

AUTUMN TERM MENU

13th September

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 Bolognese, 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.

5th Nov

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!



www.localfoodlinks.org.uk



15
YEARS

LOCAL
FOOD
LINKS

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

FIRST DAY BACK

MONDAY 4 SEPTEMBER

- GD Ham & Tomato Pizza with Baked Beans & Sweetcorn
- GD Somerset Cheese & Tomato Pizza with Baked Beans & Sweetcorn
- E Jacket Potato with Quorn Cowboy Casserole
- G Chocolate & Fruit Cookie or Fresh Fruit

TUESDAY 5 SEPTEMBER

- GDS Meatball Sub with 5 Veg Tomato Sauce, Grated Cheese & Peas
- GDS Plant Packed Meatball Sub with 5 Veg Tomato Sauce, Grated Cheese & Peas
- FE Jacket Potato with Tuna Mayo & Cucumber
- G Mini Ginger Biscuit & Pineapple

WEDNESDAY 6 SEPTEMBER

MIDWEEK ROASTS

GE

GDS

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- Roast Dorset Gammon with Roast Potatoes, Vegetable Medley & Gravy
- Butternut Squash Loaf, Roast Potatoes, Vegetable Medley & Gravy
- Cheese Roll with Marmite Twist & Carrot Sticks
- Dorset Apple Cake or Fresh Fruit

THURSDAY 7 SEPTEMBER

- GD British Beef Lasagne with Baby Carrots & Sweetcorn
- GD Plant Packed Lasagne with Baby Carrots & Sweetcorn
- GFES Tuna Mayo Roll with Tomato Pinwheel & Cucumber
- G Lemon Shortbread or Fresh Fruit

FRIDAY 8 SEPTEMBER

- FG Fish Fingers with Chips, Peas & Tomato Ketchup
- GDE Cheese & Leek Sausage with Chips, Peas & Tomato Ketchup
- GDS Ham Roll with Chips, Carrot Sticks & Tomato Ketchup
- G Mini Chocolate Biscuit & Orange Wedge

MONDAY 11 SEPTEMBER



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- Fruity Chicken Curry with Rice & Vegetable Medley
- Chickpea & Cauliflower Curry with Rice & Vegetable Medley
- Jacket Potato with Baked Beans & Grated Cheese
- Oat Cookie or Fresh Fruit

TUESDAY 12 SEPTEMBER

- GS Pork & Apple Burger in a Roll with Baked Beans & Sweetcorn
- GS Plant Powered Burger in a Roll with Baked Beans & Sweetcorn
- D Jacket Potato with Cheese & Crudites
- G Mini Flapjack & Pineapple

ROALD DAHL DAY WEDNESDAY 13 SEPTEMBER

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- Farmer Beans Roast Turkey with Roast Potatoes, Mixed Vegetables & Gravy
- BFG's Glummy Cauliflower & Broccoli Cheese, Roast Potatoes, Mixed Vegetables & Gravy
- Ham Roll with Tomato Twist & Snozzcumber
- Charlie's Chocolate Cake or Fresh Fruit

THURSDAY 14 SEPTEMBER

- GD Creamy Cheese & Tomato Pasta Bake with Crusty Bread & Green Beans
- GDE Quorn Best of British Sausage & Tomato Frittata, Crusty Bread & Green Beans
- Jacket Potato with Tuna Mayo & Carrot Sticks
- Mini Shortbread & Melon

FRIDAY 15 SEPTEMBER

- FG Battered Fish with Chips, Peas, Sweetcorn & Tomato Ketchup
- GD Bean & Cheese Quesadilla with Chips, Peas, Sweetcorn & Tomato Ketchup
- GDES Cheese Mayo Roll with Chips & Cucumber
- G Jammy Cupcake or Fresh Fruit

MONDAY 18 SEPTEMBER

- GD Fajita with British Chicken & Vegetables, Rice, Tortilla & Grated Cheese
- GDE Fajita Quorn & Vegetables with Rice, Tortilla & Grated Cheese
- D Jacket Potato with Baked Beans & Grated Cheese
- G Flapjack or Fresh Fruit

TUESDAY 19 SEPTEMBER

- G British Beef Bolognaise with Wholemeal Pasta, Carrots & Peas
- G Veg Packed Bolognaise with Wholemeal Pasta, Carrots & Peas
- D Jacket Potato with Cheese & Crudites
- G Mini Chocolate Cookie & Orange Wedge

WEDNESDAY 20 SEPTEMBER

MIDWEEK ROASTS

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- Devonshire Butchers Sausage with Roast Potatoes, Mixed Vegetables & Gravy
- Best of British Quorn Sausage with Roast Potatoes, Mixed Vegetables & Gravy
- Cheese Roll with Marmite Twist & Carrot Sticks
- Rock Cake or Fresh Fruit

