

SUMMER TERM 2021

# LUNCH



# MENU



JUNE 14 - 18

Is the British Nutrition Foundation's Healthy Eating Week. Enjoy our fruity chicken curry packed with fruit and vegetables, or our homemade veggie burger, both delicious and extra healthy.

MEAT FREE



JUNE 21 - 25

It's National Picnic Week and to celebrate we have added lots of lighter dishes like our Ham or Cheese Ploughman's lunch and our BBQ Chicken "Burger".

JULY 2ND

Join the Grand Appeal and support Bristol Children's Hospital. Ask your teachers if they are wearing "The Wrong Trousers" on Friday 2nd July and try our "Cracking Cheesecake Gromit!"

# 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](http://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 (Reception, Yr1 and Yr2) 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.

SUMMER

SCHOOL LUNCH MENU  
7 JUNE - 23 JULY

SCHOOL \_\_\_\_\_

NAME ONE FORM PER CHILD

CLASS \_\_\_\_\_

Total \_\_\_\_\_ x £2.40

£ \_\_\_\_\_

Cheques made payable to School



SUMMER

# SCHOOL LUNCH MENU

7 JUNE - 23 JULY

## HOW TO ORDER

The easiest way to order meals is online at [my.localfoodlinks.org.uk](http://my.localfoodlinks.org.uk)



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.

SCHOOL

NAME ONE FORM PER CHILD

CLASS

Total \_\_\_\_\_ x £2.40

£ \_\_\_\_\_

Cheques made payable to School



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



FULL

# SUMMER LUNCH MENU

Did you order Week 1 last half term?

**MONDAY 7 JUNE**

- GD Cheese & Tomato Pizza with Croquette Potatoes, Peas & Tomato Ketchup
- GD Cheese & Bean Burger with Croquette Potatoes, Peas & Tomato Ketchup
- D Jacket Potato with Baked Beans & Grated Cheese
- G Lemon Shortbread or Fresh Fruit

**TUESDAY 8 JUNE**

- GDSE BBQ Pulled Pork Sub with Grated Cheese, Corn on the Cob & Coleslaw
- GDSE Veg Ball Sub with BBQ Sauce, Grated Cheese, Corn on the Cob & Coleslaw
- FE Jacket Potato with Tuna & Crudités
- GE Mini Chocolate Brownie & Orange Wedge

**WEDNESDAY 9 JUNE**

- Roast Chicken with Roast Potatoes, Mixed Vegetables & Gravy
- D Cauliflower Cheese with Roast Potatoes, Mixed Vegetables & Gravy
- GDS Ham Sub Roll with Crudités
- GE Rock Cake or Fresh Fruit

**THURSDAY 10 JUNE**

- GD Beef Bolognese with Pasta, Peas & Grated Cheese
- GD Vegetable Bolognese with Pasta, Peas & Grated Cheese
- GSFE Tuna Mayo Sub Roll with Mixed Salad
- G Summer Fruit Crunch

**FRIDAY 11 JUNE**

- FG Battered Fish with Chips, Sweetcorn & Tomato Ketchup
- GD Roasted Vegetable Slice with Chips, Sweetcorn & Tomato Ketchup
- Jacket Potato with Ham & Mixed Salad
- GD Strawberry Yoghurt & Mini Cookie

**WEEK 1**

	M	T	W	T	F
MEAT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
VEG	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
OTHER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TOTAL	_____				

**MONDAY 14 JUNE**

- GD Fruity Chicken Curry with Rice, Vegetable Medley, Mini Naan & Mango Chutney
- GDE Quorn Keema Curry with Rice, Vegetable Medley, Mini Naan & Mango Chutney
- GDS Cheese Sub Roll with Tomato Pinwheel & Mixed Salad
- G Oat Cookie or Fresh Fruit

**TUESDAY 15 JUNE**

- GS Pork & Apple Burger in a Roll with Crunchy Lettuce, Corn on the Cob & Baked Beans
- GS Homemade Veggie Burger in a Roll with Crunchy Lettuce, Corn on the Cob & Baked Beans
- D Jacket Potato with Cheese & Crudités
- G Mini Chocolate Shortbread & Orange Wedge

**WEDNESDAY 16 JUNE**

- Roast Turkey with Roast Potatoes, Mixed Vegetables & Gravy
- GD Roast Vegetable Twist with Roast Potatoes, Mixed Vegetables & Gravy
- GDS Cream Cheese & Cucumber Sub Roll with Pesto Twist & Mixed Salad
- GDE Pancake & Lemon or Fresh Fruit

**THURSDAY 17 JUNE**

- GD Lasagne with Baby Carrots and Sweetcorn
- GD Vegetable Lasagne with Baby Carrots and Sweetcorn
- FE Jacket Potato with Tuna Mayo & Crudités
- GE Jam Cupcake or Fresh Fruit

