

# OUR SUMMER MENU

IS BURSTING WITH YUMMY GOODNESS!

Think crunchy veggies, fruity treats, and sunshine inspired meals that make lunchtime the best part of the day. With something tasty every day, it's food that's fun, fresh, and perfect for Summer.

National Picnic week returns from Monday 16th June, packed with our amazing Roast Dorset Ham or Cheddar Ploughman's, juicy fruits, strawberry whip and lots of great summer dishes, designed to keep you energised and smiling through the sunny days.

WEEK PICNIC WEEK



[www.localfoodlinks.org.uk](http://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](https://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](mailto: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](https://my.localfoodlinks.org.uk)**

Any problems call  
**01308 420269**

<div>1</div> <div><div>GD</div><div>Somerset Cheese &amp; Tomato Pizza with Baked Beans &amp; Corn</div><div>G</div><div>Plant Powered Sausage Roll with Baked Beans &amp; Corn</div><div>E</div><div>Jacket Potato with Coronation Quorn &amp; Carrot Sticks</div><div>G</div><div>Oat &amp; Apricot Cookie or Fresh Fruit</div></div>	<div><div>MONDAY 2 JUNE</div><div><div>GS</div><div>Mild Chicken Katsu with 50/50 Rice, Vegetables &amp; Mini Naan</div><div>G</div><div>Red Lentil Dhal with 50/50 Rice, Vegetables &amp; Mini Naan</div><div>D</div><div>Jacket Potato with Cheese &amp; Tomatoes</div><div>GD</div><div>Lemon Ginger Crunch or Fresh Fruit</div></div><div></div></div>	<div><div>WEDNESDAY 4 JUNE</div><div><div>GD</div><div>Roast British Gammon with Roast Potatoes, Country Vegetables &amp; Gravy</div><div>GD</div><div>Roasted Vegetable Slice with Roast Potatoes, Country Vegetables &amp; Gravy</div><div>GDS</div><div>Cheese Roll with Marmite Twist &amp; Carrot Sticks</div><div>G</div><div>Mini Shortbread &amp; Watermelon Wedge</div></div><div></div></div>	<div><div>THURSDAY 5 JUNE</div><div><div>GD</div><div>Local Butcher's Pork Sausage with Cheesy Potato Bake &amp; Baked Beans</div><div>GD</div><div>Best of British Quorn Sausage with Cheesy Potato Bake &amp; Baked Beans</div><div>FE</div><div>Jacket Potato with Tuna Mayo &amp; Cucumber</div><div>G</div><div>Mini Ginger Biscuit &amp; Pineapple</div></div><div></div></div>	<div><div>FRIDAY 6 JUNE</div><div><div>FG</div><div>MSC Battered Fish with Chips, Peas &amp; Tomato Ketchup</div><div>G</div><div>Fishless Fingers with Chips, Peas &amp; Tomato Ketchup</div><div>GD</div><div>Cheese Wrap with Chips, Carrot Sticks &amp; Tomato Ketchup</div><div>GE</div><div>Chocolate Cupcake or Fresh Fruit</div></div><div></div></div>
