SPRING TERM MENU

t's sooooooooooo cold out ther But you won't feel it after a deliciously filling hot lunch. There are so many favourites to choose from like Devonshire Butchers Sausage, British Beef Lasagne and Mild Chicken Tikka Masala, or try something new in January, known to many as "Veganuary".

We have lots of Vegan dishes on offer so if your New Year's Resolution is to eat less meat then we've got just the hot lunches for you, including Plant Powered Sausage Roll, Veg Packed Bolognaise, Red Lentil Ohal and nearly all of our amazing puddings. NINTER WARMERS

WINTER WARMERS

Friday February 14th is St Valentine's Day. Give your Valentine's Cookie to someone special to show how much you care, or just keep it for yourself - they are too good to give away!



/EGANUARY





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 PRING LUNCH MENU Did you order Week 1 last half term? WINTER WARMERS FRIDAY 10 JANUARY MONDAY 6 JANUARY TUESDAY 7 JANUARY THURSDAY 9 JANUARY TAINABLE WEDNESDAY 8 JANUAR Devonshire Butchers Sausage Mild Chicken Tikka Masala with GD British Beef Cottage Pie with FG MSC Battered Fish with GD Somerset Cheese & Tomato Pizza GS D 50/50 Rice, Vegetables Potato Wedges, Sweetcorn with Baked Beans & Corn Ribs with Roast Potatoes. Carrots & Peas & Mini Naan Country Vegetables & Gravy & Tomato Ketchup GV Plant Powered Sausage Roll with Plant Powered Cottage Pie with D Bean & Cheese Quesadilla with Best of British Quorn Butchers GD Red Lentil Dhal with 50/50 Rice, GV Baked Beans & Corn Ribs GV Carrots & Peas Potato Wedges, Sweetcorn & Tomato Ketchup Vegetables & Mini Naan Sausage with Roast Potatoes, Country Vegetables & Gravy lacket Potato with Jacket Potato with Homemade D Jacket Potato with Spaghetti Mild Chilli non-Carne Baked Beans & Grated Cheese GD Ham Roll with Potato Wedges, Cheese Roll with Marmite Twist GDS Hoops & Grated Cheese GDS & Carrot Sticks Cucumber & Tomato Ketchup GV Marble Cake Flapjack GE GV Shortbread or Fresh Fruit Mini Ginger Biscuit & Pineapple or Fresh Fruit Mini Chocolate Cookie GV or Fresh Fruit GV & Orange Wedge N INTER WARMER MONDAY 13 JANUARY TUESDAY 14 JANUARY THURSDAY 16 JANUARY FRIDAY 17 JANUARY WEDNESDAY 15 JANUAR British Beef Bolognese with Roast Dorset Gammon with Mashed Pork & Apple Burger in a Roll with Baked Beans & Corn Ribs MSC Breaded Fish with Creamy Pesto Chicken with Rice, GD G D GS FG Potato Wedges, Peas Green Beans & Garlic Bread Wholemeal Pasta & Peas Potato, Country Vegetables & Gravy & Tomato Ketchup GDE Creamy Pesto Quorn with Rice, GV Veg Packed Bolognese with Veg Powered "Meat" Loaf with Cheese & Bean Burger in a Roll GDE GDS Green Beans & Garlic Bread Wholemeal Pasta & Peas Mashed Potato, Country Vegetables with Baked Beans & Corn Ribs Cheese & Onion Quiche with Potato GDE & Gravy Wedges, Peas & Tomato Ketchup Jacket Potato with Grated Jacket Potato with Tuna Mayo Jacket Potato with Baked Beans D FE BLT Roll with Potato Wedges, Cheese Roll with Tomato Pinwheel & Grated Cheese GDS GDS Cheese & Cucumber & Cucumber & Carrot Sticks Carrot Sticks & Tomato Ketchup GD Fruit Crumble Jammy Shortbread GD Chocolate Crispy Cake GV GV Mini Oat Cookie & Melon GE Rock Cake & Custard or Fresh Fruit or Fresh Fruit or Fresh Fruit NTER MONDAY 20 JANUARY TUESDAY 21 JANUARY THURSDAY 23 JANUARY FRIDAY 24 JANUARY WEDNESDAY 22 JANUAR LFL 5 Veg Tomato Sauce with British Beef