

AUTUMN TERM MENU

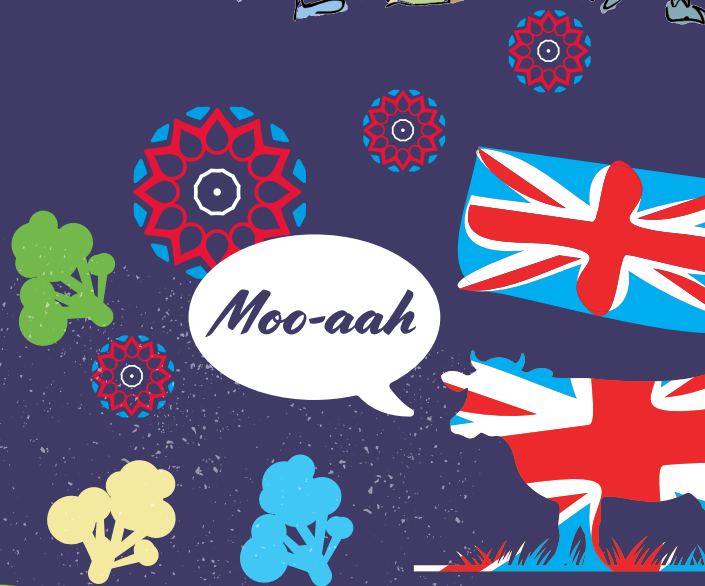
13th September

Brace yourselves, Roald Dahl Day is just around the corner on Friday, 13th September! We'll be whipping up James' Mudburger (Beef) or Cheese & Farmer Beans Burger for you snapperwhippers to enjoy along with Bruce Bogtrotter's Gluttonous Chocolate Cake and Chocolate Sauce for pudding. A scrumptious and delumptious lunch indeed that will keep the babbling chatbags quiet at lunchtime and energised all afternoon.



23rd Sept - 4th Oct

23rd September – 4th October is British Food Fortnight, and what could be more British than the Nation's Favourite Mild Chicken Tikka Masala, Roast British Pork Loin or Cauliflower & Broccoli Cheese. All of our fresh meat is British, and all of our dairy is sourced in the Southwest. A real British feast awaits, you won't want to miss it.



30th Sept - 4th Oct

It's National Vegetarian Week from 30th September – 4th October, we love our Somerset Cheese & 5 Veg Tomato sauce Pizzas, and we know you do too, but have you tried our delicious Homity Pie or Vegetable and Bean Enchiladas, just as good and full of veggie goodness to power you through until home time.



Remember Remember 5th November

Remember, remember to order your school meal for the 5th of November, Gunpowder, treason and Hot Dogs, Banging! And for pud, our amazing Sticky Toffee Pudding with Custard, Yum!



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 Reception, Year 1 or Year 2, they can enjoy a hot school meal for free everyday!

Some children in Year 3 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

FULL

AUTUMN LUNCH MENU

MONDAY 2 SEPTEMBER

Still on hols!!

MONDAY 9 SEPTEMBER

Sticky Roast BBQ Pork with Colourful Rice & Sweetcorn

Sticky Roast BBQ Quorn with Colourful Rice & Sweetcorn

Jacket Potato with Baked Beans & Grated Cheese

Jammy Shortbread or Fresh Fruit

MONDAY 16 SEPTEMBER

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

Fajita Quorn & Vegetables with Rice, Tortilla & Grated Cheese

Jacket Potato with Spaghetti Hoops & Grated Cheese

Lemon Shortbread or Fresh Fruit

MONDAY 23 SEPTEMBER

The Nations Favourite Mild Chicken Tikka Masala with Rice, Vegetables & Mini Naan

Mild Quorn Tikka Masala with Rice, Vegetables & Mini Naan

Jacket Potato with Baked Beans & Grated Cheese

Flapjack or Fresh Fruit

MONDAY 30 SEPTEMBER

Somerset Cheese & Tomato Pizza with Baked Beans & Corn Cob

Plant Powered Sausage Roll with Baked Beans & Corn Cob

Jacket Potato with Mild Chilli Non-Carne

Jammy Shortbread or Fresh Fruit

MONDAY 7 OCTOBER

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

Fajita Quorn & Vegetables with Rice, Tortilla & Grated Cheese

Jacket Potato with Spaghetti Hoops & Grated Cheese

Lemon Shortbread or Fresh Fruit

MONDAY 14 OCTOBER

The Nations Favourite Mild Chicken Tikka Masala with Rice, Vegetables & Mini Naan

