# SPRING WEIGHT A

0 March

Our delicious Homity pie has made a welcome return for British Pie Week on 6th March. Golden, creamy, cheesy and oh-so-hearty, what's not to love? Some say this pie originates from Devon, we're not sure about that, but what we do know is that we only ever use dairy from the Southwest, and the mature cheddar used in this dish comes from Wyke Farm in Somerset, making it pure pie perfection!

Have you entered our "Design a Book Cover" competition? Get your entries in by Friday 23rd February and you could win a family trip to the world famous Tank Museum in Bovington. Winners will be announced on

World Book Day, Thursday 7th March. And to mark World Book Day on the menu, we have Greg the Plant based Sausage Roll. Who loves a Sausage Roll? We do! And we know you do too, Yummy!

# Easter

is hopping in a tiny bit early for you on Wednesday 27th March, order our Roast Turkey or Quorn Roast with stuffing and enjoy a special treat for Judding, our amazing Easter Chocolate Biscuit (Ake. We hope you have an Saster Chocolate Biscuit (Ake. You have an Saster Chocolate Biscuit (Ake. You have an Saster C

It's Red Nose Day on Friday 15th March, and ours not only look great, they taste great too! Why not send us some pictures wearing yours, just for fun.



www.localfoodlinks.org.uk

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# 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

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Any problems call **01308 420269** 