Meatballs, Pasta, BBQ Chicken with 50/50 Rice, G GD Roast British Turkey with Roast British Beef Lasagne GD MSC Battered Fish with Potato FG Tortilla Wrap & Peas Potatoes, Country Vegetables with Carrots & Sweetcorn Wedges, Sweetcorn Grated Cheese & Sweetcorn & Gravy & Tomato Ketchup GE BBQ Quorn with 50/50 Rice, GD Plant Packed Lasagne LFL 5 Veg Tomato Sauce with Plant Packed Meatballs, Pasta, Butternut Squash Loaf with Roast Cheese & Leek Sausage with Potato Wedges, Sweetcorn GD Tortilla Wrap & Peas GE GDE with Carrots & Sweetcorn Potatoes, Country Vegetables Grated Cheese & Sweetcorn & Gravy Jacket Potato with D & Tomato Ketchup FE Jacket Potato with Tuna Mayo Baked Beans & Grated Cheese Cheese Roll with Marmite Twist GDS & Cucumber Jacket Potato with Mild Chilli Turkey & Pesto Mayo Roll GSE & Carrot Sticks Mini Oat Cookie GV with Potato Wedges & Carrot Sticks non-Carne GE Jammy Cupcake & Watermelon GE Mini Chocolate Brownie or Fresh Fruit Chocolate Cookie GV Apple & Oat Bar or Fresh Fruit GV & Orange Wedge or Fresh Fruit WINTER WARMERS FRIDAY 31 JANUARY MONDAY 27 JANUARY TUESDAY 28 JANUARY THURSDAY 30 JANUARY GUSTAINA VEDNESDAY 29 JANUAR Fish Fingers with Chips, Peas Mild Chicken Tikka Masala with Sausage & Bean Casserole with FG GD Somerset Cheese & Tomato Pizza Roast British Pork Loin with GDS & Tomato Ketchup 50/50 Rice, Vegetables with Baked Beans & Corn Ribs Roast Potatoes, Country Vegetables Buttery Mash, Carrots & Sweetcorn & Mini Naan & Gravy Plant Powered Sausage Roll with Baked Beans & Corn Ribs Quorn Sausage & Bean Casserole with Buttery Mash, GV Fishless Fingers with Chips, Peas GV GD Cauliflower & Broccoli Cheese with D & Tomato Ketchup Red Lentil Dhal with 50/50 Rice, GV Roast Potatoes, Country Vegetables Carrots & Sweetcorn Vegetables & Mini Naan & Gravy Cheese Roll with Chips, Carrot Sticks GDS D Jacket Potato with Herby Cream & Tomato Ketchup Jacket Potato with Baked Beans Cheese & Cucumber Jacket Potato with D GDS Hummus & Crunchy Pepper Roll & Grated Cheese Grated Cheese & Cucumber with Cheese Pinwheel Chocolate Flapjack GV Mini Ginger Biscuit GV & Carrot Sticks Vanilla Cookie & Pineapple Oat & Apricot Cookie & Orange Wedge GE GV or Fresh Fruit GE Dorset Apple Cake or Fresh Fruit or Fresh Fruit NTER WARME FRIDAY 7 FEBRUARY MONDAY 3 FEBRUARY TUESDAY 4 FEBRUARY THURSDAY 6 FEBRUARY WEDNESDAY 5 FEBRUARY Pork & Apple Burger in a Roll with Baked Beans & Corn Ribs Roast Dorset Gammon with Mashed GD Creamy Pesto Chicken with Rice, G British Beef Bolognese with GS FG MSC Breaded Fish with D Potato Wedges, Peas & Tomato Ketchup Green Beans & Garlic Bread Wholemeal Pasta & Peas Potato, Country Vegetables & Gravy Veg Powered "Meat" Loaf with GDE GDE Creamy Pesto Quorn with Rice, G٧ Veg Packed Bolognese with GDS Cheese & Bean Burger in a Roll Mashed Potato, Country Vegetables Green Beans & Garlic Bread Wholemeal Pasta & Peas with Baked Beans & Corn Ribs GDE Cheese & Onion Quiche with Potato & Gravy Wedges, Peas & Tomato Ketchup Jacket Potato with Baked Beans D Jacket Potato with FE Jacket Potato with GDS Cheese Roll with Tomato Pinwheel GDS BLT Roll with Potato Wedges, Tuna Mayo & Cucumber Grated Cheese & Cucumber & Grated Cheese & Carrot Sticks Carrot Sticks & Tomato Ketchup Chocolate Crispy Cake GD GV Fruit Crumble Jammy Shortbread G٧ Mini Oat Cookie GD GE Rock Cake or Fresh Fruit & Custard or Fresh Fruit & Melon or Fresh Fruit

