

IT'S SUMMER, YAY!

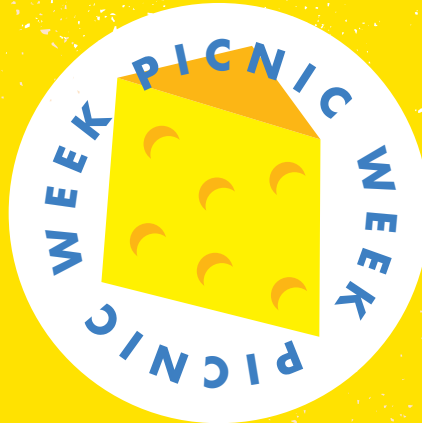
We've got loads of lighter dishes to try this term for lunch.

10th - 14th
June



It's the British Nutrition Foundation's Healthy Eating Week, So how about trying our delicious Tomato Pasta Soup, it's so good and will give you loads of energy to train for sports day. Or how about our new Roasted Vegetable & Quorn Pasta, full of plant packed goodness and protein to power you through the day.

17th - 21st
June



Get ready to celebrate National Picnic Week with us! Our amazing Ploughman's lunch is back, bigger and better than ever. Whether you're a fan of our Dorset Ham or you crave our Delicious Mature Cheddar, we've got you covered. Even if the weather is not great, it will feel like Summer. Honest!

Fri 21st
June



Bristol Children's Hospital is holding its Grand Appeal on Friday 21st June, and what better way to support it than to order Wallace & Gromit's Crackin' Macaroni Cheese on Wrong Trousers Day. It's a great day, we love to get involved and hope you will too!

AND WHO
COULD
FORGET IT'S
EURO 24!!!

Will England win, maybe! Will there be a penalty shootout with Germany, probably! There are loads of great dishes to choose from, England's favourite Chicken Tikka Masala with Declan's Rice, Rashford's Roast or Cheese & Onion Pasty with PotaTONEY Salad, and the puddings are getting involved too, Football Cupcake anyone? Yes please!



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

5 SUMMER LUNCH MENU

Did you order Week 1 last half term?