<div><div>2</div><div><div>G</div><div>British Beef Bolognese with Pasta Twists &amp; Carrots</div><div>G</div><div>Veg Packed Bolognese with Pasta Twists &amp; Carrots</div><div>D</div><div>Jacket Potato with Grated Cheese &amp; Carrot Sticks</div><div>G</div><div>Fruity Flapjack Biscuit or Fresh Fruit</div></div><div></div></div>	<div><div>MONDAY 9 JUNE</div><div><div>GS</div><div>Pulled Pork Sub Roll with Corn Ribs, Peas &amp; BBQ Sauce</div><div>GS</div><div>Quorn Nuggets Sub Roll with Corn Ribs, Peas &amp; BBQ Sauce</div><div>D</div><div>Jacket Potato with Ham &amp; Cucumber</div><div>D</div><div>Strawberry Yoghurt or Fresh Fruit</div></div><div></div></div>	<div><div>WEDNESDAY 11 JUNE</div><div><div>D</div><div>Roast British Turkey with Roast Potatoes, Country Vegetables &amp; Gravy</div><div>GDS</div><div>Cauliflower &amp; Broccoli Cheese with Roast Potatoes, Country Vegetables &amp; Gravy</div><div>GE</div><div>Cheese Roll with Tomato Twist &amp; Carrot Sticks</div><div>G</div><div>Orange Wedge &amp; Mini Chocolate Brownie</div></div><div></div></div>	<div><div>THURSDAY 12 JUNE</div><div><div>GD</div><div>Macaroni Cheese with Wyke Farm Cheddar &amp; Peas</div><div>GD</div><div>Plant Powered Sausage Roll with Buttery Potatoes &amp; Peas</div><div>GD</div><div>Ham Wrap with Cheese Pinwheel &amp; Cucumber</div><div>G</div><div>Fresh Honeydew Melon &amp; Mini Oat Cookie</div></div><div></div></div>	<div><div>FRIDAY 13 JUNE</div><div><div>FG</div><div>MSC Breaded Fish with Potato Wedges, Sweetcorn &amp; Tomato Ketchup</div><div>GD</div><div>Vegetable &amp; Bean Enchilada with Potato Wedges, Sweetcorn &amp; Tomato Ketchup</div><div>GDS</div><div>Cheese Roll with Potato Wedges, Carrot Sticks &amp; Tomato Ketchup</div><div>GE</div><div>Jammy Cupcake or Fresh Fruit</div></div><div></div></div>
<div><div>3</div><div><div>GDE</div><div>Chicken Kebab with warm Pitta Bread, Yoghurt Dressing, 50/50 Rice &amp; Peas</div><div>GDE</div><div>Quorn Kebab with warm Pitta Bread, Yoghurt Dressing, 50/50 Rice &amp; Peas</div><div>D</div><div>Jacket Potato with Grated Cheese &amp; Carrot Sticks</div><div>GE</div><div>Vanilla Cookie or Fresh Fruit</div></div><div></div></div>	<div><div>MONDAY 16 JUNE</div><div><div>GD</div><div>Tasty Tomato Sauce with Pasta Twists, Grated Cheese &amp; Sweetcorn</div><div>GD</div><div>Roasted Vegetable, Pesto &amp; Cheese Slice &amp; Sweetcorn</div><div>GDSFE</div><div>Tuna Mayo Roll with Cheese Pinwheel &amp; Cucumber</div><div>G</div><div>Fresh Watermelon &amp; Mini Shortbread</div></div><div></div></div>	<div><div>WEDNESDAY 19 JUNE</div><div><div>G</div><div>Local Butchers Pork Sausage with Roast Potatoes, Country Vegetables &amp; Gravy</div><div>GDE</div><div>Cheese &amp; Leek Sausage with Roast Potatoes, Country Vegetables &amp; Gravy</div><div>GDS</div><div>Cheese Roll with Pesto Twist &amp; Carrot Sticks</div><div>G</div><div>Orange Wedge &amp; Chocolate Flapjack</div></div><div></div></div>	<div><div>THURSDAY 19 JUNE</div><div><div>GE</div><div>Dorset Ham Ploughman's with Baguette, Salad &amp; Mayonnaise</div><div>GDE</div><div>Cheddar Ploughman's with Baguette, Salad &amp; Mayonnaise</div><div>D</div><div>Jacket Potato with Baked Beans &amp; Grated Cheese</div><div>GE</div><div>Raspberry Cake or Fresh Fruit</div></div><div></div></div>	<div><div>FRIDAY 20 JUNE</div><div><div>FG</div><div>MSC Fish Fingers with Potato Wedges, Peas &amp; Tomato Ketchup</div><div>GDE</div><div>Cheese &amp; Onion Quiche with Potato Wedges, Peas &amp; Tomato Ketchup</div><div>GDS</div><div>Ham Roll with Potato Wedges, Carrot Sticks &amp; Tomato Ketchup</div><div>D</div><div>Strawberry Whip or Fresh Fruit</div></div><div></div></div>
