

WELCOME BACK!!!!

... and a very special welcome to all the new ones! Here's some delicious lunchtime things to look forward to!

SEPTEMBER 13TH

is Roald Dahl Day, with Delumptious Pork & Apple Burger or handmade Human Beans & Cheese Burger (don't worry, they do not contain any Human Beans or Chidlers). And for pud, what better than Wonka's Chocolate Biscuit Cake, made in our secret chocolate factory by our very own Oompah Loompas.



WE ARE CELEBRATING BRITISH FOOD FORTNIGHT



From the **19th to 30th September** with many of our favourite dishes, made possible by our fantastic local suppliers. Colin Clark's butchers near Dorchester, Hunts Foods in Sherborne, MJ Baker in Devon, Foots Eggs

in Sherborne, Express Potatoes in Weymouth and Washingpool Farm near Bridport, thank you all for your hard work in sourcing local produce from the South West and from around the UK.

DID YOU KNOW?

LFL are proud to support local producers and suppliers, all of our dairy and eggs are from the South West and all of our meat is British.



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

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 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

Any problems call
01308 420269

AUTUMN LUNCH MENU

SUMMER HOLIDAY

THURSDAY 1 SEPT

INSET DAY

FRIDAY 2 SEPT

- FG Breaded Fish with Chips, Peas & Tomato Ketchup
- G Plant Packed Burger with Chips, Peas & Tomato Ketchup
- GD Cheese Baguette with Chips, Cucumber Sticks & Tomato Ketchup
- G Marble Cookie or Fresh Fruit

MONDAY 5 SEPT

- GD Somerset Cheese & Tomato Pizza with Baked Beans & Corn on the Cob
- 2 G Plant Powered Sausage Roll with Baked Beans & Corn on the Cob
- Jacket Potato with Veg Packed Bolognaise
- G Chocolate Crispy Square or Fresh Fruit

TUESDAY 6 SEPT

- G Fajita Chicken & Vegetables with Rice & Flatbread
- GE Fajita Quorn & Vegetables with Rice & Flatbread
- D Jacket Potato with Baked Beans & Grated Cheese
- GE Queen Elizabeth Sponge or Fresh Fruit

WEDNESDAY 7 SEPT

- GD Devonshire Butchers Pork Sausage with Mashed Potato, Mixed Vegetables & Gravy
- GD Best of British Quorn Sausage with Mashed Potato, Mixed Vegetables & Gravy
- GD Somerset Cheddar Baguette with Tomato Pinwheel & Carrot Sticks
- G Flapjack or Fresh Fruit

THURSDAY 8 SEPT

- GD British Beef Lasagne with Garlic Bread & Carrots
- GD Plant Packed Lasagne with Garlic Bread & Carrots
- FEG Tuna Mayo Baguette with Pesto Twist & Cucumber
- G Mini Ginger Biscuit & Pineapple

FRIDAY 9 SEPT

- FG Battered Fish with Chips, Peas & Tomato Ketchup
- GDE Somerset Cheese & Onion Quiche with Chips, Peas & Tomato Ketchup
- Dorset Ham with Chips, Peas & Tomato Ketchup
- G Mini Chocolate Shortbread & Orange Wedge

MONDAY 12 SEPT

- D Butter Chicken with Rice & Vegetable Medley
- C Chickpea & Cauliflower Curry with Rice & Vegetable Medley
- D Jacket Potato with Baked Beans & Grated Cheese
- GE Sticky Ginger Cake or Fresh Fruit

ROALD DAHL DAY
TUESDAY 13 SEPT

- GS Delumptious Pork & Apple Burger in a Roll with Corn on the Cob & Baked Beans
- GDS Human Beans & Cheese Burger in a Roll with Corn on the Cob & Baked Beans
- FE Jacket Potato with Tuna Mayo & Snozzcumbers
- G Wonka's Chocolate Biscuit Cake or Fresh Fruit

WEDNESDAY 14 SEPT

- Roast Chicken with Roast Potatoes, Mixed Vegetables & Gravy
- Veg Packed Pinwheel with Roast Potatoes, Mixed Vegetables & Gravy
- Somerset Cheddar Baguette with Tomato Pinwheel & Carrot Sticks
- Mini Oat Cookie & Melon

THURSDAY 15 SEPT

- D British Beef Cottage Pie with Baby Carrots & Green Beans
- D Plant Powered Cottage Pie with Baby Carrots & Green Beans
- D Jacket Potato with Somerset Cheese & Tomato Wedges
- GE Dorset Apple Cake or Fresh Fruit

FRIDAY 16 SEPT

- FG Breaded Fish with Chips, Sweetcorn & Tomato Ketchup
- GD Cheese & Leek Sausage with Chips, Sweetcorn & Tomato Ketchup
- GD Ham Baguette with Chips, Cucumber & Tomato Ketchup
- G Mini Chocolate Flapjack & Orange Wedge

