## 13th September

TERM MENU

It's Roald Dahl Day on Wednesday 13th September, with Farmer Beans Roast Turkey, the BFG's glummy Cauliflower and Broccoli Cheese, and for pud, Charlie's Chocolate Cake. All Delumptious and not a snozzcumber in sight. Eurgh!

# 18-29th September

### British Food Fortnight

is from the 18th - 29th September. Try some of Britain's best loved dishes made by some of Britain's best school cooks. British Beef Bolognaise, Devonshire Butchers sausage, Dorset Gammon, Dorset Apple Cake. Our meat is always British, our dairy is always from the South West and our suppliers always work very hard to provide us with the best British produce. Can you spot the iconic British brand on this menu? We think you will love it.

Remember, Remember the 5th of November, well the 3rd of November, actually, as we are celebrating bonfire night early. Order your Pork Hot Dog or "Hot Not Dog" and Sticky Toffee Pudding with Custard. Don't forget or there will be Fireworks!

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www.localfoodlinks.org.uk

5th Nov



## 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 £2.50 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

WEDNESDAY 6 SEPTEMBER

## FIRST DAY BACK

### TUESDAY 5 SEPTEMBER MONDAY 4 SEPTEMBER GD Ham & Tomato Pizza with Baked GDS Meatball Sub with 5 Veg Tomato Beans & Sweetcorn GD Somerset Cheese & Tomato Pizza GDS with Baked Beans & Sweetcorn Cheese & Peas Jacket Potato with FE Quorn Cowboy Casserole & Cucumber Chocolate & Fruit Cookie G Mini Ginger Biscuit G or Fresh Fruit & Pineapple MONDAY 11 SEPTEMBER Fruity Chicken Curry with Rice GS & Vegetable Medley Chickpea & Cauliflower Curry GS with Rice & Vegetable Medley Jacket Potato with Baked Beans D & Grated Cheese Crudites Oat Cookie Mini Flapjack or Fresh Fruit & Pineapple MONDAY 18 SEPTEMBER Fajita with British Chicken & GD G Vegetables, Rice, Tortilla & Grated Cheese G Fajita Quorn & Vegetables with GDE Rice. Tortilla & Grated Cheese D & Crudites Jacket Potato with Baked Beans D & Grated Cheese Mini Chocolate Cookie & Orange Wedge Flapjack G or Fresh Fruit MONDAY 25 SEPTEMBER Ham & Tomato Pizza with Baked GDS **Beans & Sweetcorn** Somerset Cheese & Tomato Pizza GD GDS with Baked Beans & Sweetcorn Cheese & Peas Jacket Potato with Quorn FE Cowboy Casserole & Cucumber Chocolate & Fruit Cookie or Fresh Fruit Mini Ginger Biscuit & Pineapple ONDAY 2 OCTOBER GS Fruity Chicken Curry with Rice & Vegetable Medley Chickpea & Cauliflower Curry GS С with Rice & Vegetable Medley Jacket Potato with Baked Beans D D & Crudites & Grated Cheese Oat Cookie Mini Flapjack G G

or Fresh Fruit

MONDAY 9 OCTOBER

TUESDAY 10 OCTOBER

### Roast Dorset Gammon with Roast Sauce, Grated Cheese & Peas Potatoes, Vegetable Medley & Gravy Butternut Squash Loaf,Roast Potatoes, Plant Packed Meatball Sub with GE 5 Veg Tomato Sauce, Grated Vegetable Medley & Gravy Cheese Roll with Marmite Twist Jacket Potato with Tuna Mayo GDS & Carrot Sticks Dorset Apple Cake GE or Fresh Fruit ROALD DAHL DAY TUESDAY 12 SEPTEMBER WEDNESDAY 13 SEPTEMBER Pork & Apple Burger in a Roll Farmer Beans Roast Turkey with with Baked Beans & Sweetcorn Roast Potatoes, Mixed Vegetables & Gravy Plant Powered Burger in a Roll with Baked Beans & Sweetcorn BFG's Glummy Cauliflower & D Broccoli Cheese, Roast Potatoes Jacket Potato with Cheese & Mixed Vegetables & Gravy Ham Roll with GDS Tomato Twist & Snozzcumber Charlie's Chocolate Cake or Fresh Fruit MIDWEEK ROASTS TUESDAY 19 SEPTEMBER WEDNESDAY 20 SEPTEMBER British Beef Bolognaise with Devonshire Butchers Sausage with G Wholemeal Pasta, Carrots & Peas Roast Potatoes, Mixed Vegetables & Gravy Veg Packed Bolognaise with G Wholemeal Pasta, Carrots & Peas Best of British Quorn Sausage with Roast Potatoes, Mixed Vegetables Jacket Potato with Cheese & Gravy GDS Cheese Roll with Marmite Twist & Carrot Sticks Rock Cake or Fresh Fruit MIDWEEK ROASTS TUESDAY 26 SEPTEMBER WEDNESDAY 27 SEPTEMBER Meatball Sub with 5 Veg Tomato Roast Dorset Gammon with Roast Sauce, Grated Cheese & Peas Potatoes, Vegetable Medley & Gravy Plant Packed Meatball Sub with Butternut Squash Loaf with Roast 5 Veg Tomato Sauce, Grated GE Potatoes, Vegetable Medley & Gravy Jacket Potato with Tuna Mayo GDS Cheese Roll with Marmite Twist & Carrot Sticks GE Dorset Apple Cake or Fresh Fruit MIDWEEK ROASTS TUESDAY 3 OCTOBER WEDNESDAY 4 OCTOBER Pork & Apple Burger in a Roll with Roast Turkey with Roast Potatoes, Baked Beans & Sweetcorn Mixed Vegetables & Gravy Plant Powered Burger in a Roll with Cauliflower & Broccoli Cheese D Baked Beans & Sweetcorn with Roast Potatoes, Mixed Vegetables & Gravy Jacket Potato with Cheese GDS Ham Roll with Tomato Twist & Cucumber GE Chocolate Cake & Pineapple or Fresh Fruit

