomato Ketchup
- GDE Cheese & Onion Quiche with Chips, Sweetcorn & Tomato Ketchup
- GD Ham Baguette with Chips, Mixed Salad & Tomato Ketchup
- GE Carrot Cake or Fresh Fruit

BANK HOLIDAY

MONDAY 9 MAY

- GD Butter Chicken Curry with Rice, Vegetable Medley & Mini Naan
- GDC Chickpea & Cauliflower Curry with Rice, Vegetable Medley & Mini Naan
- GD Jacket Potato with Spaghetti Hoops & Grated Cheese
- GE Lemon Drizzle Cake or Fresh Fruit

TUESDAY 10 MAY

- GDS Meatball Sub with 5 Veg Tomato Sauce, Grated Cheese & Sweetcorn
- GDS Plant Powered Veg Ball Sub with 5 Veg Tomato Sauce, Grated Cheese & Sweetcorn
- G Jacket Potato with Ham & Crudites
- G Mini Oat Cookie & Melon

WEDNESDAY 11 MAY

- GD Roast Gammon, Roast Potatoes, Mixed Vegetables & Gravy
- D Cauliflower Cheese, Roast Potatoes, Mixed Vegetables & Gravy
- FE Jacket Potato with Tuna Mayo & Mixed Salad
- GD Chocolate Crispy Square

THURSDAY 12 MAY

- GD BBQ Chicken Wrap with Rice, Sweetcorn & Grated Cheese
- GDE BBQ Quorn Wrap with Rice, Sweetcorn & Grated Cheese
- GD Ham Baguette with Tomato Twist & Crudites
- G Strawberry Jelly & Fruit

FRIDAY 13 MAY

- FG Fish Fingers with Potato Wedges, Peas & Tomato Ketchup
- G Fishless Fingers with Potato Wedges, Peas & Tomato Ketchup
- GD Cheese Baguette with Potato Wedges, Mixed Salad & Tomato Ketchup
- G Marble Cookie or Fresh Fruit

MONDAY 16 MAY

- GD Cheese & Tomato Pizza with Half a Jacket Potato & Peas
- G Veg Powered Sausage Roll with Half a Jacket Potato & Peas
- D Jacket Potato with Baked Beans & Grated Cheese
- G Shortbread or Fresh Fruit

TUESDAY 17 MAY

- GS Pork & Apple Burger in a Roll with Corn on the Cob, Baked Beans & Tomato Ketchup
- GS Plant Based Burger in a Roll with Corn on the Cob, Baked Beans & Tomato Ketchup
- D Jacket Potato with Cheese & Mixed Salad
- G Mini Chocolate Cookie & Orange Wedge

WEDNESDAY 18 MAY

- GD Roast Turkey, Roast Potatoes, Mixed Vegetables & Gravy
- GE Veg Packed Loaf, Roast Potatoes, Mixed Vegetables & Gravy
- GDS Cheese Sub Roll with Tomato Pinwheel & Crudites
- G Oat & Raspberry Slice or Fresh Fruit

THURSDAY 19 MAY

- GD Macaroni Cheese with Baby Carrots & Peas
- GD Plant Powered Bolognaise with Pasta, Baby Carrots & Peas
- G Bean Burrito & Crudites
- G Mini Shortbread & Pineapple

FRIDAY 20 MAY

- FG Breaded Fish with Chips, Sweetcorn & Tomato Ketchup
- GDE Cheese & Onion Quiche with Chips, Sweetcorn & Tomato Ketchup
- GD Ham Baguette with Chips, Mixed Salad & Tomato Ketchup
- GE Carrot Cake or Fresh Fruit

MONDAY 23 MAY

- GS Tomato & Herb Chicken Steak with Colourful Rice & Peas
- D Plant Powered Veg Balls with Tomato Sauce, Colourful Rice & Peas
- G Jacket Potato with Baked Beans & Grated Cheese
- G Lemon Shortbread or Fresh Fruit

TUESDAY 24 MAY

- G Local Butcher's Pork Sausage with Pasta, Tomato Sauce & Peas
- G Best of British Quorn Sausage with Pasta, Tomato Sauce & Peas
- D Jacket Potato with Cheese & Crudites
- GE Mini Chocolate Brownie & Orange Wedge

JUBILEE WEDNESDAY 25 MAY

- GDE Royal Roast Beef with Yorkshire Pudding, Roast Potatoes, Mixed Vegetables & Gravy
- GDE Veg Powered Sausage with Yorkshire Pudding, Roast Potatoes, Mixed Vegetables & Gravy
- GD Cheese Baguette with Pesto Twist & Mixed Salad
- GE Queen Elizabeth Sponge or Fresh Fruit

THURSDAY 26 MAY

- GD Lasagne with Baby Carrots & Sweetcorn
- GD 5 Veg Lasagne with Baby Carrots & Sweetcorn
- FEGS Tuna Mayo Sub Roll with Tomato Pinwheel & Mixed Salad
- G Mini Oat Cookie & Melon

JUBILEE FRIDAY 27 MAY

- FG Breaded Fish with Chips, Peas & Tomato Ketchup
- G Fishless Fingers with Chips, Peas & Tomato Ketchup
- GE Platinum Jubilee Chicken Baguette with Chips & Mixed Salad
- GD The Queens Favourite Rich Tea & Chocolate Biscuit Cake or Fresh Fruit

WE RESERVE THE RIGHT TO MAKE MENU CHANGES WHEN NECESSARY

BRAIN FOOD

HALF TERM

FULL

MONDAY 6 JUNE

- GD Cheese & Tomato Pizza with Corn on the Cob & Baked Beans
- GS Plant Powered Burger in a Roll with Corn on the Cob & Baked Beans
- G Jacket Potato with Veg Packed Bolognaise
- G Chocolate Shortbread or Fresh Fruit

TUESDAY 7 JUNE

- GDS Meatball Sub with 5 Veg Tomato Sauce, Grated Cheese & Sweetcorn
- GDS Plant Powered Veg Ball Sub with 5 Veg Tomato Sauce, Grated Cheese & Sweetcorn
- G Jacket Potato with Ham & Crudites
- G Flapjack or Fresh Fruit

WEDNESDAY 8 JUNE

- GD Roast Chicken Breast, Roast Potatoes, Mixed Vegetables & Gravy
- G Veg Packed Pinwheel, Roast Potatoes, Mixed Vegetables & Gravy
- GD Cheese Baguette with Pesto Twist & Mixed Salad
- G Oat & Apricot Cookie or Fresh Fruit

THURSDAY 9 JUNE

- GD Beef Bolognaise with Wholemeal Pasta, Grated Cheese, Baby Carrots & Peas
- GD Macaroni Cheese with Baby Carrots & Peas
- FE Jacket Potato with Tuna Mayo & Crudites
- G Mini Chocolate Flapjack & Orange Wedge

FRIDAY 10 JUNE

- FG Breaded Fish with Chips, Peas & Tomato Ketchup
- GD Roasted Vegetable Mini Muffin Pizza with Chips, Peas & Tomato Ketchup
- GD Ham Baguette with Chips, Mixed Salad & Tomato Ketchup
- G Strawberry Jelly & Fruit

CONTAINS ALLERGENS

G Gluten D Dairy E Egg S Soya F Fish C Coconut Pb Plant based