

Happy New Year and welcome back to school!

It's **cold** outside but don't worry, we've got the dishes you need to **warm** you up at lunchtime.

WINTER WARMERS

You'll find lots of our favourites on this menu, British Roast Beef & Yorkshire Pudding, Chicken Katsu with Rice & Mini Naan Bread and as you all loved it so much last time, the return of our Friday Pork Hot Dog and Chips.



But wait, we've got something new too: our new Plant Powered "Meat" Loaf! Less fat, more fibre, and sure to keep you energised until home time.



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

SPRING LUNCH MENU

Did you order Week 1 last half term?



MONDAY 1 JANUARY

BANK HOLIDAY

MONDAY 8 JANUARY

GD Chicken Katsu with Rice, Vegetables & Mini Naan

GDSE Quorn Katsu with Rice, Vegetables & Mini Naan

D Jacket Potato with Baked Beans & Grated Cheese

G Oat Cookie or Fresh Fruit



MONDAY 15 JANUARY

GD Fajita Chicken & Vegetables with Rice, Tortilla & Grated Cheese

GDE Fajita Quorn & Vegetables with Rice, Tortilla & Grated Cheese

GD Jacket Potato with Spaghetti Hoops & Grated Cheese

G Lemon Shortbread or Fresh Fruit



TUESDAY 2 JANUARY

GD Somerset Cheese & Tomato Pizza with Baked Beans & Sweetcorn

G Plant Powered Sausage Roll with Baked Beans & Sweetcorn

D Jacket Potato with Ham & Tomatoes

G Mini Shortbread & Melon

TUESDAY 9 JANUARY

GD LFL 5 Veg Tomato Sauce with Beef Meatballs, Wholemeal Pasta, Grated Cheese & Peas

GD LFL 5 Veg Tomato Sauce with Plant Packed Meatballs, Wholemeal Pasta, Grated Cheese & Peas

FE Jacket Potato with Tuna Mayo & Carrot Sticks

G Mini Chocolate Biscuit & Orange Wedge



WEDNESDAY 3 JANUARY

GDE Devonshire Butchers Sausage with Roast Potatoes, Yorkshire Pudding, Mixed Vegetables & Gravy

GDE Quorn Best of British Sausage with Roast Potatoes, Yorkshire Pudding, Mixed Vegetables & Gravy