THURSDAY 21 SEPTEMBER

- GD Macaroni Cheese with Wyke Farm Cheddar, Crusty Bread & Vegetable Medley
- GD Vegetable and Bean Enchilada, Grated Cheese & Vegetable Medley
- FE Jacket Potato with Tuna Mayo & Cucumber
- GE Lemon Drizzle Cake or Fresh Fruit

FRIDAY 22 SEPTEMBER

- FG Oven Baked Fish & Chips, Peas & Tomato Ketchup
- GDE Somerset Cheese & Onion Quiche with Chips, Peas & Tomato Ketchup
- GSE Coronation Chicken Roll with Chips & Carrot Sticks
- G Mini Oat Cookie & Melon

MONDAY 25 SEPTEMBER

- GD Ham & Tomato Pizza with Baked Beans & Sweetcorn
- GD Somerset Cheese & Tomato Pizza with Baked Beans & Sweetcorn
- E Jacket Potato with Quorn Cowboy Casserole
- G Chocolate & Fruit Cookie or Fresh Fruit

TUESDAY 26 SEPTEMBER

- GDS Meatball Sub with 5 Veg Tomato Sauce, Grated Cheese & Peas
- GDS Plant Packed Meatball Sub with 5 Veg Tomato Sauce, Grated Cheese & Peas
- FE Jacket Potato with Tuna Mayo & Cucumber
- G Mini Ginger Biscuit & Pineapple

WEDNESDAY 27 SEPTEMBER

MIDWEEK ROASTS

GE

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- Roast Dorset Gammon with Roast Potatoes, Vegetable Medley & Gravy
- Butternut Squash Loaf with Roast Potatoes, Vegetable Medley & Gravy
- Cheese Roll with Marmite Twist & Carrot Sticks
- Dorset Apple Cake or Fresh Fruit

THURSDAY 28 SEPTEMBER

- GD British Beef Lasagne with Baby Carrots & Sweetcorn
- GD Plant Packed Lasagne with Baby Carrots & Sweetcorn
- GFES Tuna Mayo Roll with Tomato Pinwheel & Cucumber
- G Lemon Shortbread or Fresh Fruit

FRIDAY 29 SEPTEMBER

- FG Fish Fingers with Chips, Peas & Tomato Ketchup
- GDE Cheese & Leek Sausage with Chips, Peas & Tomato Ketchup
- GDS Ham Roll with Chips, Carrot Sticks & Tomato Ketchup
- G Mini Chocolate Biscuit & Orange Wedge

MONDAY 2 OCTOBER

- GS Fruity Chicken Curry with Rice & Vegetable Medley
- GS Chickpea & Cauliflower Curry with Rice & Vegetable Medley
- D Jacket Potato with Baked Beans & Grated Cheese
- G Oat Cookie or Fresh Fruit

TUESDAY 3 OCTOBER

- GS Pork & Apple Burger in a Roll with Baked Beans & Sweetcorn
- GS Plant Powered Burger in a Roll with Baked Beans & Sweetcorn
- D Jacket Potato with Cheese & Crudites
- G Mini Flapjack & Pineapple

WEDNESDAY 4 OCTOBER

MIDWEEK ROASTS

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GDS

GE

- Roast Turkey with Roast Potatoes, Mixed Vegetables & Gravy
- Cauliflower & Broccoli Cheese with Roast Potatoes, Mixed Vegetables & Gravy
- Ham Roll with Tomato Twist & Cucumber
- Chocolate Cake or Fresh Fruit

THURSDAY 5 OCTOBER

- GD Creamy Cheese & Tomato Pasta Bake with Crusty Bread & Green Beans
- GDE Quorn Best of British Sausage & Tomato Frittata, Crusty Bread & Green Beans
- FE Jacket Potato with Tuna Mayo & Carrot Sticks
- G Mini Shortbread & Melon

FRIDAY 6 OCTOBER

- FG Battered Fish with Chips, Peas, Sweetcorn & Tomato Ketchup
- GD Bean & Cheese Quesadilla with Chips, Peas, Sweetcorn & Tomato Ketchup
- GDES Cheese Mayo Roll with Chips & Cucumber
- GE Jammy Cupcake or Fresh Fruit

MONDAY 9 OCTOBER

- GD Fajita with British Chicken & Vegetables, Rice, Tortilla & Grated Cheese
- GDE Fajita Quorn & Vegetables with Rice, Tortilla & Grated Cheese
- D Jacket Potato with Baked Beans & Grated Cheese
- G Flapjack or Fresh Fruit

