

AUTUMN TERM MENU

Everybody benefits from a great school lunch and National School Meals Week is from November 6th - 10th. Do join us for National Roast Dinner Day on the 8th, as what could be better than Roast British Beef with Yorkshire Pudding to power you through until home time?

8th Nov



10th Nov

Or try something new on Friday 10th, our Vegetable and Bean Enchilada is delicious and healthy. Whatever you choose, it will keep you full and focused all afternoon.

What challenge will you complete to get a Pudsey Bear Chocolate Cookie? Sitting in a bath of beans, juggling hot potatoes, most sweetcorn kernels eaten with a cocktail stick? Whatever it is, you will be doing a great thing for a great cause.



17th Nov

7th Dec

Save the Children

Christmas Jumper Day!! Wear yours and not only will you look great, YULE also be helping children who need it most by supporting Save the Children!

It's Christmas Dinner day during the last week of term, we will be serving over 8,000 this year so make sure you are on the good (food) list!



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 £2.50 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



Did you order Week 1 last half term?

WINTER WARMERS

MONDAY 30 OCTOBER

- 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 31 OCTOBER

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

WEDNESDAY 1 NOVEMBER

- 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

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

FRIDAY 3 NOVEMBER

- Pork Hot Dog with Chips, Peas, Sweetcorn & Tomato Ketchup
- Hot Not Dog with Chips, Peas, Sweetcorn & Tomato Ketchup
- Cheese Mayo Roll with Chips & Cucumber
- Sticky Toffee Pudding & Custard or Fresh Fruit

MONDAY 6 NOVEMBER

- Fajita Chicken & Vegetables with Rice, Tortilla & Grated Cheese
- Fajita Quorn & Vegetables with Rice, Tortilla & Grated Cheese
- Jacket Potato with Baked Beans & Grated Cheese
- Lemon Shortbread or Fresh Fruit

TUESDAY 7 NOVEMBER

- Pork & Apple Burger in a Roll with Sweetcorn & Crunchy Rainbow Slaw
- Cheese & Bean Burger in a Roll with Sweetcorn & Crunchy Rainbow Slaw
- Jacket Potato with Tuna Mayo & Cucumber
- Chocolate Flapjack & Orange Wedge

WEDNESDAY 8 NOVEMBER

- Roast Beef with Yorkshire Pudding, Roast Potatoes, Vegetable Medley & Gravy
- Quorn Roast with Yorkshire Pudding, Roast Potatoes, Vegetable Medley & Gravy
- Cheese Roll with Marmite Twist & Cucumber
- Mini Oat Cookie & Melon

THURSDAY 9 NOVEMBER

- Macaroni Cheese with Wyke Farm Cheddar, Crusty Bread & Peas
- Veg Packed Tomato Soup with a Cheese Baguette
- Ham Roll with Tomato Pinwheel & Carrot Sticks
- Chocolate Pudding & Chocolate Sauce or Fresh Fruit

FRIDAY 10 NOVEMBER

- MSC Battered Fish with Chips, Sweetcorn & Tomato Ketchup
- Vegetable & Bean Enchilada with Chips, Sweetcorn & Tomato Ketchup
- Cheese Mayo Roll with Chips & Cucumber
- Jammy Shortbread or Fresh Fruit

MONDAY 13 NOVEMBER

- Somerset Cheese & Tomato Pizza with Sweetcorns & Crunchy Rainbow Slaw
- Plant Powered Sausage Roll with Sweetcorn & Crunchy Rainbow Slaw
- Jacket Potato with Cheese & Cucumber
- Mini Ginger Biscuit & Pineapple

TUESDAY 14 NOVEMBER

- LFL 5 Veg Tomato Sauce with Beef Meatballs, Wholemeal Pasta, Grated Cheese & Peas
- LFL 5 Veg Tomato Sauce with Plant Packed Meatballs, Wholemeal Pasta, Grated Cheese & Peas
- Jacket Potato with Tuna Mayo & Carrot Sticks
- Rock Cake or Fresh Fruit

WEDNESDAY 15 NOVEMBER

- Roast Dorset Gammon with Roast Potatoes, Mixed Vegetables & Gravy
- Cauliflower & Broccoli Cheese with Roast Potatoes, Mixed Vegetables & Gravy
- Cheese Roll with Tomato Twist & Carrot Sticks
- Oat & Raspberry Slice or Fresh Fruit