GDS Cheese Roll with Marmite Twist & Carrot Sticks

GE Sticky Ginger Cake or Fresh Fruit

WEDNESDAY 10 JANUARY

GDE Roast Beef with Yorkshire Pudding, Roast Potatoes, Vegetable Medley & Gravy

GDE Quorn Roast with Yorkshire Pudding, Roast Potatoes, Vegetable Medley & Gravy

GDS Cheese Roll with Tomato Twist & Cucumber

G Oat & Raspberry Slice or Fresh Fruit

THURSDAY 4 JANUARY

D British Beef Cottage Pie with Baby Carrots & Green Beans

D Plant Powered Cottage Pie with Baby Carrots & Green Beans

D Jacket Potato with Cheese & Cucumber

G Jammy Shortbread or Fresh Fruit



THURSDAY 11 JANUARY

GD Macaroni Cheese with Wyke Farm Cheddar, Crusty Bread & Peas

GD Veg Packed Tomato Soup with a Cheese Baguette

FE GDS Tuna Roll with Pesto Pinwheel & Carrot Sticks

GE Carrot Cake or Fresh Fruit



THURSDAY 18 JANUARY

GS Pork & Apple Burger in a Roll with Baked Beans & Corn Wedge

GDS Cheese & Bean Burger in a Roll with Baked Beans & Corn Wedge

FE Jacket Potato with Tuna Mayo & Cucumber

G Jammy Shortbread or Fresh Fruit



THURSDAY 25 JANUARY

D British Beef Cottage Pie with Baby Carrots & Green Beans

D Plant Powered Cottage Pie with Baby Carrots & Green Beans

GDS Cheese Roll with Tomato Pinwheel & Carrot Sticks

G Mini Shortbread & Melon

THURSDAY 1 FEBRUARY

GD Macaroni Cheese with Wyke Farm Cheddar, Crusty Bread & Peas

GD Veg Packed Tomato Soup with a Cheese Baguette

FE GDS Tuna Roll with Pesto Pinwheel & Carrot Sticks

GE Carrot Cake or Fresh Fruit



THURSDAY 8 FEBRUARY

GSE Pork & Apple Burger in a Roll with Baked Beans & Corn Wedge

GDSE Cheese & Bean Burger in a Roll with Baked Beans & Corn Wedge

FE Jacket Potato with Tuna Mayo & Cucumber

G Jammy Shortbread or Fresh Fruit



FRIDAY 5 JANUARY

FGS MSC Fish Fingers in a Roll with Chips, Peas, Sweetcorn & Tomato Ketchup

GS Fishless Fingers in a Roll with Chips, Peas, Sweetcorn & Tomato Ketchup

GDS Ham Roll with Chips, Carrot Sticks & Tomato Ketchup

GD Apple Crumble & Custard



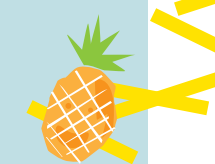
FRIDAY 12 JANUARY

FG MSC Battered Fish with Chips, Sweetcorn & Tomato Ketchup

GDS Cheese & Tomato Mini Muffin Pizza with Chips, Sweetcorn & Tomato Ketchup

GDS Ham Roll with Chips & Cucumber

G Mini Ginger Biscuit & Pineapple



FRIDAY 19 JANUARY

FG MSC Breaded Fish with Chips, Peas & Tomato Ketchup

GD Vegetable & Bean Enchilada with Chips, Peas & Tomato Ketchup

GDSE Egg Mayo Roll with Chips & Cucumber

G Mini Oat Cookie & Melon



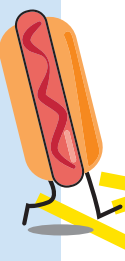
FRIDAY 26 JANUARY

GS Butchers Sausage Hot Dog with Chips, Peas, Sweetcorn & Tomato Ketchup

GS Quorn Sausage Hot Dog with Chips, Peas, Sweetcorn & Tomato Ketchup

D Jacket Potato with Cheese & Cucumber

GE Rock Cake or Fresh Fruit



FRIDAY 2 FEBRUARY

FG MSC Battered Fish with Chips, Sweetcorn & Tomato Ketchup

GDS Cheese & Tomato Mini Muffin Pizza with Chips, Sweetcorn & Tomato Ketchup

GDS Ham Roll with Chips & Cucumber

G Mini Ginger Biscuit & Pineapple



FRIDAY 9 FEBRUARY

FG MSC Breaded Fish with Chips, Peas & Tomato Ketchup

GD Vegetable & Bean Enchilada with Chips, Peas & Tomato Ketchup

GDSE Egg Mayo Roll with Chips & Cucumber

G Mini Oat Cookie & Melon



MONDAY 22 JANUARY

GD Somerset Cheese & Tomato Pizza with Sweetcorn & Half a Jacket Potato

GD Plant Powered Sausage Roll with Sweetcorn & Half a Jacket Potato

GE Jacket Potato with Quorn Cowboy Casserole

G Fruity Oat Cookie or Fresh Fruit



TUESDAY 23 JANUARY

GD Wholemeal Pasta with Creamy Tomato & Bacon Sauce & Peas

GD Veg Packed Tomato Soup with a Cheese Baguette

GDS Cheese Roll with Marmite Twist & Carrot Sticks

G Mini Flapjack & Kiwi Wedge



WEDNESDAY 24 JANUARY

Roast Dorset Gammon with Roast Potatoes, Mixed Vegetables & Gravy

D Cauliflower & Broccoli Cheese with Roast Potatoes, Mixed Vegetables & Gravy

FGES Tuna Mayo Roll with Tomato Pinwheel & Cucumber

GE Lemon Drizzle Cake or Fresh Fruit

WEDNESDAY 31 JANUARY

GDE Roast Beef with Yorkshire Pudding, Roast Potatoes, Vegetable Medley & Gravy

GDE Quorn Roast with Yorkshire Pudding, Roast Potatoes, Vegetable Medley & Gravy

GDS Cheese Roll with Tomato Twist & Cucumber

G Oat & Raspberry Slice or Fresh Fruit

MONDAY 29 JANUARY

GDS Chicken Katsu with Rice, Vegetables & Mini Naan

GDSE Quorn Katsu with Rice, Vegetables & Mini Naan

D Jacket Potato with Baked Beans & Grated Cheese

G Oat Cookie or Fresh Fruit

TUESDAY 30 JANUARY

GD LFL 5 Veg Tomato Sauce with Beef Meatballs, Wholemeal Pasta, Grated Cheese & Peas