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|--------------------|--|--------------|---|---------|---|-----|--|---------|---|-----------|
|                    | MONDAY 19 FEBRUARY   |              | TUESDAY 20 FEBRUARY   | MIDWEEK | ROASTS<br>WEDNESDAY 21 FEBRUARY   |     | THURSDAY 22 FEBRUARY   |         | FRIDAY 23 FEBRUARY  | MRLE      |
| GD                 | Somerset Cheese & Tomato Pizza   | GD           | Wholemeal Pasta with Creamy   | WIDARD  | Roast Dorset Gammon   | D   | British Beef Cottage Pie with Baby   | GS      | Butchers Sausage Hot Dog with   | AINABLE   |
| ิจ                 | with Sweetcorn & Half a Jacket<br>Potato   | GD           | Tomato & Bacon Sauce, & Peas<br>Veg Packed Tomato Soup                                  |         | with Roast Potatoes,<br>Mixed Vegetables & Gravy                                  | D   | Carrots & Green Beans<br>Plant Powered Cottage Pie with                                      | ٢       | Chips, Peas, Sweetcorn & Tomato<br>Ketchup                              |           |
| G                  | Plant Powered Sausage Roll with<br>Sweetcorn & Half a Jacket Potato                      |              | with a Cheese Baguette  | D       | Cauliflower & Broccoli Cheese<br>with Roast Potatoes,<br>Mixed Vegetables & Gravy |     | Baby Carrots & Green Beans   | GS      | Quorn Sausage Hot Dog with Chips,<br>Peas, Sweetcorn & Tomato Ketchup   |           |
| GE                 | Jacket Potato with Quorn Cowboy<br>Casserole   | GDS          | Cheese Roll with Marmite Twist<br>& Carrot Sticks                                       | FGES    | Tuna Mayo Roll with Tomato<br>Pinwheel & Cucumber                                 | GDS | Cheese Roll with Tomato Pinwheel<br>& Carrot Sticks  | D       | Jacket Potato with Cheese<br>& Cucumber                                 |           |
| G                  | Fruity Oat Cookie<br>or Fresh Fruit  | G            | Mini Flapjack & Kiwi Wedge  | GE      | Lemon Drizzle Cake  | G   | Mini Shortbread<br>& Melon   | GE      | Rock Cake or Fresh Fruit  |           |
|                    | or Fresh Fruit   | A            |   |         | or Fresh Fruit  |     |  |         | ENTRY   |           |
|                    | MONDAY 26 FEBRUARY   | $\mathbf{D}$ | TUESDAY 27 FEBRUARY   | MIDWEEK | ROASTS<br>WEDNESDAY 28 FEBRUARY   |     | THURSDAY 29 FEBRUARY   | 7       | FRIDAY 1 MARCH  | AINABLE   |
| GDS                | Chicken Katsu with Rice,<br>Vegetables & Mini Naan                                       | GDS          | Beef Meatball Sub with 5 Veg<br>Tomato Sauce, Grated Cheese                             |         | Roast Pork Loin with Roast Potatoes,<br>Mixed Vegetables & Gravy                  | GD  | British Beef Lasagne<br>with Baby Carrots & Greens   | FG      | MSC Battered Fish with Chips, Peas<br>& Tomato Ketchup                  |           |
| 2 GDES             | Quorn Katsu with Rice, Vegetables<br>& Mini Naan   | GDS          | & Peas<br>Plant Packed Meatball Sub with<br>5 Veg Tomato Sauce, Grated                  | GE      | Plant Powered "Meat" Loaf with Roast<br>Potatoes, Mixed Vegetables & Gravy        | GD  | Veg Packed Lasagne<br>with Baby Carrots & Greens   | GDS     | Cheese & Tomato Mini Muffin Pizza<br>with Chips, Peas & Tomato Ketchup  | -         |
| D                  | Jacket Potato with Baked Beans   | FE           | Cheese & Peas<br>Jacket Potato with Tuna Mayo   | GDS     | Cheese Roll with Caramelised Onion<br>Twist & Cucumber                            |     | Jacket Potato with Ham<br>& Carrot Sticks  | GDSE    | Egg Mayo Roll with Chips<br>& Crudites                                  |           |
| G                  | Jammy Shortbread   | G            | & Carrot Sticks<br>Mini Chocolate Biscuit   | GDE     | Strawberry Yoghurt Cupcake<br>or Fresh Fruit                                      | GDE | Chocolate Pudding & Chocolate<br>Sauce or Fresh Fruit  | G       | Fruity Oat Slice  |           |
| BRITIST PIRTY      |  |              | & Orange Wedge  |         |   |     | WOR  | LD.     |   |           |
| ×                  | MONDAY 4 MARCH   |              | TUESDAY 5 MARCH   | MIDWEEK | WEDNESDAY 6 MARCH   |     | BOODA  | OK<br>Y | FRIDAY 8 MARCH  | MABLE     |
| March 2024 GD      | British Beef Bolognaise with<br>Wholemeal Pasta, Grated Cheese,                          | GDS          | Pork & Apple Burger with Mini<br>Jacket Potato, Sweetcorn                               |         | Roast Turkey with Roast Potatoes,<br>Country Vegetables & Gravy                   | GD  | THURSDAY 7 MARCH   | FGS     | MSC Fish Fingers in a Roll with<br>Chips, Sweetcorn & Tomato Ketchup    | (Alling)  |
| <b>GD</b>          | Carrots & Green Beans<br>Veg Packed Bolognaise with<br>Wholemeal Pasta, Grated Cheese,   | GD           | & Tomato Ketchup<br>Cheese & Bean Burger with Mini<br>Jacket Potato, Sweetcorn          | GD      | Homity Pie with Country<br>Vegetables & Gravy                                     | GD  | with Cheesy Crust & Peas<br>Greg the Plant Powered Sausage<br>Roll with Half a Jacket Potato | GS      | Fishless Fingers in a Roll with Chips,<br>Sweetcorn & Tomato Ketchup    |           |
|                    | Carrots & Green Beans<br>Jacket Potato with Ham  | 0.00         | & Tomato Ketchup<br>Tuna Roll with Pesto Pinwheel                                       | GDS     | Cheese Roll with Tomato Pinwheel<br>& Carrot Sticks                               | FE  | & Peas<br>Jacket Potato with Tuna Mayo   | D       | Jacket Potato with<br>Cheese & Carrot Sticks                            |           |
|                    | & Tomatoes   | GDSFE        | & Cucumber  | G       | Chocolate Flapjack & Orange   |     | & Cucumber   | G       | Lemon shortbread<br>or Fresh Fruit                                      |           |
| CGE                | Chewy Coconut Cookie<br>or Fresh Fruit   | G            | Mini Oat Cookie & Melon   |         | Wedge   | GDE | Sticky Toffee Pudding & Custor or<br>Fresh Fruit   |         |   |           |