Mild Quorn Tikka Masala with Rice, Vegetables & Mini Naan

Jacket Potato with Baked Beans & Grated Cheese

Flapjack or Fresh Fruit

MONDAY 21 OCTOBER

Somerset Cheese & Tomato Pizza with Baked Beans & Corn Cob

Plant Powered Sausage Roll with Baked Beans & Corn Cob

Jacket Potato with Mild Chilli Non-Carne

Jammy Shortbread or Fresh Fruit

MONDAY 4 NOVEMBER

BBQ Chicken with Colourful Rice & Sweetcorn

BBQ Quorn with Colourful Rice & Sweetcorn

Jacket Potato with Baked Beans & Grated Cheese

Lemon Shortbread or Fresh Fruit

TUESDAY 3 SEPTEMBER

Dorset Ham & Tomato Pizza with Baked Beans & Corn Cob

Somerset Cheese & Tomato Pizza with Baked Beans & Corn Cob

Jacket Potato with Spaghetti Hoops & Grated Cheese

Flapjack or Fresh Fruit

TUESDAY 10 SEPTEMBER

British Beef Bolognaise with Wholemeal Pasta, Grated Cheese, Carrots & Peas

Veg Packed Bolognaise with Wholemeal Pasta, Grated Cheese, Carrots & Peas

Jacket Potato with Ham & Carrot Sticks

Watermelon Wedge

TUESDAY 17 SEPTEMBER

British Beef Meatball Sub with 5 Veg Tomato Sauce, Grated Cheese & Peas

Plant Packed Meatball Sub with 5 Veg Tomato Sauce, Grated Cheese & Peas

Jacket Potato with Tuna Mayo & Cucumber

Chocolate Flapjack & Orange Wedge

TUESDAY 24 SEPTEMBER

Devon Pork & Apple Burger in a Roll with Baked Beans & Corn Cob

Plant Packed Burger in a Roll with Baked Beans & Corn Cob

Jacket Potato with Cheese & Tomatoes

Mini Chocolate Shortbread & Orange Wedge

TUESDAY 1 OCTOBER

British Beef Bolognaise with Wholemeal Pasta, Grated Cheese, Carrots & Peas

Veg Packed Bolognaise with Wholemeal Pasta, Grated Cheese, Carrots & Peas

Jacket Potato with Ham & Cucumber

Watermelon Wedge

TUESDAY 8 OCTOBER

British Beef Meatball Sub with 5 Veg Tomato Sauce, Grated Cheese & Peas

Plant Packed Meatball Sub with 5 Veg Tomato Sauce, Grated Cheese & Peas

Jacket Potato with Tuna Mayo & Cucumber

Chocolate Flapjack & Orange Wedge

TUESDAY 15 OCTOBER

Devon Pork & Apple Burger in a Roll with Baked Beans & Corn Cob

Plant Packed Burger in a Roll with Baked Beans & Corn Cob

Jacket Potato with Cheese & Tomatoes

Mini Chocolate Shortbread & Orange Wedge

TUESDAY 22 OCTOBER

British Beef Bolognaise with Wholemeal Pasta, Grated Cheese, Carrots & Peas

Veg Packed Bolognaise with Wholemeal Pasta, Grated Cheese, Carrots & Peas

Jacket Potato with Ham & Cucumber

Watermelon Wedge

TUESDAY 5 NOVEMBER

Pork Hot Dog with Potato Wedges, Peas & Tomato Ketchup

Quorn Best of British Hot Dog with Potato Wedges, Peas & Tomato Ketchup

Jacket Potato with Tuna Mayo & Cucumber

Sticky Toffee Pudding with Custard or Fresh Fruit

WEDNESDAY 4 SEPTEMBER

Devonshire Butchers Sausage with Roast Potatoes, Country Vegetables & Gravy

Best of British Quorn Sausage with Roast Potatoes, Country Vegetables & Gravy

Cheese Roll with Marmite Twist & Carrot Sticks

Mini Chocolate Shortbread & Orange Wedge

WEDNESDAY 11 SEPTEMBER

Roast British Pork Loin with Roast Potatoes, Country Vegetables & Gravy