TUESDAY 10 OCTOBER

- G British Beef Bolognaise with Wholemeal Pasta, Carrots & Peas
- G Veg Packed Bolognaise with Wholemeal Pasta, Carrots & Peas
- D Jacket Potato with Cheese & Crudites
- G Mini Chocolate Cookie & Orange Wedge

WEDNESDAY 11 OCTOBER

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- Devonshire Butchers Sausage with Roast Potatoes, Mixed Vegetables & Gravy
- Best of British Quorn Sausage with Roast Potatoes, Mixed Vegetables & Gravy
- Cheese Roll with Marmite Twist & Carrot Sticks
- Rock Cake or Fresh Fruit

THURSDAY 12 OCTOBER

- GD Macaroni Cheese with Wyke Farm Cheddar, Crusty Bread & Vegetable Medley
- GD Vegetable and Bean Enchilada Grated Cheese & Vegetable Medley
- FE Jacket Potato with Tuna Mayo & Cucumber
- GE Lemon Drizzle Cake or Fresh Fruit

FRIDAY 13 OCTOBER

- FG Oven Baked Fish & Chips, Peas & Tomato Ketchup
- GDE Somerset Cheese & Onion Quiche with Chips, Peas & Tomato Ketchup
- GSE Coronation Chicken Roll with Chips & Carrot Sticks
- G Mini Oat Cookie & Melon

MONDAY 16 OCTOBER

- GD Ham & Tomato Pizza with Baked Beans & Sweetcorn
- GD Somerset Cheese & Tomato Pizza with Baked Beans & Sweetcorn
- E Jacket Potato with Quorn Cowboy Casserole
- G Chocolate & Fruit Cookie or Fresh Fruit

TUESDAY 17 OCTOBER

- GDS Meatball Sub with 5 Veg Tomato Sauce, Grated Cheese & Peas
- GDS Plant Packed Meatball Sub with 5 Veg Tomato Sauce, Grated Cheese & Peas
- FE Jacket Potato with Tuna Mayo & Cucumber
- G Mini Ginger Biscuit & Pineapple

WEDNESDAY 18 OCTOBER

MIDWEEK ROASTS

GE

GDS

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- Roast Dorset Gammon with Roast Potatoes, Vegetable Medley & Gravy
- Butternut Squash Loaf with Roast Potatoes, Vegetable Medley & Gravy
- Cheese Roll with Marmite Twist & Carrot Sticks
- Dorset Apple Cake or Fresh Fruit

THURSDAY 19 OCTOBER

- GD British Beef Lasagne with Baby Carrots & Sweetcorn
- GD Plant Packed Lasagne with Baby Carrots & Sweetcorn
- GFES Tuna Mayo Roll with Tomato Pinwheel & Cucumber
- G Lemon Shortbread or Fresh Fruit

FRIDAY 20 OCTOBER

- FG Fish Fingers with Chips, Peas & Tomato Ketchup
- GDE Cheese & Leek Sausage with Chips, Peas & Tomato Ketchup
- GDS Ham Roll with Chips, Carrot Sticks & Tomato Ketchup
- G Mini Chocolate Biscuit & Orange Wedge

MONDAY 30 OCTOBER

- C Fruity Chicken Curry with Rice & Vegetable Medley
- C Chickpea & Cauliflower Curry with Rice & Vegetable Medley
- D Jacket Potato with Baked Beans & Grated Cheese
- G Oat Cookie or Fresh Fruit

TUESDAY 31 OCTOBER

- G British Beef Bolognaise with Wholemeal Pasta, Peas & Green Beans
- G Veg Packed Bolognaise with Wholemeal Pasta, Peas & Green Beans
- D Jacket Potato with Cheese & Crudites
- G Mini Flapjack & Pineapple

WEDNESDAY 1 NOVEMBER

MIDWEEK ROASTS

D

GDS

GE

- Roast Turkey with Roast Potatoes, Mixed Vegetables & Gravy
- Cauliflower & Broccoli Cheese with Roast Potatoes, Mixed Vegetables & Gravy
- Ham Roll with Tomato Twist & Cucumber
- Chocolate Cake or Fresh Fruit

THURSDAY 2 NOVEMBER

- GD Creamy Cheese & Tomato Pasta Bake with Crusty Bread & Green Beans
- GDE Quorn Best of British Sausage & Tomato Frittata, Crusty Bread & Green Beans
- FE Jacket Potato with Tuna Mayo & Carrot Sticks
- G Mini Shortbread & Melon

FRIDAY 3 NOVEMBER

- GS Pork Hot Dog with Chips, Peas, Sweetcorn & Tomato Ketchup
- GS Hot Not Dog with Chips, Peas, Sweetcorn & Tomato Ketchup
- GDES Cheese Mayo Roll with Chips & Cucumber
- GDE Sticky Toffee Pudding & Custard 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