<div><div>4</div><div><div>GD</div><div>Dorset Ham Pizza with Baked Beans &amp; Corn on the Cob</div><div>GD</div><div>Somerset Cheese &amp; Tomato Pizza with Baked Beans &amp; Corn on the Cob</div><div>GD</div><div>Cream Cheese &amp; Cucumber Wrap with Tomato Pinwheel &amp; Crunchy Vegetables</div><div>G</div><div>Chocolate Cookie or Fresh Fruit</div></div><div></div></div>	<div><div>MONDAY 23 JUNE</div><div><div>G</div><div>Fruity Chicken Curry with 50/50 Rice, Vegetables &amp; Mini Naan</div><div>GC</div><div>Chickpea &amp; Cauliflower Curry with 50/50 Rice, Vegetables &amp; Mini Naan</div><div>GD</div><div>Jacket Potato with Spaghetti Hoops &amp; Grated Cheese</div><div>G</div><div>Fresh Pineapple &amp; Flapjack</div></div><div></div></div>	<div><div>WEDNESDAY 25 JUNE</div><div><div>GD</div><div>Roast British Pork Loin with Roast Potatoes, Country Vegetables &amp; Gravy</div><div>GDS</div><div>Roasted Vegetable Slice with Roast Potatoes, Country Vegetables &amp; Gravy</div><div>G</div><div>Cheese Roll with Tomato Twist &amp; Carrot Sticks</div><div>G</div><div>Jammy Shortbread or Fresh Fruit</div></div><div></div></div>	<div><div>THURSDAY 26 JUNE</div><div><div>GDS</div><div>British Beef Meatball Sub with 5 Veg Tomato Sauce, Grated Cheese &amp; Peas</div><div>GDS</div><div>Plant Packed Meatball Sub with 5 Veg Tomato Sauce, Grated Cheese &amp; Peas</div><div>GD</div><div>Ham Wrap with Cheese Pinwheel &amp; Cucumber</div><div>G</div><div>Strawberry Jelly &amp; Fresh Fruit Selection</div></div><div></div></div>	<div><div>FRIDAY 27 JUNE</div><div><div>FG</div><div>MSC Battered Fish with Potato Wedges, Sweetcorn &amp; Tomato Ketchup</div><div>GD</div><div>Bean &amp; Cheese Quesadilla with Potato Wedges, Sweetcorn &amp; Tomato Ketchup</div><div>GDS</div><div>Cheese Roll with Potato Wedges, Carrot Sticks &amp; Tomato Ketchup</div><div>GE</div><div>Chocolate Cupcake or Fresh Fruit</div></div><div></div></div>
<div><div>5</div><div><div>G</div><div>British Beef Bolognese with Pasta Twists &amp; Carrots</div><div>G</div><div>Veg Packed Bolognese with Pasta Twists &amp; Carrots</div><div>D</div><div>Jacket Potato with Grated Cheese &amp; Carrot Sticks</div><div>G</div><div>Fruity Flapjack Biscuit or Fresh Fruit</div></div><div></div></div>	<div><div>MONDAY 30 JUNE</div><div><div>GS</div><div>Pulled Pork Sub Roll with Corn Ribs, Peas &amp; BBQ Sauce</div><div>GS</div><div>Quorn Nuggets Sub Roll with Corn Ribs, Peas &amp; BBQ Sauce</div><div>D</div><div>Jacket Potato with Ham &amp; Cucumber</div><div>D</div><div>Strawberry Yoghurt or Fresh Fruit</div></div><div></div></div>	<div><div>WEDNESDAY 2 JULY</div><div><div>GD</div><div>Roast British Turkey with Roast Potatoes, Country Vegetables &amp; Gravy</div><div>D</div><div>Cauliflower &amp; Broccoli Cheese with Roast Potatoes, Country Vegetables &amp; Gravy</div><div>GDS</div><div>Cheese Roll with Tomato Twist &amp; Carrot Sticks</div><div>GE</div><div>Orange Wedge &amp; Mini Chocolate Brownie</div></div><div></div></div>	<div><div>THURSDAY 3 JULY</div><div><div>GD</div><div>Macaroni Cheese with Wyke Farm Cheddar &amp; Peas</div><div>GD</div><div>Plant Powered Sausage Roll with Buttery Potatoes &amp; Peas</div><div>GD</div><div>Ham Wrap with Cheese Pinwheel &amp; Cucumber</div><div>G</div><div>Fresh Honeydew Melon &amp; Mini Oat Cookie</div></div><div></div></div>	<div><div>FRIDAY 4 JULY</div><div><div>FG</div><div>MSC Breaded Fish with Potato Wedges, Sweetcorn &amp; Tomato Ketchup</div><div>GD</div><div>Vegetable &amp; Bean Enchilada with Potato Wedges, Sweetcorn &amp; Tomato Ketchup</div><div>GDS</div><div>Cheese Roll with Potato Wedges, Carrot Sticks &amp; Tomato Ketchup</div><div>GE</div><div>Jammy Cupcake or Fresh Fruit</div></div><div></div></div>
<div><div>6</div><div><div>GDE</div><div>Chicken Kebab with warm Pitta Bread, Yoghurt Dressing, 50/50 Rice &amp; Peas</div><div>GDE</div><div>Quorn Kebab with warm Pitta Bread, Yoghurt Dressing, 50/50 Rice &amp; Peas</div><div>D</div><div>Jacket Potato with Grated Cheese &amp; Carrot Sticks</div><div>GE</div><div>Vanilla Cookie or Fresh Fruit</div></div><div></div></div>	<div><div>MONDAY 7 JULY</div><div><div>GD</div><div>Tasty Tomato Sauce with Pasta Twists, Grated Cheese &amp; Sweetcorn</div><div>GD</div><div>Roasted Vegetable, Pesto &amp; Cheese Slice &amp; Sweetcorn</div><div>GDSFE</div><div>Tuna Mayo Roll with Cheese Pinwheel &amp; Cucumber</div><div>G</div><div>Fresh Watermelon &amp; Mini Shortbread</div></div><div></div></div>	<div><div>WEDNESDAY 9 JULY</div><div><div>G</div><div>Local Butchers Pork Sausage with Roast Potatoes, Country Vegetables &amp; Gravy</div><div>GDE</div><div>Cheese &amp; Leek Sausage with Roast Potatoes, Country Vegetables &amp; Gravy</div><div>GDS</div><div>Cheese Roll with Pesto Twist &amp; Carrot Sticks</div><div>G</div><div>Orange Wedge &amp; Chocolate Flapjack</div></div><div></div></div>	<div><div>THURSDAY 10 JULY</div><div><div>GE</div><div>Dorset Ham Ploughman's with Baguette, Salad &amp; Mayonnaise</div><div>GDE</div><div>Cheddar Ploughman's with Baguette, Salad &amp; Mayonnaise</div><div>D</div><div>Jacket Potato with Baked Beans &amp; Grated Cheese</div><div>GE</div><div>Raspberry Cake or Fresh Fruit</div></div><div></div></div>	<div><div>FRIDAY 11 JULY</div><div><div>FG</div><div>MSC Fish Fingers with Potato Wedges, Peas &amp; Tomato Ketchup</div><div>GDE</div><div>Cheese &amp; Onion Quiche with Potato Wedges, Peas &amp; Tomato Ketchup</div><div>GDS</div><div>Ham Roll with Potato Wedges, Carrot Sticks &amp; Tomato Ketchup</div><div>D</div><div>Strawberry Whip or Fresh Fruit</div></div><div></div></div>