THURSDAY 16 NOVEMBER

- British Beef Bolognese with Wholemeal Pasta, Grated Cheese, Carrots & Green Beans
- Veg Packed Bolognese with Wholemeal Pasta, Grated Cheese, Carrots & Green Beans
- Ham Roll with Cheese Straw & Tomatoes
- Carrot Cake or Fresh Fruit

FRIDAY 17 NOVEMBER

- MSC Fishcake with Chips, Peas, Sweetcorn & Tomato Ketchup
- Cheese & Tomato Mini Muffin Pizza with Chips, Peas, Sweetcorn & Tomato Ketchup
- Egg Mayo Roll with Chips & Cucumber
- Pudsey Bear Chocolate Cookie & Orange Wedge

MONDAY 20 NOVEMBER

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

TUESDAY 21 NOVEMBER

- Pesto Pasta with Crispy Bacon Bits, Carrots & Green Beans
- Veg Packed Tomato Soup with a Cheese Baguette
- Ham Roll with Ploughman's Twist & Tomatoes
- Mini Shortbread & Melon

WEDNESDAY 22 NOVEMBER

- Devonshire Butchers Sausage with Cheesy Potato Bake, Sauteed Cabbage, Leeks & Gravy
- Quorn Best of British Sausage with Cheesy Potato Bake, Sauteed Cabbage, Leeks & Gravy
- Tuna Mayo Roll with Tomato Pinwheel & Carrot Sticks
- Sticky Ginger Cake or Fresh Fruit

THURSDAY 23 NOVEMBER

- British Beef Lasagne with Baby Carrots, Sweetcorn & Garlic Bread
- Plant Packed Lasagne with Baby Carrots, Sweetcorn & Garlic Bread
- Jacket Potato with Ham & Crudites
- Jammy Shortbread or Fresh Fruit

FRIDAY 24 NOVEMBER

- MSC Fish Fingers in a Roll with Chips, Peas, Sweetcorn & Tomato Ketchup
- Fishless Fingers in a Roll with Chips, Peas, Sweetcorn & Tomato Ketchup
- Jacket Potato with Cheese & Cucumber
- Apple Crumble & Custard

MONDAY 27 NOVEMBER

- Fajita Chicken & Vegetables with Rice, Tortilla & Grated Cheese
- Fajita Quorn & Vegetables with Rice, Tortilla & Grated Cheese
- Jacket Potato with Baked Beans & Grated Cheese
- Lemon Shortbread or Fresh Fruit

TUESDAY 28 NOVEMBER

- Pork & Apple Burger in a Roll with Sweetcorn & Crunchy Rainbow Slaw
- Cheese & Bean Burger in a Roll with Sweetcorn & Crunchy Rainbow Slaw
- Jacket Potato with Tuna Mayo & Cucumber
- Chocolate Flapjack & Orange Wedge

WEDNESDAY 29 NOVEMBER

- Roast Beef with Yorkshire Pudding, Roast Potatoes, Vegetable Medley & Gravy
- Quorn Roast with Yorkshire Pudding, Roast Potatoes, Vegetable Medley & Gravy
- Cheese Roll with Marmite Twist & Cucumber
- Mini Oat Cookie & Melon

THURSDAY 30 NOVEMBER

- Macaroni Cheese with Wyke Farm Cheddar, Crusty Bread & Peas
- Veg Packed Tomato Soup with a Cheese Baguette
- Ham Roll with Tomato Pinwheel & Carrot Sticks
- Chocolate Pudding & Chocolate Sauce or Fresh Fruit

FRIDAY 1 DECEMBER

- MSC Battered Fish with Chips, Sweetcorn & Tomato Ketchup
- Vegetable & Bean Enchilada with Chips, Sweetcorn & Tomato Ketchup
- Cheese Mayo Roll with Chips & Cucumber
- Jammy Shortbread or Fresh Fruit

MONDAY 4 DECEMBER

- Somerset Cheese & Tomato Pizza with Sweetcorn & Crunchy Rainbow Slaw
- Plant Powered Sausage Roll with Sweetcorn & Crunchy Rainbow Slaw
- Jacket Potato with Cheese & Cucumber
- Mini Ginger Biscuit & Pineapple