|                    | MONDAY 11 MARCH  |              | TUESDAY 12 MARCH  | MIDWEEK | ROASTS<br>WEDNESDAY 13 MARCH  |     |  |         | FRIDAY 15 MARCH   |           |
| TOMATO<br>SAUCE GD | Ham & Cheese Pizza<br>with Baked Beans & Corn Cob  | G            | LFL 5 Veg Tomato Sauce<br>with Butchers Sausage,  | GDE     | Roast Beef with Yorkshire Pudding,<br>Roast Potatoes, Vegetable Medley            | D   | THURSDAY 14 MARCH<br>Chicken & Bacon Casserole with<br>Mashed Potato Topping,                | FG      | MSC Fishcake with Chips, Peas,<br>Sweetcorn, Tomato Ketchup             | OSE DAY!! |
| GD                 | Cheese & Tomato Pizza  |              | Wholemeal Pasta & Peas  | GDE     | & Gravy<br>Cauliflower & Broccoli Cheese  |     | Baby Carrots & Green Beans   | GD      | Vegetable & Bean Enchilada with<br>Chips, Peas, Sweetcorn, Tomato       |           |
| D                  | with Baked Beans & Corn Cob.<br>Jacket Potato with Salsa,                                | G            | LFL 5 Veg Tomato Sauce with<br>Quorn Best of British Sausage,<br>Wholemeal Pasta & Peas | UD1     | with Yorkshire Pudding, Roast<br>Potatoes, Vegetable Medley<br>& Gravy            | DE  | Quorn & Vegetable Casserole with<br>Mashed Potato Topping,<br>Baby Carrots & Green Beans     |         | Ketchup   | 1 PART    |
| G                  | Sour Cream & Carrot Sticks Fruity Oat Cookie   | GDS          | Cheese Roll with Caramelised<br>Onion Twist & Cucumber                                  | GDSFE   | Tuna Roll with Pesto Pinwheel<br>& Carrot Sticks                                  | GD  | Jacket Potato with Spaghetti Hoops<br>& Grated Cheese  | GDS     | Ham Roll with Chips,<br>Cucumber & Tomato Ketchup                       |           |
|                    | or Fresh Fruit   | G            | Mini Ginger Biscuit & Pineapple   | GE      | Dorset Apple Cake or Fresh Fruit  |     | Mini Flapjack & Kiwi Wedge   | GE      | Red Nose Cookie or Fresh Fruit  |           |
|                    |  | F            |   | MIDWEEK | ROASTS  |     |  |         |   |           |
| $\odot$            | MONDAY 18 MARCH  | C            | TUESDAY 19 MARCH  | MIDWEER | WEDNESDAY 20 MARCH  |     | THURSDAY 21 MARCH  |         | FRIDAY 22 MARCH   | AINABLE   |
| GDS                | Chicken Katsu with Rice,<br>Vegetables & Mini Naan                                       | GDS          | Beef Meatball Sub with 5 Veg<br>Tomato Sauce, Grated Cheese<br>& Peas                   |         | Roast Pork Loin with Roast Potatoes,<br>Mixed Vegetables & Gravy                  | GD  | British Beef Lasagne .   | FG      | MSC Battered Fish with Chips, Peas &<br>Tomato Ketchup                  |           |
| gdse               | Quorn Katsu with Rice,<br>Vegetables & Mini Naan   | GDS          | & reas<br>Plant Packed Meatball Sub<br>with 5 Veg Tomato Sauce,                         | GE      | Plant Powered "Meat" Loaf with<br>Roast Potatoes, Mixed Vegetables<br>& Gravy     | GD  | Veg Packed Lasagne<br>with Baby Carrots & Greens   | GDS     | Cheese & Tomato Mini Muffin Pizza<br>with Chips, Peas & Tomato Ketchup  |           |
| D                  | Jacket Potato with Baked Beans<br>& Grated Cheese  | FE           | Grated Cheese & Peas<br>Jacket Potato with Tuna Mayo                                    | GDS     | Cheese Roll with Caramelised<br>Onion Twist & Cucumber                            |     | Jacket Potato with Ham<br>& Carrot Sticks  | GDSE    | Egg Mayo Roll with<br>Chips & Crudites                                  |           |
| G                  | Jammy Shortbread<br>or Fresh Fruit   | G            | & Carrot Sticks<br>Mini Chocolate Biscuit   | GDE     | Strawberry Yoghurt Cupcake<br>or Fresh Fruit                                      | GDE | Chocolate Pudding & Chocolate<br>Sauce or Fresh Fruit  | G       | Fruity Oat Slice  |           |
|                    |  |              | & Orange Wedge  |         | UIII  |     |  | •       |   |           |
|                    | MONDAY 25 MARCH  |              | TUESDAY 26 MARCH  | 28      | STER WEDNESDAY 27 MARCH   |     | THURSDAY 28 MARCH  |         | FRIDAY 29 MARCH   | NABLE     |
| GD                 | British Beef Bolognaise with<br>Wholemeal Pasta, Grated Cheese,<br>Carrots & Green Beans | GDS          | Pork & Apple Burger with Mini<br>Jacket Potato, Sweetcorn<br>& Tomato Ketchup           | G       | Roast Turkey and Stuffing with<br>Roast Potatoes, Country<br>Vegetables & Gravy   | GD  | Tomato & Vegetable Pasta Bake<br>with Cheesy Crust & Peas                                    | FGS     | MSC Fish Fingers in a Roll<br>with Chips, Sweetcorn<br>& Tomato Ketchup | ッ         |
| GD GD              | Veg Packed Bolognaise with<br>Wholemeal Pasta, Grated Cheese,                            | GD           | Cheese & Bean Burger with Mini<br>Jacket Potato, Sweetcorn                              | GDE     | Quorn Roast and Stuffing with<br>Roast Potatoes, Country                          | GD  | Plant Powered Sausage Roll<br>with Half a Jacket Potato & Peas                               | GS      | Fishless Fingers in a Roll with Chips,<br>Sweetcorn & Tomato Ketchup    |           |
|                    | Carrots & Green Beans<br>Jacket Potato with Ham  | GDSFE        | & Tomato Ketchup<br>Tuna Roll with Pesto Pinwheel<br>& Curumbar                         | GDS     | Vegetables & Gravy<br>Cheese Roll with Tomato Pinwheel                            | FE  | Jacket Potato with Tuna Mayo<br>& Cucumber   | D       | Jacket Potato with Cheese & Carrot<br>Sticks                            |           |
| CGE                | & Tomatoes<br>Chewy Coconut Cookie<br>or Fresh Fruit                                     | G            | & Cucumber<br>Mini Oat Cookie & Melon   | GDS     | & Carrot Sticks<br>Easter Chocolate Biscuit Cake<br>or Fresh Fruit                | GDE | Sticky Toffee Pudding & Custard  | D °     | Mini Chocolate Biscuit & Orange<br>Wedge                                | •         |
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#### MONDAY 15 APRIL