MONDAY 19 SEPT

- G British Beef Bolognaise with Wholemeal Pasta & Baby Carrots
- G Plant Packed Bolognaise with Wholemeal Pasta & Baby Carrots
- D Jacket Potato with Somerset Cheese & Tomato Wedges
- G Oat & Apricot Cookie or Fresh Fruit

TUESDAY 20 SEPT

- GDS British Red Tractor Chicken Meatball Sub with 5 Veg Tomato Sauce, Grated Cheese, Peas & Sweetcorn
- GDS Plant Powered Veg Ball Sub with 5 Veg Tomato Sauce, Grated Cheese, Peas & Sweetcorn
- FE Jacket Potato with Tuna Mayo & Cucumber Sticks
- G Chocolate Crunch or Fresh Fruit

WEDNESDAY 21 SEPT

- GD Roast British Topside of Beef with Roast Potatoes, Mixed Vegetables & Gravy
- D Somerset Cauliflower Cheese with Roast Potatoes, Mixed Vegetables & Gravy
- GD Dorset Ham Baguette & Crudites
- GE Jammy Cupcake or Fresh Fruit

THURSDAY 22 SEPT

- GD British Chicken & Bacon Macaroni Cheese with Green Beans
- GD Macaroni & Somerset Cheese with Green Beans
- FEGS Tuna Mayo Sub Roll with Tomato Pinwheel & Cucumber
- G Mini Shortbread & Orange

FRIDAY 23 SEPT

- FG Fish Fingers with Potato Wedges, Sweetcorn & Tomato Ketchup
- GD Roasted Vegetable Slice with Potato Wedges, Sweetcorn & Tomato Ketchup
- Dorset Ham with Potato Wedges, Peas & Tomato Ketchup
- D Somerset Fruity Yoghurt

MONDAY 26 SEPT

- GD Somerset Cheese & Tomato Pizza with Baked Beans & Corn on the Cob
- G Plant Powered Sausage Roll with Baked Beans & Corn on the Cob
- Jacket Potato with Veg Packed Bolognaise
- G Chocolate Crispy Square or Fresh Fruit

TUESDAY 27 SEPT

- G Fajita Chicken & Vegetables with Rice & Flatbread
- GE Fajita Quorn & Vegetables with Rice & Flatbread
- D Jacket Potato with Baked Beans & Grated Cheese
- GE Queen Elizabeth Sponge or Fresh Fruit

WEDNESDAY 28 SEPT

- GD Devonshire Butchers Pork Sausage with Mashed Potato, Mixed Vegetables & Gravy
- GD Best of British Quorn Sausage with Mashed Potato, Mixed Vegetables & Gravy
- GD Somerset Cheddar Baguette with Tomato Pinwheel & Carrot Sticks
- G Flapjack or Fresh Fruit

THURSDAY 29 SEPT

- GD British Beef Lasagne with Garlic Bread & Carrots
- GD Plant Packed Lasagne with Garlic Bread & Carrots
- FEG Tuna Mayo Baguette with Pesto Twist & Cucumber
- G Mini Ginger Biscuit & Pineapple

FRIDAY 30 SEPT

- FG Battered Fish with Chips, Peas & Tomato ketchup
- GDE Somerset Cheese & Onion Quiche with Chips, Peas & Tomato Ketchup
- Dorset Ham with Chips, Peas & Tomato Ketchup
- G Mini Chocolate Shortbread & Orange Wedge

MONDAY 3 OCT

- Butter Chicken with Rice & Vegetable Medley
- C Chickpea & Cauliflower Curry with Rice & Vegetable Medley
- D Jacket Potato with Baked Beans & Grated Cheese
- GE Sticky Ginger Cake or Fresh Fruit

TUESDAY 4 OCT

- GS Pork & Apple Burger in a Roll with Corn on the Cob & Baked Beans
- GDS Cheese & Bean Burger in a Roll with Corn on the Cob & Baked Beans
- FE Jacket Potato with Tuna Mayo & Cucumber
- G Chocolate Biscuit Cake or Fresh Fruit

WEDNESDAY 5 OCT

- Roast Chicken with Roast Potatoes, Mixed Vegetables & Gravy
- G Veg Packed Pinwheel with Roast Potatoes, Mixed Vegetables & Gravy
- GD Somerset Cheddar Baguette with Tomato Pinwheel & Carrot Sticks
- G Mini Oat Cookie & Melon

THURSDAY 6 OCT

- D British Beef Cottage Pie with Baby Carrots & Green Beans
- D Plant Powered Cottage Pie with Baby Carrots & Green Beans
- D Jacket Potato with Somerset Cheese & Tomato Wedges
- GE Dorset Apple Cake or Fresh Fruit

FRIDAY 7 OCT

- FG Breaded Fish with Chips, Sweetcorn & Tomato Ketchup
- GD Cheese & Leek Sausage with Chips, Sweetcorn & Tomato Ketchup
- GD Ham Baguette with Chips, Cucumber & Tomato Ketchup
- G Mini Chocolate Flapjack & Orange Wedge

