

WORLD BOOK DAY

Thursday 5th March

If you love Potter, Beatrix or Harry, then we've got something for you.

How about McGregor's Garden Cottage Pie?

Or Honeyduke's Amazing Chocolate Frog Cookie?

Look out on Facebook for details of our competition to win some Fab prizes, you have to be in it to win it.

Good Luck!

WIN!

Grab a Red Nose Cupcake, put a smile on your face and a treat in your hand.

Celebrate with us!

RED NOSE DAY

Friday 20th March.

YAY NEARLY THE EASTER HOLIDAYS

We are celebrating Easter early with our Roast British Turkey lunch, but we know you're only here for the chocolate, that's why we are serving our Egg-cellent Easter Chocolate Biscuit Cake. Don't miss out, order now, it's Eggs-actly what you need to see you through to home time.



www.localfoodlinks.org.uk

Look!



20
YEARS



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

SPRING LUNCH MENU



Did you order Week 1 last half term?

MONDAY 23 FEBRUARY

- GD** Mild Chicken Tikka Masala with 50/50 Rice, Vegetables & Mini Naan
- G** Tropical Sweet Potato Curry with 50/50 Rice, Vegetables & Mini Naan **ve**
- D** Jacket Potato with Cheese & Carrot Sticks **v**
- G** Flapjack or Fresh Fruit **ve**

TUESDAY 24 FEBRUARY

- GD** Tangy Tomato Sauce with Wholewheat Pasta, Grated Cheese, Carrots & Green Beans **v**
- GDS** Creamy Hearty Beany Soup with a Soft Cheese Roll **v**
- E** Jacket Potato with Coronation Filling & Cucumber **v**
- G** Warming Winter Cinnamon Cookie or Fresh Fruit **ve**

WEDNESDAY 25 FEBRUARY

- GD** Local Butcher's Sausage with Mashed Potato & Baked Beans
- GD** Quorn Best of British Sausage with Mashed Potato & Baked Beans **v**
- GDS** Cheese Roll with Marmite Pastry & Carrot Sticks **v**
- G** Melon Wedge & Mini Hobnob Biscuit **ve**

THURSDAY 26 FEBRUARY

- GD** British Beef Lasagne with Carrots, Sweetcorn & Garlic Bread
- GD** Hearty Garden Lasagne with Carrots, Sweetcorn & Garlic Bread **v**
- GFE** Tuna Wrap with Pesto Pastry & Cucumber
- G** Fresh Pineapple & Ginger Biscuit **ve**

FRIDAY 27 FEBRUARY

- FG** MSC Battered Fish with Potato Wedges, Peas & Tomato Ketchup
- GD** Power Bean & Cheese Quesadilla with Potato Wedges, Peas & Tomato Ketchup **v**
- GD** Cucumber Sandwich with Potato Wedges, Carrot Sticks & Tomato Ketchup **v**
- GD** Orange Cheesecake or Fresh Fruit

MONDAY 2 MARCH

- GD** Somerset Cheese & Tomato Pizza with Baked Beans & Corn Ribs **v**
- G** Indian Style Sausage Roll with Baked Beans & Corn Ribs **ve**
- D** Jacket Potato with Mild 3 Bean Chilli & Grated Cheese **v**
- GE** Vanilla Cookie **v**

TUESDAY 3 MARCH

- GD** Red Tractor British Chicken Meatballs with Tasty Tomato Sauce, Wholemeal Pasta, Grated Cheese & Peas
- GD** Mighty Meatballs with Tasty Tomato Sauce, Wholemeal Pasta, Grated Cheese & Peas **v**
- FE** Jacket Potato with Tuna Mayo & Cucumber
- G** Fruity Flapjack Biscuit or Fresh Fruit **ve**

WEDNESDAY 4 MARCH

- GD** Roast British Turkey with Roast Potatoes, Country Vegetables & Gravy
- DE** Juicy Quorn Roast with Roast Potatoes, Country Vegetables & Gravy **v**
- D** Jacket Potato with Cheese, Chutney & Carrot Sticks **v**
- GE** Dorset Apple Cake or Fresh Fruit **v**

THURSDAY 5 MARCH

- D** British Beef Cottage Pie with Carrots & Sweetcorn
- D** McGregor's Garden Cottage Pie with Carrots & Sweetcorn **v**
- GDS** Cheese Roll with Tomato Puff & Cucumber **v**
- G** Honeyduke's Chocolate Frog Cookie & Orange Wedge **ve**