MIDWEEK ROASTS

### Peas & Tomato Ketchup Best of British Quorn Sausage with G Chips, Peas & Tomato Ketchup Jacket Potato with D Baked Beans & Grated Cheese Flapjack or Fresh Fruit THURSDAY 7 SEPTEMBER FRIDAY 8 SEPTEMBER GD British Beef Lasagne with Baby FG Fish Fingers with Chips, Carrots & Sweetcorn Peas & Tomato Ketchup Cheese & Leek Sausage with Plant Packed Lasagne with GDE GD Baby Carrots & Sweetcorn Chips, Peas & Tomato Ketchup Tuna Mayo Roll with Tomato Ham Roll with Chips, Carrot Sticks GDS GFES Pinwheel & Cucumber & Tomato Ketchup Lemon Shortbread Mini Chocolate Biscuit G G or Fresh Fruit & Orange Wedge THURSDAY 14 SEPTEMBER FRIDAY 15 SEPTEMBER Creamy Cheese & Tomato Pasta FG Battered Fish with Chips, Peas, GD Bake with Crusty Bread & Green Sweetcorn & Tomato Ketchup Beans Bean & Cheese Quesadilla with GD Quorn Best of British Sausage Chips, Peas, Sweetcorn & Tomato GDE & Tomato Frittata, Crusty Bread Ketchup & Green Beans GDES Cheese Mayo Roll with Chips Jacket Potato with Tuna Mayo & Cucumber & Carrot Sticks Jammy Cupcake GE Mini Shortbread or Fresh Fruit & Melon THURSDAY 21 SEPTEMBER FRIDAY 22 SEPTEMBER Macaroni Cheese with Wyke Farm Cheddar, Crusty Bread Oven Baked Fish & Chips, Peas FG GD & Tomato Ketchup & Vegetable Medley Somerset Cheese & Onion GDE Quiche with Chips, Peas & Tomato GD Vegetable and Bean Enchilada, Ketchup Grated Cheese & Vegetable Medley GSE Coronation Chicken Roll with Jacket Potato with FE Chips & Carrot Sticks Tuna Mayo & Cucumber Mini Oat Cookie Lemon Drizzle Cake & Melon GE or Fresh Fruit THURSDAY 28 SEPTEMBER FRIDAY 29 SEPTEM-Fish Fingers with Chips, Peas & GÞ British Beef Lasagne with Baby FG Carrots & Sweetcorn Tomato Ketchup Plant Packed Lasagne with Baby GDE Cheese & Leek Sausage with GD Carrots & Sweetcorn Chips, Peas & Tomato Ketchup Tuna Mayo Roll with Tomato Ham Roll with Chips, Carrot Sticks GFES GDS & Tomato Ketchup Pinwheel & Cucumber Lemon Shortbread Mini Chocolate Biscuit G or Fresh Fruit & Orange Wedge THURSDAY 5 OCTOBER FRIDAY 6 OCTOBER GD Creamy Cheese & Tomato Pasta Bake FG Battered Fish with Chips, Peas, Swee with Crusty Bread & Green Beans corn & Tomato Ketchup Bean & Cheese Quesadilla Quorn Best of British Sausage GDE GD & Tomato Frittata, Crusty Bread with Chips, Peas, Sweetcorn & Green Beans & Tomato Ketchup