80TH ANNIVERSARY OF D-DAY

MONDAY 3 JUNE

GD Somerset Cheese & Tomato Pizza with Mini Jacket Potato & Peas

1 G Plant Powered Sausage Roll with Mini Jacket Potato & Peas

GE Jacket Potato with Quorn Cowboy Casserole

G Chocolate Shortbread or Fresh Fruit

TUESDAY 4 JUNE

GD LFL 5 Veg Tomato Sauce with Pasta, Grated Cheese & Green Beans

GD Pesto Pasta with Grated Cheese & Green Beans

D Jacket Potato with Salsa, Sour Cream & Carrot Sticks

G Flapjack or Fresh Fruit

MIDWEEK ROASTS

WEDNESDAY 5 JUNE

FG Roast Gammon with Roast Potatoes, Country Vegetables & Gravy

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

FGES Tuna Roll with Pesto Pinwheel & Cucumber

G Mini Ginger Biscuit & Pineapple

THURSDAY 6 JUNE

FG MSC Battered Fish with Chips, Peas & Tomato Ketchup

G Fishless Fingers with Chips, Peas & Tomato Ketchup

D Jacket Potato with Cheese & Carrot Sticks

G Mini Oat Cookie & Melon

FRIDAY 7 JUNE

GD Devonshire Butchers Sausage with Mashed Potato, Baked Beans & Corn Cob

GD Quorn Best of British Sausage with Mashed Potato, Baked Beans & Corn Cob

GDS Cheese Roll with Caramelised Onion Twist & Cucumber

GE Vanilla Cookie or Fresh Fruit

MONDAY 10 JUNE

G British Beef Bolognese with Wholemeal Pasta, Carrots & Green Beans

2 G Plant Packed Bolognese with Wholemeal Pasta, Carrots & Green Beans

D Jacket Potato with Cheese & Cucumber

G Flapjack or Fresh Fruit

TUESDAY 11 JUNE

GD Mild Chicken Tikka Masala with Rice, Vegetables & Mini Naan

GDE Mild Quorn Tikka Masala with Rice, Vegetables & Mini Naan

D Jacket Potato with Baked Beans & Grated Cheese

G Mini Chocolate Shortbread & Orange Wedge

MIDWEEK ROASTS

WEDNESDAY 12 JUNE

Roast Turkey with Roast Potatoes, Country Vegetables & Gravy

GE Butternut Squash Loaf with Roast Potatoes, Country Vegetables & Gravy

GDS Cheese Roll with Caramelised Onion Twist & Cucumber

G Oat & Apricot Cookie or Fresh Fruit

THURSDAY 13 JUNE

GDE Roasted Vegetable & Quorn in a Tomato Sauce with Pasta, Peas & Grated Cheese

GD Tomato Pasta Soup with a Cheese Baguette

GDSFE Tuna Roll with Pesto Pinwheel & Carrot Sticks

GE Raspberry Cake or Fresh Fruit

FRIDAY 14 JUNE

FGS MSC Fish Fingers in a Roll with Potato Wedges, Sweetcorn & Tomato Ketchup

GS Fishless Fingers in a Roll with Potato Wedges, Sweetcorn & Tomato Ketchup

GDS Cheese Roll with Potato Wedges, Carrot Sticks & Tomato Ketchup

G Mini Shortbread & Watermelon

MONDAY 17 JUNE

GD BBQ Chicken with Colourful Rice, Green Beans, Grated Cheese & Tortilla Wrap

GDE BBQ Quorn with Colourful Rice, Green Beans, Grated Cheese & Tortilla Wrap

D Jacket Potato with Ham & Cucumber

G Fruity Flapjack Biscuit or Fresh Fruit

TUESDAY 18 JUNE

GDE Cheese & Onion Pasty with Potato Salad, Peas & Tomato Ketchup

GDE Roasted Vegetable Quiche with Potato Salad, Peas & Tomato Ketchup

GDSFE Tuna Roll with Tomato Pinwheel & Carrot Sticks

G Mini Ginger Biscuit & Pineapple

MIDWEEK ROASTS

WEDNESDAY 19 JUNE

G Local Butchers Pork Sausage with Roast Potatoes, Country Vegetables & Gravy

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

GDS Cheese Roll with Marmite Twist & Cucumber

GE Marble Cupcake or Fresh Fruit

THURSDAY 20 JUNE

G Dorset Ham Ploughman's with Baguette, Cherry Tomato, Cucumber, Crunchy Lettuce & Pickle

GD Cheddar Ploughman's with Baguette, Cherry Tomato, Cucumber, Crunchy Lettuce & Pickle

FE Jacket Potato with Tuna & Carrot Sticks

GE Mini Chocolate Brownie & Orange Wedge

FRIDAY 21 JUNE

FG MSC Battered Fish with Chips, Peas & Tomato Ketchup

GD Crackin' Mac & Cheese Gromit, with Peas & Tomato Ketchup

GDS Ham Roll with Chips, Cucumber & Tomato Ketchup

G Oat Cookie or Fresh Fruit

MONDAY 24 JUNE

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

G Plant Powered Sausage Roll with Baked Beans & Corn Cob

GE Jacket Potato with Mild Chilli non Carne

GE Vanilla Cookie or Fresh Fruit

TUESDAY 25 JUNE

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

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

FE Jacket Potato with Tuna & Cucumber

G Mini Shortbread & Melon

MIDWEEK ROASTS

WEDNESDAY 26 JUNE

Roast Pork Loin with Roast Potatoes, Country Vegetables & Gravy

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

GDS Cheese Roll with Tomato Twist & Carrot Sticks

G Oat & Raspberry Slice or Fresh Fruit

THURSDAY 27 JUNE

GD LFL 5 Veg Tomato Sauce with Pasta, Grated Cheese & Green Beans

GD Pesto Pasta with Grated Cheese & Green Beans

GDS Ham Roll with Pesto Pinwheel & Cucumber

GE Mini Chocolate Cake & Orange Wedge

FRIDAY 28 JUNE

FG Oven Baked Breaded Fish with Potato Wedges, Sweetcorn & Tomato Ketchup

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

GDSE Egg Mayo Roll with Potato Wedges, Sweetcorn & Tomato Ketchup

GE Jammy Cupcake or Fresh Fruit

MONDAY 1 JULY

G SPALETTI'S Bolognese with Wholemeal Pasta, Carrots & Green Beans

5 G Plant Packed Bolognese with Wholemeal Pasta, Carrots & Green Beans

D Jacket Potato with Cheese & Cucumber

G Flapjack GREATLISH or Fresh Fruit

TUESDAY 2 JULY

GD England's Favourite Mild Chicken Tikka Malasa with DECLAN'S Rice, Vegetables & Mini Naan

GDE Mild Quorn Tikka MUSIALA with DECLAN'S Rice, Vegetables & Mini Naan

D Jacket Potato with Baked Beans & Grated Cheese

G Mini Chocolate Shortbread & Half-time Orange Wedge

MIDWEEK ROASTS

WEDNESDAY 3 JULY

RASHFORD'S Roast Turkey with Roast Potatoes, Country Vegetables & Gravy

GE Butternut Squash Loaf with Roast Potatoes, Country Vegetables & Gravy

GDS Cheese Roll with Caramelised Onion Twist & Cucumber

G Oat & Apricot Cookie or Fresh Fruit

THURSDAY 4 JULY

GDE Roasted Vegetable & Quorn in a Tomato Sauce with Pasta, Peas & Grated Cheese

GD Tomato Pasta Soup with a Cheese Baguette

GDSFE Tuna Roll with Pesto Pinwheel & Carrot Sticks

GE Raspberry Cake or Fresh Fruit

FRIDAY 5 JULY

FGS MSC Fish Fingers in a Roll with Potato Wedges, Sweetcorn & Tomato Ketchup

GS Fishless Fingers in a Roll with Potato Wedges, Sweetcorn & Tomato Ketchup

GDS Cheese Roll with Potato Wedges, Carrot Sticks & Tomato Ketchup

G Mini Shortbread & Watermelon

MONDAY 8 JULY

GD Spanish Chicken with Colourful Rice, Green Beans, Grated Cheese & Tortilla Wrap

