

AUTUMN TERM MENU



11-15th November

National School Meals Week celebrates Mindful Meals and encourages us to Sleep more, Achieve goals, Exercise regularly, Motivate others, Eat healthy and Drink more water. We have loads of great dishes on offer that support this positive lifestyle, including Country Vegetable Soup, Hummus & Crunchy Veg Wrap and our new Lentil Dhal with 50/50 Rice. And don't forget our feel good Great British Roast Beef & Yorkshire Pudding. Yum!

11th November

Commemorate Remembrance Day with us on Monday 11th November with a very special Poppy Shortbread. Lest we Forget.

15th November

It's Children in Need on Friday 15th November. Why not go to school in your pyjamas or pledge to make someone's day? Go, On! You'll deserve that Pudsey Chocolate Cookie & Orange Wedge.

12th December

Wear your best Christmas jumper on Thursday 12th December and support Save the Children. Stay extra warm with our delicious new Cowboy Pie. Yeehaa!

18th December

It's the most wonderful time of the year on Wednesday 18th December with our Christmas meal day. Choose from Roast British Turkey with mini pig in blanket or Festive Vegetable Wellington. Miss-tletoe it and Yule be sorry!

Save the Children



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

Did you order Week 1 last half term?

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 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

MIDWEEK ROASTS

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 7 NOVEMBER

- British Beef Lasagne with Carrots & Sweetcorn
- Plant Packed Lasagne with Carrots & Sweetcorn
- Jacket Potato with Ham & Tomatoes
- Mini Shortbread & Melon

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 or Fresh Fruit

REMEMBRANCE DAY

MONDAY 11 NOVEMBER

- LFL 5 Veg Tomato Sauce with British Beef Meatballs, Pasta, Grated Cheese & Peas
- LFL 5 Veg Tomato Sauce with Plant Packed Meatballs, Pasta, Grated Cheese & Peas
- Plant Powered Sausage Roll with Crudites & Tomato Ketchup
- Remembrance Shortbread or Fresh Fruit

TUESDAY 12 NOVEMBER

- Mild Chicken Tikka Masala with 50/50 Rice, Vegetables & Mini Naan
- Red Lentil Dhal with 50/50 Rice, Vegetables & Mini Naan
- Jacket Potato with Spaghetti Hoops & Grated Cheese
- Mini Ginger Biscuit & Pineapple

MIDWEEK ROASTS

WEDNESDAY 13 NOVEMBER

- Roast British Beef with Roast Potatoes, Yorkshire Pudding, Country Vegetables & Gravy
- Cauliflower & Broccoli Cheese with Roast Potatoes, Yorkshire Pudding, Country Vegetables & Gravy
- Tuna Mayo Roll with Cheese Pinwheel & Cucumber
- Marble Cake or Fresh Fruit

THURSDAY 14 NOVEMBER

- Macaroni Cheese with Wyke Farm Cheddar & Peas
- Country Vegetable Soup with a Cheese Baguette
- Hummus & Crunchy Vegetable Wrap with Salad & Mini Breadsticks
- Rock Cake or Fresh Fruit

CHILDREN IN NEED

FRIDAY 15 NOVEMBER

- MSC Battered Fish with Potato Wedges, Sweetcorn & Tomato Ketchup
- Cheese & Leek Sausage with Potato Wedges, Sweetcorn & Tomato Ketchup
- Ham Roll with Potato Wedges, Cucumber & Tomato Ketchup
- Pudsey Bear Chocolate Cookie & Orange Wedge

MONDAY 18 NOVEMBER

- Somerset Cheese & Tomato Pizza with Baked Beans & Corn Ribs
- Plant Powered Sausage Roll with Baked Beans & Corn Ribs
- Jacket Potato with Mild Chilli non-Carne
- Jammy Shortbread or Fresh Fruit

TUESDAY 19 NOVEMBER

- British Beef Bolognese with Wholemeal Pasta & Peas
- Veg Packed Bolognese with Wholemeal Pasta & Peas
- Cheese & Onion Pastry with Crudites & Tomato Ketchup
- Mini Oat Cookie & Watermelon

MIDWEEK ROASTS

WEDNESDAY 20 NOVEMBER

- Roast British Pork Loin with Roast Potatoes, Country Vegetables & Gravy
- Homity Pie with Country Vegetables & Gravy
- Jacket Potato with Tuna Mayo & Cucumber
- Mini Chocolate Brownie & Orange Wedge