MONDAY 10 FEBRUARY

LFL 5 Veg Tomato Sauce with British Beef Meatballs, Pasta, Grated Cheese & Sweetcorn

G

GE

D

G٧

- LFL 5 Veg Tomato Sauce with Plant Packed Meatballs, Pasta, Grated Cheese & Sweetcorn
- Jacket Potato with Mild Chilli non-Carne
- Apple & Oat Bar GV or Fresh Fruit

D

D

D

GD

GD

& Cucumber Jammy Cupcake GE or Fresh Fruit **|||**//

& Sweetcorn

& Sweetcorn

GD

GD

FE

THURSDAY 13 FEBRUARY

British Beef Lasagne with Carrots

Plant Packed Lasagne with Carrots

Jacket Potato with Tuna Mayo

Half Term Holiday

WINTERWARME

WEDNESDAY 12 FEBRUA

Roast British Turkey with Roast

Potatoes, Country Vegetables

Butternut Squash Loaf with Roast

Potatoes, Country Vegetables

Cheese Roll with Marmite Twist

Mini Chocolate Brownie

& Gravy

& Gravy

& Carrot Sticks

& Orange Wedge

GE

GDS

GE

MONDAY 24 FEBRUARY

- Mild Chicken Tikka Masala with GD 50/50 Rice, Vegetables & Mini Naan
- Red Lentil Dhal with 50/50 Rice, GV Vegetables & Mini Naan
- D Jacket Potato with Baked Beans & Grated Cheese
- GV Oat & Apricot Cookie or Fresh Fruit

TUESDAY 25 FEBRUARY

Somerset Cheese & Tomato Pizza GD with Baked Beans & Corn Ribs

TUESDAY 11 FEBRUARY

BBQ Chicken with 50/50 Rice,

BBQ Quorn with 50/50 Rice.

Baked Beans & Grated Cheese

Tortilla Wrap & Peas

Tortilla Wrap & Peas

Jacket Potato with

Mini Oat Cookie

& Watermelon

- Plant Powered Sausage Roll GV with Baked Beans & Čorn Ribs
- Jacket Potato with Herby Cream D Cheese & Cucumber
- G٧ Chocolate Flapjack & Orange Wedge

WEDNESDAY 26 FEBRUARY

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

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

- Hummus & Crunchy Pepper Roll with Cheese Pinwheel & Carrot Sticks GDS
 - Dorset Apple Cake or Fresh Fruit

THURSDAY 27 FEBRUAR

- Sausage & Bean Casserole with GDS Buttery Mash, Carrots & Sweetcorn
- Quorn Sausage & Bean GD Casserole with Buttery Mash, Carrots & Sweetcorn

D

- Jacket Potato with Grated Cheese & Cucumber
- GE Vanilla Cookie or Fresh Fruit

FRIDAY 28 FEBRUARY

FRIDAY 14 FEBRUARY

MSC Battered Fish with

Cheese & Leek Sausage

Turkey & Pesto Mayo Roll

Valentines Chocolate Cookie

& Tomato Ketchup

& Tomato Ketchup

or Fresh Fruit

Potato Wedges, Sweetcorn

with Potato Wedges, Sweetcorn

with Potato Wedges & Carrot Sticks

FG

GDE

GSE

GV

FG

- Fish Fingers with Chips, Peas & Tomato Ketchup
- Fishless Fingers with Chips, Peas GV & Tomato Ketchup
- Cheese Roll with Chips, Carrot Sticks GDS & Tomato Ketchup
- GV Mini Ginger Biscuit & Pineapple

WE RESERVE THE RIGHT TO MAKE MENU CHANGES WHEN NECESSARY

CONTAINS ALLERGENS

G Gluten

D Dairy

E Eaa

D

GE

S Soya F Fish C Coconut V Vegan