<div><div>7</div><div><div>GD</div><div>Dorset Ham Pizza with Baked Beans &amp; Corn on the Cob</div><div>GD</div><div>Somerset Cheese &amp; Tomato Pizza with Baked Beans &amp; Corn on the Cob</div><div>GD</div><div>Cream Cheese &amp; Cucumber Wrap with Tomato Pinwheel &amp; Crunchy Vegetables</div><div>G</div><div>Chocolate Cookie or Fresh Fruit</div></div><div></div></div>	<div><div>MONDAY 14 JULY</div><div><div>G</div><div>Fruity Chicken Curry with 50/50 Rice, Vegetables &amp; Mini Naan</div><div>GC</div><div>Chickpea &amp; Cauliflower Curry with 50/50 Rice, Vegetables &amp; Mini Naan</div><div>GD</div><div>Jacket Potato with Spaghetti Hoops &amp; Grated Cheese</div><div>G</div><div>Fresh Pineapple &amp; Flapjack</div></div><div></div></div>	<div><div>WEDNESDAY 16 JULY</div><div><div>GDS</div><div>Roast British Pork Loin with Roast Potatoes, Country Vegetables &amp; Gravy</div><div>GD</div><div>Roasted Vegetable Slice with Roast Potatoes, Country Vegetables &amp; Gravy</div><div>GDS</div><div>Cheese Roll with Tomato Twist &amp; Carrot Sticks</div><div>G</div><div>Jammy Shortbread or Fresh Fruit</div></div><div></div></div>	<div><div>THURSDAY 17 JULY</div><div><div>GDS</div><div>British Beef Meatball Sub with 5 Veg Tomato Sauce, Grated Cheese &amp; Peas</div><div>GDS</div><div>Plant Packed Meatball Sub with 5 Veg Tomato Sauce, Grated Cheese &amp; Peas</div><div>GD</div><div>Ham Wrap with Cheese Pinwheel &amp; Cucumber</div><div>G</div><div>Strawberry Jelly &amp; Fresh Fruit</div></div><div></div></div>	<div><div>FRIDAY 18 JULY</div><div><div>FG</div><div>MSC Battered Fish with Potato Wedges, Sweetcorn &amp; Tomato Ketchup</div><div>GD</div><div>Bean &amp; Cheese Quesadilla with Potato Wedges, Sweetcorn &amp; Tomato Ketchup</div><div>GDS</div><div>Cheese Roll with Potato Wedges, Carrot Sticks &amp; Tomato Ketchup</div><div>GE</div><div>Chocolate Cupcake or Fresh Fruit</div></div><div></div></div>
<div><div>8</div><div><div>G</div><div>Mild British Beef Chilli with 50/50 Rice, Sweetcorn and Tortilla Wrap</div><div>G</div><div>Chargrilled Veg in a BBQ Sauce with 50/50 Rice, Sweetcorn &amp; Tortilla Wrap</div><div>D</div><div>Jacket Potato with Baked Beans &amp; Grated Cheese</div><div>GE</div><div>Vanilla Cookie or Fresh Fruit</div></div><div></div></div>	<div><div>MONDAY 21 JULY</div><div><div>GS</div><div>Pork &amp; Apple Burger in a Roll with Potato Wedges, Peas &amp; Tomato Ketchup</div><div>GDS</div><div>Cheese &amp; Bean Burger in a Roll with Potato Wedges, Peas &amp; Tomato Ketchup</div><div>GD</div><div>Cheese Wrap with Tomato Pinwheel &amp; Crunchy Vegetables</div><div>D</div><div>Strawberry Yoghurt or Fresh Fruit</div></div><div></div></div>	<div><div>WEDNESDAY 23 JULY</div><div><div>G</div><div>Roast British Turkey with Roast Potatoes, Country Vegetables &amp; Gravy</div><div>G</div><div>Plant Powered Sausage Roll with Roast Potatoes, Country Vegetables &amp; Gravy</div><div>GDSE</div><div>Cheese Roll with Coleslaw &amp; Cucumber</div><div>G</div><div>Fresh Watermelon &amp; Mini Shortbread</div></div><div></div></div>	<div><div>HAPPY HOLIDAYS!</div><div>SEE YOU NEXT TERM :)</div></div>	