THURSDAY 21 NOVEMBER

- Cowboy Pie topped with Buttery Mash with Sweetcorn
- Quorn Sausage Cowboy Pie topped with Buttery Mash with Sweetcorn
- Jacket Potato with Cheese & Carrot Sticks
- Fruity Cookie or Fresh Fruit

FRIDAY 22 NOVEMBER

- Fish Fingers with Chips, Peas & Tomato Ketchup
- Cheese & Onion Quiche with Chips, Peas & Tomato Ketchup
- BLT Roll with Chips & Tomato Ketchup
- Apple & Oat Bar or Fresh Fruit

MONDAY 25 NOVEMBER

- BBQ Chicken with 50/50 Rice, Tortilla Wrap & Peas
- BBQ Quorn with 50/50 Rice, Tortilla Wrap & Peas
- Jacket Potato with Baked Beans & Grated Cheese
- Lemon Shortbread or Fresh Fruit

TUESDAY 26 NOVEMBER

- Pork & Apple Burger in a Roll with Baked Beans & Corn Ribs
- Cheese & Bean Burger in a Roll with Baked Beans & Corn Ribs
- Jacket Potato with Tuna Mayo & Cucumber
- Pineapple with Custard Biscuit

MIDWEEK ROASTS

WEDNESDAY 27 NOVEMBER

- Roast British Turkey with Roast Potatoes, Country Vegetables & Gravy
- Veg Powered "Meat" Loaf with Roast Potatoes, Country Vegetables & Gravy
- Cheese Roll with Marmite Twist & Carrot Sticks
- Cinnamon Cookie or Fresh Fruit

THURSDAY 28 NOVEMBER

- Bacon, Bean & Cheese Pasta with Peas
- Golden Tomato & Lentil Soup with Cheese Baguette
- Tuna Mayo Roll with Pesto Pinwheel & Cucumber
- Chocolate Crispy Cake or Fresh Fruit

FRIDAY 29 NOVEMBER

- Tempura Vinegar Battered Fillet of Fish with Potato Wedges, Sweetcorn & Tomato Ketchup
- Bean & Cheese Quesadilla with Potato Wedges, Sweetcorn & Tomato Ketchup
- Ham Roll with Potato Wedges, Carrot Sticks & Tomato Ketchup
- Mini Flapjack & Orange Wedge

MONDAY 2 DECEMBER

- LFL 5 Veg Tomato Sauce with British Beef Meatballs, Pasta, Grated Cheese & Peas
- LFL 5 Veg Tomato Sauce with Plant Packed Meatballs, Pasta, Grated Cheese & Peas
- Plant Powered Sausage Roll with Crudites & Tomato Ketchup
- Shortbread or Fresh Fruit

TUESDAY 3 DECEMBER

- Mild Chicken Tikka Masala with 50/50 Rice, Vegetables & Mini Naan
- Red Lentil Dhal with 50/50 Rice, Vegetables & Mini Naan
- Jacket Potato with Spaghetti Hoops & Grated Cheese
- Mini Ginger Biscuit & Pineapple

MIDWEEK ROASTS

WEDNESDAY 4 DECEMBER

- Roast British Beef with Roast Potatoes, Yorkshire Pudding, Country Vegetables & Gravy
- Cauliflower & Broccoli Cheese with Roast Potatoes, Yorkshire Pudding, Country Vegetables & Gravy
- Tuna Mayo Roll with Cheese Pinwheel & Cucumber
- Marble Cake or Fresh Fruit

THURSDAY 5 DECEMBER

- Macaroni Cheese with Wyke Farm Cheddar & Peas
- Country Vegetable Soup with a Cheese Baguette
- Hummus & Crunchy Vegetable Wrap with Salad & Mini Breadsticks
- Rock Cake or Fresh Fruit

FRIDAY 6 DECEMBER

- MSC Battered Fish with Potato Wedges, Sweetcorn & Tomato Ketchup
- Cheese & Leek Sausage with Potato Wedges, Sweetcorn & Tomato Ketchup
- Ham Roll with Potato Wedges, Cucumber & Tomato Ketchup
- Chocolate Cookie & Orange Wedge

MONDAY 9 DECEMBER

- Somerset Cheese & Tomato Pizza with Baked Beans & Corn Ribs
- Plant Powered Sausage Roll with Baked Beans & Corn Ribs
- Jacket Potato with Mild Chilli non-Carne
- Jammy Shortbread or Fresh Fruit