GDE Spanish Quorn with Colourful Rice, Green Beans, Grated Cheese & Tortilla Wrap

D Jacket Potato with Ham & Cucumber

G Fruity Flapjack Biscuit or Fresh Fruit

TUESDAY 9 JULY

GDE Cheese & Onion Pasty with PotATONEY Salad, Peas & Tomato Ketchup

GDE Roasted Vegetable Quiche with PotATONEY Salad, Peas & Tomato Ketchup

GDSFE Tuna Roll with Tomato Pinwheel & Carrot Sticks

G Mini Ginger Biscuit & Pineapple

MIDWEEK ROASTS

WEDNESDAY 10 JULY

G The Best WURST with Roast Potatoes, Country Vegetables & Gravy

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

GDS Cheese Roll with Marmite Twist & Cucumber

GE Euro 24 Football Cupcake or Fresh Fruit

THURSDAY 11 JULY

G BELLING-HAM Ploughman's with Baguette, Cherry Tomato, Cucumber, Crunchy Lettuce & Pickle

GD Cheddar Ploughman's with Baguette, Cherry Tomato, Cucumber, Crunchy Lettuce & Pickle

FE Jacket Potato with Tuna & Carrot Sticks

GE Mini Chocolate Brownie & Orange Wedge

FRIDAY 12 JULY

FG MSC Battered Fish with Chips, Peas & Tomato Ketchup

GD Macaroni Cheese with Peas & Tomato Ketchup

GDS Ham Roll with Chips, Cucumber & Tomato Ketchup

G RONALDO Oat Cookie or Fresh Fruit

MONDAY 15 JULY

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

G Plant Powered Sausage Roll with Baked Beans & Corn Cob

GE Jacket Potato with Mild Chilli non Carne

GE Vanilla Cookie or Fresh Fruit

TUESDAY 16 JULY

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

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

FE Jacket Potato with Tuna & Cucumber

G Mini Shortbread & Melon

MIDWEEK ROASTS

WEDNESDAY 17 JULY

Roast Pork Loin with Roast Potatoes, Country Vegetables & Gravy

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

GDS Cheese Roll with Tomato Twist & Carrot Sticks

GE Oat & Raspberry Slice or Fresh Fruit

THURSDAY 18 JULY

GD LFL 5 Veg Tomato Sauce with Pasta, Grated Cheese & Green Beans

GD Pesto Pasta with Grated Cheese & Green Beans

GDS Ham Roll with Pesto Pinwheel & Cucumber

GE Mini Chocolate Cake & Orange Wedge

FRIDAY 19 JULY

FG Oven Baked Breaded Fish with Potato Wedges, Sweetcorn & Tomato Ketchup

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

GDSE Egg Mayo Roll with Potato Wedges, Sweetcorn & Tomato Ketchup

GE Jammy Cupcake or Fresh Fruit

MONDAY 22 JULY

G British Beef Bolognese with Wholemeal Pasta, Carrots & Green Beans

G Plant Packed Bolognese with Wholemeal Pasta, Carrots & Green Beans

D Jacket Potato with Cheese & Cucumber

G Chocolate Flapjack or Fresh Fruit

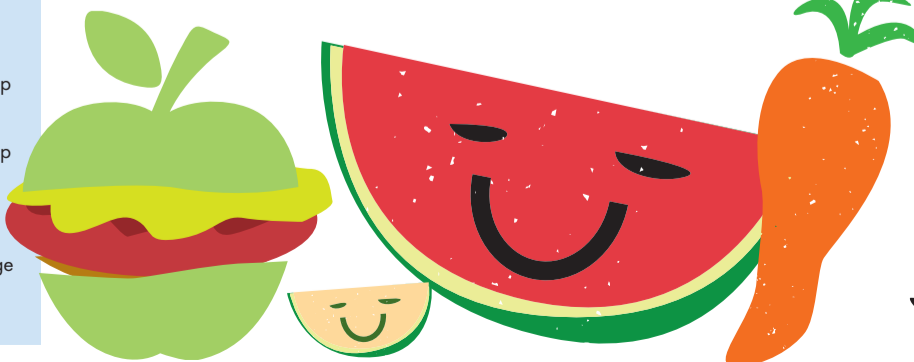
TUESDAY 23 JULY

GS Pork & Apple Burger in a Roll with Chips, Peas & Tomato Ketchup

GDS Cheese & Bean Burger in a Roll with Chips, Peas & Tomato Ketchup

D Jacket Potato with Baked Beans & Grated Cheese

G Mini Shortbread & Orange Wedge



HAVE A GREAT SUMMER!
See you next term

WE RESERVE THE RIGHT TO MAKE MENU CHANGES WHEN NECESSARY

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

CONTAINS ALLERGENS