**FRIDAY 18 JUNE**

- FG Fish Fingers with Potato Wedges, Peas & Tomato Ketchup
- G Cheese & Onion Quiche with Potato Wedges, Peas & Tomato Ketchup
- GDS Ham Sub Roll with Potato Wedges & Crudités
- G Mini Shortbread & Pineapple

**WEEK 2**

	M	T	W	T	F
MEAT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
VEG	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
OTHER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TOTAL	_____				

**MONDAY 21 JUNE**

- GS BBQ Chicken Breast "Burger" with Crunchy Lettuce, Corn on the Cob & Baked Beans
- GD Cheese & Tomato Pinwheel with Corn on the Cob & Baked Beans
- D Jacket Potato with Cheese & Mixed Salad
- G Flapjack or Fresh Fruit

**TUESDAY 22 JUNE**

- GD Cheesy Beef Pasta Bake with Peas
- GD Cheesy Veggie Pasta Bake with Peas
- Jacket Potato with Ham & Crudités
- G Mini Oat Cookie & Melon

**WEDNESDAY 23 JUNE**

- GDE Roast Sausage with Yorkshire Pudding, Roast Potatoes, Carrots, Peas & Gravy
- GDE Quorn Sausage with Yorkshire Pudding, Roast Potatoes, Carrots, Peas & Gravy
- GDS Cheese Sub Roll with Tomato Twist & Mixed Salad
- G Ginger Biscuit or Fresh Fruit

**THURSDAY 24 JUNE**

- GDE Ham Ploughman's Lunch with Baguette, Coleslaw, Tomatoes & Cucumber
- GDE Cheese Ploughman's Lunch with Baguette, Coleslaw, Tomatoes & Cucumber
- FE Jacket Potato with Tuna Mayo & Crudités
- G Oat & Raspberry Slice

**FRIDAY 25 JUNE**

- FG Battered Fish with Chips, Sweetcorn & Tomato Ketchup
- G Fishless Fingers with Chips, Sweetcorn & Tomato Ketchup
- GDS Ham Sub Roll with Chips & Mixed Salad
- D Chocolate Mousse or Fresh Fruit

**WEEK 3**

	M	T	W	T	F
MEAT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
VEG	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
OTHER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TOTAL	_____				

**MONDAY 28 JUNE**

- GD Cheese & Tomato French Bread Pizza with Corn on the Cob & Baked Beans
- GD Cheese & Bean Burger with Corn on the Cob & Baked Beans
- D Jacket Potato with Cheese & Mixed Salad
- G Marble Cookie or Fresh Fruit

**TUESDAY 29 JUNE**

- GS Sweet & Sour Meatballs with Rice & Vegetable Medley
- GSE Sweet & Sour Quorn Balls with Rice & Vegetable Medley
- Jacket Potato with Spaghetti Hoops & Grated Cheese
- G Mini Flapjack & Orange

**WEDNESDAY 30 JUNE**

- Roast Loin of Pork with Roast Potatoes, Mixed Vegetables & Gravy
- GE Vegetable Bake with Roast Potatoes, Mixed Vegetables & Gravy
- GDS Cheese Sub Roll with Pesto Pinwheel & Mixed Salad
- GD Chocolate Crispy Square or Fresh Fruit

**THURSDAY 1 JULY**

- GD Beef Bolognese with Wholemeal Pasta, Baby Carrots & Grated Cheese
- GD Vegetable Bolognese with Wholemeal Pasta, Baby Carrots & Grated Cheese
- FE Jacket Potato with Tuna Mayo & Crudités
- G Mini Shortbread & Pineapple

**FRIDAY 2 JULY**

- FG Breaded Fillet of Fish with Chips, Peas & Tomato ketchup
- GD Macaroni Cheese with Peas & Tomato Ketchup
- GDS Ham Sub Roll with Chips & Mixed Salad
- GD Cracking Cheesecake Gromit or Fresh Fruit

**WEEK 4**

	M	T	W	T	F
MEAT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
VEG	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
OTHER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TOTAL	_____				

**MONDAY 5 JULY**

- GD Fruity Chicken Curry with Rice, Vegetable Medley, Mini Naan & Mango Chutney
- GDE Quorn Keema Curry with Rice, Vegetable Medley, Mini Naan & Mango Chutney
- GDS Cheese Sub Roll with Tomato Pinwheel & Mixed Salad
- G Oat Cookie or Fresh Fruit

**TUESDAY 6 JULY**

- GS Pork & Apple Burger in a Roll with Crunchy Lettuce, Corn on the Cob & Baked Beans
- GS Homemade Veggie Burger in a Roll with Crunchy Lettuce, Corn on the Cob & Baked Beans
- D Jacket Potato with Cheese & Crudités
- G Mini Chocolate Shortbread & Orange Wedge