FRIDAY 1 SEPTEMBER

Battered Fish with Chips,

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Cheese Mayo Roll

Jammy Cupcake or Fresh Fruit

with Chips & Cucumber

FRIDAY 13 OCTOBER

GDES

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									SUSTAINAT
GD	Fajita with British Chicken & Vegetables, Rice, Tortilla & Grated Cheese	G	British Beef Bolognaise with Wholemeal Pasta, Carrots & Peas	G	Devonshire Butchers Sausage with Roast Potatoes, Mixed Vegetables & Gravy	GD	Macaroni Cheese with Wyke Farm Cheddar, Crusty Bread & Vegetable Medley	FG	Oven Baked Fish & Chips, Peas & Tomato Ketchup
	Fajita Quorn & Vegetables with Rice, Tortilla & Grated Cheese	G	Veg Packed Bolognaise with Wholemeal Pasta, Carrots & Peas Jacket Potato with Cheese	G	Best of British Quorn Sausage with Roast Potatoes, Mixed Vegetables & Gravy	GD	Vegetable and Bean Enchilada Grated Cheese & Vegetable Medley	GDE	Somerset Cheese & Onion Quiche with Chips, Peas & Tomato Ketchup
D	Jacket Potato with Baked Beans & Grated Cheese	DG	& Crudites Mini Chocolate Cookie	GDS	Cheese Roll with Marmite Twist & Carrot Sticks	FE	Jacket Potato with Tuna Mayo & Cucumber	GSE	Coronation Chicken Roll with Chips & Carrot Sticks
G	Flapjack or Fresh Fruit	G	& Orange Wedge	G	Rock Cake or Fresh Fruit	GE	Lemon Drizzle Cake or Fresh Fruit	G	Mini Oat Cookie & Melon
	MONDAY 16 OCTOBER		TUESDAY 17 OCTOBER	59	WEDNESDAY 18 OCTOBER		THURSDAY 19 OCTOBER		FRIDAY 20 OCTOBER GUTANABLE
GD	Ham & Tomato Pizza with Baked Beans & Sweetcorn	GDS	Meatball Sub with 5 Veg Tomato Sauce, Grated Cheese & Peas	TOMATO SAUCE	Roast Dorset Gammon with Roast Potatoes, Vegetable Medley & Gravy	GD	British Beef Lasagne with Baby Carrots & Sweetcorn	FG	Fish Fingers with Chips, Peas & Tomato Ketchup
GD GD	Somerset Cheese & Tomato Pizza with Baked Beans & Sweetcorn	GDS	Plant Packed Meatball Sub with 5 Veg Tomato Sauce, Grated Cheese & Peas	GE	Butternut Squash Loaf with Roast Potatoes, Vegetable Medley	GD	Plant Packed Lasagne with Baby Carrots & Sweetcorn	GDE	Cheese & Leek Sausage with Chips, Peas & Tomato Ketchup
E G	Jacket Potato with Quorn Cowboy Casserole	FE	Jacket Potato with Tuna Mayo & Cucumber	GDS	& Gravy Cheese Roll with Marmite Twist & Carrot Sticks	GFES	Tuna Mayo Roll with Tomato Pinwheel & Cucumber	GDS	Ham Roll with Chips, Carrot Sticks & Tomato Ketchup Mini Chocolate Biscuit
	Chocolate & Fruit Cookie or Fresh Fruit	G	Mini Ginger Biscuit & Pineapple	GE	Dorset Apple Cake	G	Lemon Shortbread or Fresh Fruit	G	& Orange Wedge
MONDAY 30 OCTOBER TUESDAY 31 OCTOBER NIDWEEK ROASTS WEDNESDAY 1 NOVEMBER THURSDAY 2 NOVEMBER FRIDAY 3 NOVEMBER									
	MONDAY 30 OCTOBER		TUESDAY 31 OCTOBER	MIDWEEK	WEDNESDAY 1 NOVEMBER		THURSDAY 2 NOVEMBER	$\checkmark$	FRIDAY 3 NOVEMBER
.4605	Fruity Chicken Curry with Rice & Vegetable Medley	G	British Beef Bolognaise with Wholemeal Pasta, Peas & Green Beans		Roast Turkey with Roast Potatoes, Mixed Vegetables & Gravy	GD	Creamy Cheese & Tomato Pasta Bake with Crusty Bread & Green Beans	GS	Pork Hot Dog with Chips, Peas, Sweetcorn & Tomato Ketchup
<b>1</b> °	Chickpea & Cauliflower Curry with Rice & Vegetable Medley	G	Veg Packed Bolognaise with Wholemeal Pasta, Peas & Green Beans	D	Cauliflower & Broccoli Cheese with Roast Potatoes, Mixed Vegetables & Gravy	GDE	Quorn Best of British Sausage & Tomato Frittata, Crusty Bread & Green Beans	GS	Hot Not Dog with Chips, Peas, Sweetcorn & Tomato Ketchup
D	Jacket Potato with Baked Beans & Grated Cheese	D	Jacket Potato with	GDS	Ham Roll with Tomato Twist & Cucumber	FE	Jacket Potato with Tuna Mayo	GDES	Cheese Mayo Roll with Chips & Cucumber
G	Oat Cookie or Fresh Fruit		Cheese & Crudites Mini Flapjack		Chocolate Cake	G	& Carrot Sticks Mini Shortbread & Melon	GDE	Sticky Toffee Pudding & Custard or Fresh Fruit
		G	& Pineapple	GE	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 Plant based									

WEDNESDAY 11 OCTOB

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Jacket Potato with

Tuna Mayo & Carrot Sticks

Mini Shortbread & Melon

THURSDAY 12 OCTOBER