TUESDAY 5 DECEMBER

- LFL 5 Veg Tomato Sauce with Beef Meatballs, Wholemeal Pasta, Grated Cheese & Peas
- LFL 5 Veg Tomato Sauce with Plant Packed Meatballs, Wholemeal Pasta, Grated Cheese & Peas
- Jacket Potato with Tuna Mayo & Carrot Sticks
- Rock Cake or Fresh Fruit

WEDNESDAY 6 DECEMBER

- Roast Dorset Gammon with Roast Potatoes, Mixed Vegetables & Gravy
- Cauliflower & Broccoli Cheese with Roast Potatoes, Mixed Vegetables & Gravy
- Cheese Roll with Tomato Twist & Carrot Sticks
- Oat & Raspberry Slice or Fresh Fruit

THURSDAY 7 DECEMBER

- British Beef Bolognese with Wholemeal Pasta, Grated Cheese, Carrots & Green Beans
- Veg Packed Bolognese with Wholemeal Pasta, Grated Cheese, Carrots & Green Beans
- Ham Roll with Cheese Straw & Tomatoes
- Carrot Cake or Fresh Fruit

FRIDAY 8 DECEMBER

- MSC Fishcake with Chips, Peas, Sweetcorn & Tomato Ketchup
- Cheese & Tomato Mini Muffin Pizza with Chips, Peas, Sweetcorn & Tomato Ketchup
- Egg Mayo Roll with Chips & Cucumber
- Mini Chocolate Cookie & Orange Wedge

MONDAY 11 DECEMBER

- Creamy Chicken & Mango Curry with Rice, Vegetable Medley & Mini Naan
- Quorn Keema Curry with Rice, Vegetable Medley & Mini Naan
- Jacket Potato with Baked Beans & Grated Cheese
- Fruity Oat Cookie or Fresh Fruit

TUESDAY 12 DECEMBER

- Pesto Pasta with Crispy Bacon Bits, Carrots & Green Beans
- Veg Packed Tomato Soup with a Cheese Baguette
- Jacket Potato with Tuna Mayo & Carrot Sticks
- Shortbread Biscuit or Fresh Fruit

WEDNESDAY 13 DECEMBER

- Roast Turkey & Mini Pig-in-Blanket
- Festive Butternut Squash Loaf
- With Roast Potatoes, Vegetable Medley, Stuffing, Cranberry Sauce & Gravy
- White Chocolate & Cranberry Cookie or Satsuma

THURSDAY 14 DECEMBER

- LFL 5 Veg Tomato Sauce with Pork Sausage, Wholemeal Pasta & Green Beans
- LFL 5 Veg Tomato Sauce with Cheese & Leek Sausage, Wholemeal Pasta & Green Beans
- Jacket Potato with Cheese & Carrot Sticks
- Chocolate Flapjack & Orange Wedge

FRIDAY 15 DECEMBER

- MSC Battered Fish with Chips, Sweetcorn & Tomato Ketchup
- Quorn Dippers with Chips, Sweetcorn & Tomato Ketchup
- Cheese Mayo Roll with Chips & Cucumber
- Mini Oat Cookie & Kiwi Wedge

MONDAY 1 JANUARY

BANK HOLIDAY

TUESDAY 2 JANUARY

- Somerset Cheese & Tomato Pizza with Baked Beans & Sweetcorn
- Plant Powered Sausage Roll with Baked Beans & Sweetcorn
- Jacket Potato with Ham & Tomatoes
- Mini Shortbread & Melon

WEDNESDAY 3 JANUARY

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

THURSDAY 4 JANUARY

- British Beef Cottage Pie with Baby Carrots & Green Beans
- Plant Powered Cottage Pie with Baby Carrots & Green Beans
- Jacket Potato with Cheese & Cucumber
- Jammy Shortbread or Fresh Fruit

FRIDAY 5 JANUARY

- MSC Fish Fingers in a Roll with Chips, Peas, Sweetcorn & Tomato Ketchup
- Fishless Fingers in a Roll with Chips, Peas, Sweetcorn & Tomato Ketchup
- Ham Roll with Chips, Carrot Sticks & Tomato Ketchup
- Apple Crumble & Custard

WE RESERVE THE RIGHT TO MAKE MENU CHANGES WHEN NECESSARY

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

CONTAINS ALLERGENS