MONDAY 10 OCT

- G British Beef Bolognaise with Wholemeal Pasta & Baby Carrots
- G Plant Packed Bolognaise with Wholemeal Pasta & Baby Carrots
- D Jacket Potato with Somerset Cheese & Tomato Wedges
- G Oat & Apricot Cookie or Fresh Fruit

TUESDAY 11 OCT

- GDS British Red Tractor Chicken Meatball Sub with 5 Veg Tomato Sauce, Grated Cheese, Peas & Sweetcorn
- GDS Plant Powered Veg Ball Sub with 5 Veg Tomato Sauce, Grated Cheese, Peas & Sweetcorn
- FE Jacket Potato with Tuna Mayo & Cucumber Sticks
- G Chocolate Crunch or Fresh Fruit

WEDNESDAY 12 OCT

- Roast British Topside of Beef with Roast Potatoes, Mixed Vegetables & Gravy
- D Somerset Cauliflower Cheese with Roast Potatoes, Mixed Vegetables & Gravy
- GD Dorset Ham Baguette & Crudites
- GE Jammy Cupcake or Fresh Fruit

THURSDAY 13 OCT

- GD British Chicken & Bacon Macaroni Cheese with Green Beans
- GD Macaroni & Somerset Cheese with Green Beans
- FEGS Tuna Mayo Sub Roll with Tomato Pinwheel & Cucumber
- G Mini Shortbread & Orange

FRIDAY 14 OCT

- FG Fish Fingers with Potato Wedges, Sweetcorn & Tomato Ketchup
- GD Roasted Vegetable Slice with Potato Wedges, Sweetcorn & Tomato Ketchup
- Dorset Ham with Potato Wedges, Peas & Tomato Ketchup
- D Somerset Fruity Yoghurt

MONDAY 17 OCT

- GD Somerset Cheese & Tomato Pizza with Baked Beans & Corn on the Cob
- G Plant Powered Sausage Roll with Baked Beans & Corn on the Cob
- Jacket Potato with Veg Packed Bolognaise
- G Marble Cookie or Fresh Fruit

TUESDAY 18 OCT

- G Fajita Chicken & Vegetables with Rice & Flatbread
- GE Fajita Quorn & Vegetables with Rice & Flatbread
- D Jacket Potato with Baked Beans & Grated Cheese
- G Flapjack or Fresh Fruit

WEDNESDAY 19 OCT

- Roast Gammon with Roast Potatoes, Mixed Vegetables & Gravy
- G Plant Powered Sausage with Roast Potatoes, Mixed Vegetables & Gravy
- GD Cheese Baguette with Tomato Pinwheel & Carrot Sticks
- Raspberry Cake or Fresh Fruit

THURSDAY 20 OCT

- GD British Beef Lasagne with Baby Carrots & Sweetcorn
- GD 5 Veg Lasagne with Baby Carrots & Sweetcorn
- FEGS Tuna Mayo Sub Roll with Pesto Twist & Cucumber
- G Mini Chocolate Shortbread & Orange Wedge

APPLE DAY
FRIDAY 21 OCT

- FG Breaded Fish with Chips, Peas & Tomato Ketchup
- G Plant Packed Burger with Chips, Peas & Tomato Ketchup
- GD Cheese Baguette with Chips, Carrot Sticks & Tomato Ketchup
- GD Apple Crumble & Custard or Fresh Fruit

MONDAY 31 OCT

- D Butter Chicken with Rice & Vegetable Medley
- C Chickpea & Cauliflower Curry with Rice & Vegetable Medley
- D Jacket Potato with Baked Beans & Grated Cheese
- G Creepy Chocolate Crunch or Fresh Fruit

TUESDAY 1 NOV

- GS Pork & Apple Burger in a Roll with Corn on the Cob & Baked Beans
- GDS Cheese & Bean Burger in a Roll with Corn on the Cob & Baked Beans
- FE Jacket Potato with Tuna Mayo & Cucumber
- G Mini Oat Cookie & Melon

WEDNESDAY 2 NOV

- Roast Chicken with Roast Potatoes, Mixed Vegetables & Gravy
- G Veg Packed Pinwheel with Roast Potatoes, Mixed Vegetables & Gravy
- GD Somerset Cheddar Baguette with Tomato Pinwheel & Carrot Sticks
- Sticky Ginger Cake or Fresh Fruit

THURSDAY 3 NOV

- D British Beef Cottage Pie with Baby Carrots & Green Beans
- D Plant Powered Cottage Pie with Baby Carrots & Green Beans
- D Jacket Potato with Somerset Cheese & Tomato Wedges
- G Mini Chocolate Flapjack & Orange Wedge

FRIDAY 4 NOV

- FG Breaded Fish with Chips, Sweetcorn & Tomato Ketchup
- GD Cheese & Leek Sausage with Chips, Sweetcorn & Tomato Ketchup
- GD Ham Baguette with Chips, Cucumber & Tomato Ketchup
- G Catherine Wheel Cookie or Fresh Fruit

WE RESERVE THE RIGHT TO MAKE MENU CHANGES WHEN NECESSARY

CONTAINS ALLERGENS

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