TUESDAY 10 DECEMBER

- British Beef Bolognese with Wholemeal Pasta & Peas
- Veg Packed Bolognese with Wholemeal Pasta & Peas
- Cheese & Onion Pastry with Crudites & Tomato Ketchup
- Mini Oat Cookie & Watermelon

MIDWEEK ROASTS

WEDNESDAY 11 DECEMBER

- Roast British Pork Loin with Roast Potatoes, Country Vegetables & Gravy
- Homity Pie with Country Vegetables & Gravy
- Jacket Potato with Tuna Mayo & Cucumber
- Mini Chocolate Brownie & Orange Wedge

THURSDAY 12 DECEMBER

- Cowboy Pie topped with Buttery Mash with Sweetcorn
- Quorn Sausage Cowboy Pie topped with Buttery Mash with Sweetcorn
- Jacket Potato with Cheese & Carrot Sticks
- Fruity Cookie or Fresh Fruit

FRIDAY 13 DECEMBER

- Fish Fingers with Chips, Peas & Tomato Ketchup
- Cheese & Onion Quiche with Chips, Peas & Tomato Ketchup
- BLT Roll with Chips & Tomato Ketchup
- Apple & Oat Bar or Fresh Fruit

MONDAY 16 DECEMBER

- BBQ Chicken with 50/50 Rice, Tortilla Wrap & Peas
- BBQ Quorn with 50/50 Rice, Tortilla Wrap & Peas
- Jacket Potato with Baked Beans & Grated Cheese
- Lemon Shortbread or Fresh Fruit

TUESDAY 17 DECEMBER

- Pork & Apple Burger in a Roll with Baked Beans & Corn Ribs
- Cheese & Bean Burger in a Roll with Baked Beans & Corn Ribs
- Jacket Potato with Tuna Mayo & Cucumber
- Pineapple with Custard Biscuit

CHRISTMAS DINNER

WEDNESDAY 18 DECEMBER

- Roast British Turkey & Mini Pig in Blanket or...
- Festive Vegetable Wellington
- served with Roast Potatoes, Country Vegetables, Stuffing, Cranberry Sauce & Gravy
- Deluxe Choccy Christmas Cookie or Satsuma

THURSDAY 19 DECEMBER

- Bacon, Bean & Cheese Pasta with Peas
- Golden Tomato & Lentil Soup with Cheese Baguette
- Tuna Mayo Roll with Pesto Pinwheel & Cucumber
- Chocolate Crispy Cake or Fresh Fruit

FRIDAY 20 DECEMBER

- Tempura Vinegar Battered Fillet of Fish with Potato Wedges, Sweetcorn & Tomato Ketchup
- Quorn Dippers with Potato Wedges, Sweetcorn & Tomato Ketchup
- Ham Roll with Potato Wedges, Carrot Sticks & Tomato Ketchup
- Mini Flapjack & Orange Wedge

MONDAY 6 JANUARY

- Mild Chicken Tikka Masala with 50/50 Rice, Vegetables & Mini Naan
- Red Lentil Dhal with 50/50 Rice, Vegetables & Mini Naan
- Jacket Potato with Spaghetti Hoops & Grated Cheese
- Shortbread or Fresh Fruit

TUESDAY 7 JANUARY

- Somerset Cheese & Tomato Pizza with Baked Beans & Corn Ribs
- Plant Powered Sausage Roll with Baked Beans & Corn Ribs
- Jacket Potato with Mild Chilli non-Carne
- Flapjack or Fresh Fruit

WEDNESDAY 8 JANUARY

- 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 Ginger Biscuit & Pineapple

THURSDAY 9 JANUARY

- British Beef Cottage Pie with Carrots & Peas
- Plant Powered Cottage Pie with Carrots & Peas
- Jacket Potato with Homemade Baked Beans & Grated Cheese
- Marble Cake or Fresh Fruit

FRIDAY 10 JANUARY

- MSC Battered Fish with Potato Wedges, Sweetcorn & Tomato Ketchup
- Bean & Cheese Quesadilla with Potato Wedges, Sweetcorn & Tomato Ketchup
- Ham Roll with Potato Wedges, Cucumber & Tomato Ketchup
- Chocolate Cookie & Orange Wedge

WE RESERVE THE RIGHT TO MAKE MENU CHANGES WHEN NECESSARY

CONTAINS ALLERGENS

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