FRIDAY 6 MARCH

- FG** MSC Breaded Fish with Chips, Peas & Tomato Ketchup
- GDE** Wyke Farm Cheddar & Onion Quiche with Chips, Peas & Tomato Ketchup **v**
- GD** Falafel Wrap with Crunchy Lettuce, Tzatziki, Chips, Carrot Sticks & Tomato Ketchup **v**
- D** Fruity Fool **v**

MONDAY 9 MARCH

- GD** Ricotta & Spinach Tortellini with Tangy Tomato Sauce, Peas & Sweetcorn **v**
- G** Flaky Sausage Roll with Peas, Sweetcorn & Tomato Ketchup **ve**
- D** Jacket Potato with Baked Beans & Grated Cheese **v**
- G** Chewy Ginger Biscuit or Fresh Fruit **ve**

TUESDAY 10 MARCH

- G** Fruity Chicken Curry with 50/50 Rice, Vegetables & Mini Naan
- GC** Creamy Chickpea & Cauliflower Curry with 50/50 Rice, Vegetables & Mini Naan **ve**
- D** Jacket Potato with Cheese & Mixed Salad **v**
- G** Fresh Pineapple & Mini Oat Cookie **ve**

WEDNESDAY 11 MARCH

- GD** Roast Dorset Gammon with Roast Potatoes, Country Vegetables & Gravy
- GE** Homemade Loaf with Roast Potatoes, Country Vegetables & Gravy **v**
- GD** Cheese Wrap with Puff Pizza & Carrot Sticks **v**
- GE** Secret Garden Lemon Cake or Fresh Fruit **v**

THURSDAY 12 MARCH

- GD** British Beef Bolognese with Wholewheat Pasta, Grated Cheese & Sweetcorn
- GD** Great Garden Bolognese with Wholewheat Pasta, Grated Cheese & Sweetcorn **v**
- FE** Jacket Potato with Tuna Mayo & Cucumber
- GD** Pears with Chocolate Crumb & Custard **v**

FRIDAY 13 MARCH

- FG** MSC Fish Fingers with Potato Wedges, Sweetcorn & Tomato Ketchup
- G** Fab Fingers with Potato Wedges, Sweetcorn & Tomato Ketchup **ve**
- GDS** Cheese Roll with Potato Wedges, Carrot Sticks & Tomato Ketchup **v**
- G** Berryful Oat Slice or Fresh Fruit **ve**

MONDAY 16 MARCH

- GD** BBQ Chicken with 50/50 Rice, Grated Cheese, Tortilla Wrap & Peas
- G** Banging Bean & Roasted Vegetable Burrito with 50/50 Rice & Peas **ve**
- E** Jacket Potato with Coronation Filling & Cucumber **v**
- G** Warming Winter Cinnamon Cookie or Fresh Fruit **ve**

TUESDAY 17 MARCH

- GS** Butcher's Pork & Apple Burger in a Roll with Baked Beans & Corn Ribs
- GS** PowerBurger in a Roll with Baked Beans & Corn Ribs **ve**
- D** Jacket Potato with Cheese, Chutney & Carrot Sticks **v**
- G** Orange Wedge & Chocolate Flapjack **ve**

WEDNESDAY 18 MARCH

- GD** Roast British Beef with Yorkshire Pudding, Roast Potatoes, Country Vegetables & Gravy
- GS** Chef's Cauliflower & Broccoli Cheese with Yorkshire Pudding, Roast Potatoes, Country Vegetables & Gravy **v**
- GDSFE** Tuna Roll with Cheese & Chutney Pastry & Cucumber
- GE** Banana Marble Cake or Fresh Fruit **v**

THURSDAY 19 MARCH

- GD** Melting Macaroni Cheese with Wyke Farm Cheddar & Peas **v**
- GDS** Tasty Tomato Soup with a Soft Cheese Roll **v**
- GS** BBQ Jackfruit Roll with Crunchy Vegetables **ve**
- G** Fresh Melon & Lemon Shortbread **ve**

RED NOSE DAY FRIDAY 20 MARCH

- FG** MSC Battered Fish with Chips, Sweetcorn & Tomato Ketchup
- GD** Beany Enchilada Parcel with Chips, Sweetcorn & Tomato Ketchup **v**
- GD** Cucumber Sandwich with Chips, Carrot Sticks & Tomato Ketchup **v**
- GE** Red Nose Cupcake or Fresh Fruit **v**