Ham & Cheese Pizza with Baked Beans & Corn Cob GD

- Cheese & Tomato Pizza GD with Baked Beans & Corn Cob.
- Jacket Potato with Salsa, Sour Cream & Carrot Sticks

D

G

Fruity Oat Cookie or Fresh Fruit



#### TUESDAY 16 APRIL

G

G

G

- LFL 5 Veg Tomato Sauce with Butchers Sausage, Wholemeal Pasta & Peas
- LFL 5 Veg Tomato Sauce with Quorn Best of British Sausage, Wholemeal Pasta & Peas
- Cheese Roll with Caramelised Onion GDS Twist & Cucumber
  - Mini Ginger Biscuit & Pineapple

# MUWEEK ROASTS

GDE

GDE

GDSFE

GE

#### WEDNESDAY 17 APRIL

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

Cauliflower & Broccoli Cheese with Yorkshire Pudding, Roast Potatoes, Vegetable Medley & Gravy

- Tuna Roll with Pesto Pinwheel & Carrot Sticks
- Dorset Apple Cake or Fresh Fruit

#### THURSDAY 18 APRIL

- Chicken & Bacon Casserole with Mashed Potato Topping, Baby Carrots & Green Beans
- Quorn & Vegetable Casserole with Mashed Potato Topping, Baby Carrots & Green Beans
- Jacket Potato with Spaghetti Hoops & Grated Cheese GD
  - Mini Flapjack & Kiwi Wedge

C Coconut

#### FRIDAY 19 APRIL

INA

MSC Fishcake with Chips, Peas, Sweetcorn, Tomato Ketchup

FG

GD

GE

- Vegetable & Bean Enchilada with Chips, Peas, Sweetcorn, Tomato Ketchup
- Ham Roll with Chips, Cucumber & Tomato Ketchup GDS
  - Vanilla Cookie or Fresh Fruit



**G** Gluten **D** Dairy

BRAIN FOOD

E Egg **S** Soya F Fish

D

DE

G