Homity Pie with Country Vegetables & Gravy

Tuna Mayo Roll with Pesto Twist & Cucumber

Oat & Raspberry Slice or Fresh Fruit

WEDNESDAY 18 SEPTEMBER

Roast Dorset Gammon with Roast Potatoes, Country Vegetables & Gravy

Veg Powered "Meat" Loaf with Roast Potatoes, Country Vegetables & Gravy

Cheese Roll with Tomato Twist & Cucumber

Rock Cake or Fresh Fruit

WEDNESDAY 25 SEPTEMBER

Roast British Turkey, Roast Potatoes, Country Vegetables & Gravy

Cauliflower & Broccoli Cheese with Roast Potatoes, Country Vegetables & Gravy

Tuna Mayo Roll with Pesto Twist & Cucumber

Lemon Drizzle Cake or Fresh Fruit

WEDNESDAY 2 OCTOBER

Roast British Pork Loin with Roast Potatoes, Country Vegetables & Gravy

Homity Pie with Country Vegetables & Gravy

Warm Cheese & Tomato Panini with Carrot Sticks & Chutney

Oat & Raspberry Slice or Fresh Fruit

WEDNESDAY 9 OCTOBER

Roast Dorset Gammon with Roast Potatoes, Country Vegetables & Gravy

Veg Powered "Meat" Loaf with Roast Potatoes, Country Vegetables & Gravy

Cheese Roll with Tomato Twist & Cucumber

Rock Cake or Fresh Fruit

WEDNESDAY 16 OCTOBER

Roast British Turkey, Roast Potatoes, Country Vegetables & Gravy

Cauliflower & Broccoli Cheese with Roast Potatoes, Country Vegetables & Gravy

Tuna Mayo Roll with Pesto Twist & Cucumber

Lemon Drizzle Cake or Fresh Fruit

WEDNESDAY 23 OCTOBER

Roast British Pork Loin with Roast Potatoes, Country Vegetables & Gravy

Homity Pie with Country Vegetables & Gravy

Warm Cheese & Tomato Panini with Carrot Sticks & Chutney

Oat & Raspberry Slice or Fresh Fruit

WEDNESDAY 6 NOVEMBER

Roast Dorset Gammon with Mashed Potato, Country Vegetables & Gravy

Veg Powered "Meat" Loaf with Mashed Potato, Country Vegetables & Gravy

Cheese Roll with Marmite Twist & Carrot Sticks

Chocolate Flapjack & Orange Wedge

THURSDAY 5 SEPTEMBER

Macaroni Cheese with Wyke Farm Cheddar & Peas

Pesto Pasta with Wyke Farm Cheddar & Peas

Cheese & Vegetable Turnover with Crudites & Tomato Ketchup

Mini Oat Cookie & Melon

THURSDAY 12 SEPTEMBER

MSC Fish Fingers with Mashed Potato, Peas & Tomato Ketchup

Fishless Fingers with Mashed Potato, Peas & Tomato Ketchup

Warm Cheese & Tomato Panini with Carrot Sticks & Chutney

Mini Ginger Biscuit & Pineapple

THURSDAY 19 SEPTEMBER

British Beef Lasagne with Carrots & Sweetcorn

Plant Packed Lasagne with Carrots & Sweetcorn

Jacket Potato with Ham & Carrot Sticks

Mini Shortbread & Melon

THURSDAY 26 SEPTEMBER

Macaroni Cheese with Wyke Farm Cheddar & Peas

Pesto Pasta with Wyke Farm Cheddar & Peas

Cheese & Vegetable Turnover with Crudites & Tomato Ketchup

Mini Oat Cookie & Melon

THURSDAY 3 OCTOBER

LFL 5 Veg Tomato Sauce with Vegetable Ravioli, Grated Cheese & Peas

Veg Packed Tomato Soup with Cheese Baguette

Jacket Potato with Quorn Cowboy Casserole

Mini Ginger Biscuit & Pineapple

THURSDAY 10 OCTOBER

British Beef Lasagne with Carrots & Sweetcorn

Plant Packed Lasagne with Carrots & Sweetcorn

Jacket Potato with Ham & Carrot Sticks