MONDAY 23 MARCH

- GD** Somerset Cheese & Tomato Pizza with Baked Beans & Corn Ribs **v**
- G** Indian Style Sausage Roll with Baked Beans & Corn Ribs **ve**
- D** Jacket Potato with Mild 3 Bean Chilli & Grated Cheese **v**
- GE** Vanilla Cookie **v**

TUESDAY 24 MARCH

- GD** Red Tractor British Chicken Meatballs with Tasty Tomato Sauce, Wholemeal Pasta, Grated Cheese & Peas
- GD** Mighty Meatballs with Tasty Tomato Sauce, Wholemeal Pasta, Grated Cheese & Peas **v**
- FE** Jacket Potato with Tuna Mayo & Cucumber
- G** Fruity Flapjack Biscuit or Fresh Fruit **ve**

EASTER LUNCH WEDNESDAY 25 MARCH

- G** Roast British Turkey with Stuffing, Roast Potatoes, Country Vegetables & Gravy
- GDE** Juicy Quorn Roast with Stuffing, Roast Potatoes, Country Vegetables & Gravy **v**
- D** Jacket Potato with Cheese, Chutney & Carrot Sticks **v**
- GDS** Easter Chocolate Biscuit Cake or Fresh Fruit **v**

THURSDAY 26 MARCH

- D** British Beef Cottage Pie with Carrots & Sweetcorn
- D** Garden Cottage Pie with Carrots & Sweetcorn **v**
- GDS** Cheese Roll with Tomato Puff & Cucumber **v**
- G** Mini Chocolate Cookie & Orange Wedge **ve**

FRIDAY 27 MARCH

- FG** MSC Breaded Fish with Chips, Peas & Tomato Ketchup
- GDE** Wyke Farm Cheddar & Onion Quiche with Chips, Peas & Tomato Ketchup **v**
- GD** Falafel Wrap with Crunchy Lettuce, Tzatziki, Chips, Carrot Sticks, & Tomato Ketchup **v**
- D** Fruity Fool **v**

EASTER HOLS!

MONDAY 13 APRIL

- GD** British Beef Bolognese with Wholewheat Pasta, Grated Cheese & Sweetcorn
- GD** Great Garden Bolognese with Wholewheat Pasta, Grated Cheese & Sweetcorn **v**
- E** Jacket Potato with Coronation Filling & Cucumber **v**
- G** Warming Winter Cinnamon Cookie or Fresh Fruit **ve**

TUESDAY 14 APRIL

- GS** Butcher's Pork & Apple Burger in a Roll with Baked Beans & Corn Ribs
- GS** PowerBurger in a Roll with Baked Beans & Corn Ribs **ve**
- D** Jacket Potato with Cheese, Chutney & Carrot Sticks **v**
- G** Orange Wedge & Chocolate Flapjack **ve**

WEDNESDAY 15 APRIL

- GD** Roast Dorset Gammon with Roast Potatoes, Country Vegetables & Gravy
- GS** Homemade Loaf with Roast Potatoes, Country Vegetables & Gravy **v**
- GDSFE** Tuna Roll with Cheese & Chutney Pastry & Cucumber
- GE** Banana Marble Cake or Fresh Fruit **v**

THURSDAY 16 APRIL

- GD** Melting Macaroni Cheese with Wyke Farm Cheddar & Peas **v**
- GDS** Tasty Tomato Soup with a Soft Cheese Roll **v**
- GS** BBQ Jackfruit Roll with Crunchy Vegetables **ve**
- G** Fresh Melon & Lemon Shortbread **ve**

FRIDAY 17 APRIL

- FG** MSC Battered Fish with Chips, Sweetcorn & Tomato Ketchup
- GD** Beany Enchilada Parcel with Chips, Sweetcorn & Tomato Ketchup **v**
- GD** Cucumber Sandwich with Chips, Carrot Sticks & Tomato Ketchup **v**
- GE** Jammy Cupcake or Fresh Fruit **v**

WE RESERVE THE RIGHT TO MAKE MENU CHANGES WHEN NECESSARY

CONTAINS ALLERGENS

G Gluten **D** Dairy **E** Egg **S** Soya **F** Fish **C** Coconut **VE** Vegan **V** Vegetarian

FULL