GD LFL 5 Veg Tomato Sauce with Plant Packed Meatballs, Wholemeal Pasta, Grated Cheese & Peas

FE Jacket Potato with Tuna Mayo & Carrot Sticks

G Mini Chocolate Biscuit & Orange Wedge



WEDNESDAY 7 FEBRUARY

Roast Turkey with Roast Potatoes, Mixed Vegetables & Gravy

GE Plant Powered "Meat" Loaf with Roast Potatoes, Mixed Vegetables & Gravy

GDS Cheese Roll with Tomato Pinwheel & Carrot Sticks

GE Sticky Ginger Cake or Fresh Fruit

MONDAY 5 FEBRUARY

GD Fajita Chicken & Vegetables with Rice, Tortilla & Grated Cheese

GDE Fajita Quorn & Vegetables with Rice, Tortilla & Grated Cheese

GD Jacket Potato with Spaghetti Hoops & Grated Cheese

G Lemon Shortbread or Fresh Fruit

TUESDAY 6 FEBRUARY

GD British Beef Bolognaise with Wholemeal Pasta, Grated Cheese, Carrots & Green Beans

GD Veg Packed Bolognaise with Wholemeal Pasta, Grated Cheese, Carrots & Green Beans

GDS Ham Roll with Ploughman's Twist & Tomatoes

G Chocolate Flapjack & Orange Wedge



WEDNESDAY 21 FEBRUARY

Roast Dorset Gammon with Roast Potatoes, Mixed Vegetables & Gravy

D Cauliflower & Broccoli Cheese with Roast Potatoes, Mixed Vegetables & Gravy

FGES Tuna Mayo Roll with Tomato Pinwheel & Cucumber

GE Lemon Drizzle Cake or Fresh Fruit

THURSDAY 22 FEBRUARY

D British Beef Cottage Pie with Baby Carrots & Green Beans

D Plant Powered Cottage Pie with Baby Carrots & Green Beans

GDS Cheese Roll with Tomato Pinwheel & Carrot Sticks

G Mini Shortbread & Melon



FRIDAY 23 FEBRUARY

GS Butchers Sausage Hot Dog with Chips, Peas, Sweetcorn & Tomato Ketchup

GS Quorn Sausage Hot Dog with Chips, Peas, Sweetcorn & Tomato Ketchup

D Jacket Potato with Cheese & Cucumber

GE Rock Cake or Fresh Fruit



MONDAY 19 FEBRUARY

GD Somerset Cheese & Tomato Pizza with Sweetcorn & Half a Jacket Potato

G Plant Powered Sausage Roll with Sweetcorn & Half a Jacket Potato

GE Jacket Potato with Quorn Cowboy Casserole

G Fruity Oat Cookie or Fresh Fruit



TUESDAY 20 FEBRUARY

GD Wholemeal Pasta with Creamy Tomato & Bacon Sauce & Peas

GD Veg Packed Tomato Soup with a Cheese Baguette

GDS Cheese Roll with Marmite Twist & Carrot Sticks

G Mini Flapjack & Kiwi Wedge



WEDNESDAY 28 FEBRUARY

Roast Turkey with Roast Potatoes, Mixed Vegetables & Gravy

GE Plant Powered "Meat" Loaf with Roast Potatoes, Mixed Vegetables & Gravy

GDS Cheese Roll with Tomato Pinwheel & Carrot Sticks

GE Sticky Ginger Cake or Fresh Fruit

THURSDAY 1 FEBRUARY

GD Macaroni Cheese with Wyke Farm Cheddar, Crusty Bread & Peas

GD Veg Packed Tomato Soup with a Cheese Baguette

FE GDS Tuna Roll with Pesto Pinwheel & Carrot Sticks

GE Carrot Cake or Fresh Fruit



FRIDAY 9 FEBRUARY

FG MSC Breaded Fish with Chips, Peas & Tomato Ketchup

GD Vegetable & Bean Enchilada with Chips, Peas & Tomato Ketchup

GDSE Egg Mayo Roll with Chips & Cucumber

G Mini Oat Cookie & Melon



WE RESERVE THE RIGHT TO MAKE MENU CHANGES WHEN NECESSARY

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

CONTAINS ALLERGENS