Mini Shortbread & Melon

THURSDAY 17 OCTOBER

Macaroni Cheese with Wyke Farm Cheddar & Peas

Pesto Pasta with Wyke Farm Cheddar & Peas

Cheese & Vegetable Turnover with Crudites & Tomato Ketchup

Mini Oat Cookie & Melon

THURSDAY 24 OCTOBER

LFL 5 Veg Tomato Sauce with Vegetable Ravioli, Grated Cheese & Peas

Veg Packed Tomato Soup with Cheese Baguette

Jacket Potato with Quorn Cowboy Casserole

Mini Ginger Biscuit & Pineapple

THURSDAY 7 NOVEMBER

British Beef Lasagne with Carrots & Sweetcorn

Plant Packed Lasagne with Carrots & Sweetcorn

Jacket Potato with Ham & Tomatoes

Mini Shortbread & Melon

FRIDAY 6 SEPTEMBER

MSC Battered Fish with Potato Wedges, Sweetcorn & Tomato Ketchup

Vegetable & Bean Enchilada with Potato Wedges, Sweetcorn & Tomato Ketchup

Egg Mayo Roll with Potato Wedges, Carrot Sticks & Tomato Ketchup

Lemon Drizzle Cake or Fresh Fruit

ROALD DAHL DAY FRIDAY 13 SEPTEMBER

James's MudBurger in a Roll with Chips, Sweetcorn, Peas & Tomato Ketchup

Cheese & Farmer Bean's Burger in a Roll with Chips, Sweetcorn, Peas & Tomato Ketchup

Jacket Potato with Cheese, Snozzcumbers & Witches Fingers

Bruce's Gluttonous Chocolate Cake with Chocolate Sauce or Fresh Fruit

FRIDAY 20 SEPTEMBER

MSC Breaded Fish with Potato Wedges, Peas & Tomato Ketchup

Mini Muffin Pizza with Potato Wedges, Peas & Tomato Ketchup

Coronation Roll with Potato Wedges, Cucumber & Tomato Ketchup

Dorset Apple Cake or Fresh Fruit

FRIDAY 27 SEPTEMBER

MSC Battered Fish with Potato Wedges, Sweetcorn & Tomato Ketchup

Cheese & Onion Quiche with Potato Wedges, Sweetcorn & Tomato Ketchup

Ham Roll with Chips, Carrot Sticks & Tomato Ketchup

Jammy Cupcake or Fresh Fruit

FRIDAY 4 OCTOBER

MSC Fish Fingers with Potato Wedges, Sweetcorn & Tomato Ketchup

Vegetable & Bean Enchilada with Potato Wedges, Sweetcorn & Tomato Ketchup

Egg Mayo Roll with Potato Wedges, Carrot Sticks & Tomato Ketchup

Chocolate Cake or Fresh Fruit

FRIDAY 11 OCTOBER

MSC Breaded Fish with Potato Wedges, Peas & Tomato Ketchup

Mini Muffin Pizza with Potato Wedges, Peas & Tomato Ketchup

Coronation Roll with Potato Wedges, Cucumber & Tomato Ketchup

Dorset Apple Cake or Fresh Fruit

FRIDAY 18 OCTOBER

MSC Battered Fish with Potato Wedges, Sweetcorn & Tomato Ketchup

Cheese & Onion Quiche with Potato Wedges, Sweetcorn & Tomato Ketchup

Ham Roll with Chips, Carrot Sticks & Tomato Ketchup

Jammy Cupcake or Fresh Fruit

FRIDAY 25 OCTOBER

MSC Fish Fingers with Potato Wedges, Sweetcorn & Tomato Ketchup

Vegetable & Bean Enchilada with Potato Wedges, Sweetcorn & Tomato Ketchup

Egg Mayo Roll with Potato Wedges, Carrot Sticks & Tomato Ketchup

Chocolate Cake or Fresh Fruit

FRIDAY 8 NOVEMBER

MSC Breaded Fish with Chips, Peas & Tomato Ketchup

Mini Muffin Pizza with Chips, Peas & Tomato Ketchup

Coronation Roll with Chips, Cucumber & Tomato Ketchup

Dorset Apple Cake

WE RESERVE THE RIGHT TO MAKE MENU CHANGES WHEN NECESSARY

CONTAINS ALLERGENS

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