**WEDNESDAY 7 JULY**

- Roast Turkey with Roast Potatoes, Mixed Vegetables & Gravy
- GD Roast Vegetable Twist with Roast Potatoes, Mixed Vegetables & Gravy
- GDS Cream Cheese & Cucumber Sub Roll with Pesto Twist & Mixed Salad
- GDE Pancake & Lemon or Fresh Fruit

**THURSDAY 8 JULY**

- GD Lasagne with Baby Carrots and Sweetcorn
- GD Vegetable Lasagne with Baby Carrots and Sweetcorn
- FE Jacket Potato with Tuna Mayo & Crudités
- GE Jam Cupcake or Fresh Fruit

**FRIDAY 9 JULY**

- FG Fish Fingers with Potato Wedges, Peas & Tomato Ketchup
- G Cheese & Onion Quiche with Potato Wedges, Peas & Tomato Ketchup
- GDS Ham Sub Roll with Potato Wedges & Crudités
- G Mini Shortbread & Pineapple

**WEEK 5**

	M	T	W	T	F
MEAT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
VEG	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
OTHER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TOTAL	_____				

**MONDAY 12 JULY**

- GS BBQ Chicken Breast "Burger" with Crunchy Lettuce, Corn on the Cob & Baked Beans
- GD Cheese & Tomato Pinwheel with Corn on the Cob & Baked Beans
- D Jacket Potato with Cheese & Mixed Salad
- G Flapjack or Fresh Fruit

**TUESDAY 13 JULY**

- GD Cheesy Beef Pasta Bake with Peas
- GD Cheesy Veggie Pasta Bake with Peas
- Jacket Potato with Ham & Crudités
- G Mini Oat Cookie & Melon

**WEDNESDAY 14 JULY**

- GDE Roast Sausage with Yorkshire Pudding, Roast Potatoes, Carrots, Peas & Gravy
- GDE Quorn Sausage with Yorkshire Pudding, Roast Potatoes, Carrots, Peas & Gravy
- GDS Cheese Sub Roll with Tomato Twist & Mixed Salad
- G Ginger Biscuit or Fresh Fruit

**THURSDAY 15 JULY**

- GDE Ham Ploughman's Lunch with Baguette, Coleslaw, Tomatoes & Cucumber
- GDE Cheese Ploughman's Lunch with Baguette, Coleslaw, Tomatoes & Cucumber
- FE Jacket Potato with Tuna Mayo & Crudités
- G Oat & Raspberry Slice

**FRIDAY 16 JULY**

- FG Battered Fish with Chips, Sweetcorn & Tomato Ketchup
- G Fishless Fingers with Chips, Sweetcorn & Tomato Ketchup
- GDS Ham Sub Roll with Chips & Mixed Salad
- D Chocolate Mousse or Fresh Fruit

**WEEK 6**

	M	T	W	T	F
MEAT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
VEG	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
OTHER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TOTAL	_____				

**MONDAY 19 JULY**

- GD Cheese & Tomato French Bread Pizza with Corn on the Cob & Baked Beans
- GD Cheese & Bean Burger with Corn on the Cob & Baked Beans
- D Jacket Potato with Cheese & Mixed Salad
- G Marble Cookie or Fresh Fruit

**TUESDAY 20 JULY**

- GS Sweet & Sour Meatballs with Rice & Vegetable Medley
- GSE Sweet & Sour Quorn Balls with Rice & Vegetable Medley
- GD Jacket Potato with Spaghetti Hoops & Grated Cheese
- G Mini Flapjack & Orange

**WEDNESDAY 21 JULY**

- Roast Loin of Pork with Roast Potatoes, Mixed Vegetables & Gravy
- GE Vegetable Bake with Roast Potatoes, Mixed Vegetables & Gravy
- GDS Cheese Sub Roll with Pesto Pinwheel & Mixed Salad
- GD Chocolate Crispy Square or Fresh Fruit

**THURSDAY 22 JULY**

- GD Beef Bolognese with Wholemeal Pasta, Baby Carrots & Grated Cheese
- GD Vegetable Bolognese with Wholemeal Pasta, Baby Carrots & Grated Cheese
- FE Jacket Potato with Tuna Mayo & Crudités
- G Mini Shortbread & Pineapple

**FRIDAY 23 JULY**

- FG Breaded Fillet of Fish with Chips, Peas & Tomato ketchup
- GD Macaroni Cheese with Peas & Tomato Ketchup
- GDS Ham Sub Roll with Chips & Mixed Salad
- GD Vanilla Cheesecake or Fresh Fruit

**WEEK 7**

	M	T	W	T	F
MEAT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
VEG	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
OTHER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TOTAL	_____				



# HAVE A GREAT SUMMER!



CONTAINS ALLERGENS

G Gluten

D Dairy

E Egg

S Soya

F Fish

FULL

See overleaf or online for more information on food allergies