Welcome to SUMMER TERM MENU 2022

We are going paper free but we still want to highlight some of the great lunches we have this term...



This menu begins with Great British Beef Week from the 25th-29th April. **LFL only ever use Great British Beef** from our Great Local Butcher.



Chewbacca, Yoda and C3PO do battle with Darth Vader at lunchtime on Wednesday 4th May. Will the Dark side be defeated, only you can help!!!

May the Fourth be with You.



National Vegetarian Week 10-16 May 2021 Vegetarian dishes galore from the 16-20th of May. From Veg Powered Sausage Rolls to Plant Based Burgers and our very favourite original Mac & Cheese. Vegetarian food never tasted so good.

Celebrate the Queens Platinum Jubilee a little bit early on Wed 25th May with Royal Roast Beef followed by Queen Elizabeth Sponge and on Friday 27th with a Traditional Fish & Chips or Jubilee chicken. The Queens actual favourite Rich Tea & Chocolate Biscuit Cake make this a delectably Regal









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 £2.40 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**

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National Vegetarian Week

WE RESERVE THE RIGHT TO MAKE MENU CHANGES WHEN NECESSARN

Quorn Cowboy Casserole with Half a Jacket Potato &

Jacket Potato with Plant Packed Bolognaise

BANK

HOLIDAY

MONDAY 9 MAY

Butter Chicken Curry with Rice, Vegetable Medley & Mini Naan

Chickpea & Cauliflower Curry with Rice, Vegetable Medley & Mini Naan

Jacket Potato with Spaghetti Hoops & Grated Cheese

MONDAY 16 MAY

Cheese & Tomato Pizza with

Half a Jacket Potato & Peas

Veg Powered Sausage Roll

with Half a Jacket Potato &

Jacket Potato with Baked

Beans & Grated Cheese

Shortbread or Fresh Fruit

Lemon Drizzle Cake

or Fresh Fruit

Dorset Apple Cake

TUESDAY 26 APR

Pork & Apple Burger in a Roll, Corn on the Cob & Baked Beans

Plant Based Burger in a Roll, Corn on the Cob & Baked Beans

TUESDAY 3 MAY

Local Butcher's Pork Sausage with Pasta, Tomato Sauce & Peas

Best of British Quorn Sausage with Pasta, Tomato Sauce & Peas

Jacket Potato with

Cheese & Crudites

& Sweetcorn

Jacket Potato with Ham & Crudites

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Oat & Apricot Cookie or Fresh Fruit

TUESDAY 10 MAY

Meatball Sub with 5 Veg Tomato Sauce, Grated Cheese

Plant Powered Veg Ball Sub with 5 Veg Tomato Sauce, Grated Cheese & Sweetcorn

Mini Oat Cookie & Melon

TUESDAY 17 MAY

Pork & Apple Burger in a Roll

with Corn on the Cob, Baked

Plant Based Burger in a Roll with Corn on the Cob, Baked Beans & Tomato Ketchup

Beans & Tomato Ketchup

Jacket Potato with

& Orange Wedge

Cheese & Mixed Salad

Mini Chocolate Cookie

Jacket Potato with Cheese & Mixed Salad

Mini Chocolate Cookie & Orange Wedge

MIDWEEK ROASTS WEDNESDAY 27 APR

Roast Beef with Yorkshire Pudding, Roast Potatoes, Mixed Vegetables & Gravy

SUMMER LUNCH

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Veg Powered Sausage with Yorkshire Pudding, Roast Potatoes, Mixed Vegetables & Gravy

Cheese Sub Roll with Tomato Pinwheel & Crudites

Oat & Raspberry Slice

STAR WARS DAY WEDNESDAY 4 MAY

Roast Chicken Breast, Roast Potatoes, Mixed Vegetables

Veg Packed Pinwheel, Roast Potatoes, Mixed Vegetables & Gravy

Cheese Baguette with Pesto Twist & Mixed Salad

May the Fourth be with you Cookie or Fresh Fruit MIDWEEK ROASTS

WEDNESDAY 11 MAY

Roast Gammon, Roast Potatoes, Mixed Vegetables & Gravy

Cauliflower Cheese, Roast Potatoes, Mixed Vegetables & Gravy

Jacket Potato with Tuna Mayo & Mixed Salad

Chocolate Crispy Square

MIDWEEK ROASTS

WEDNESDAY 18 MAY

Roast Turkey, Roast Potatoes, Mixed Vegetables & Gravy

Veg Packed Loaf, Roast Potatoes, Mixed Vegetables & Gravy

Cheese Sub Roll with Tomato Pinwheel & Crudites

Oat & Raspberry Slice or Fresh Fruit

Ham Baguette with Tomato Twist & Crudites

THURSDAY 28 APR

Beef Bolognaise with Wholemeal Pasta, Grated

Vegetable & Tomato Macaroni Cheese with Baby Carrots & Peas

Jacket Potato with

Ham & Crudites

& Sweetcorn

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Jacket Potato with

Orange Wedge

Tuna Mayo & Crudites

Mini Chocolate Flapjack &

THURSDAY 12 MAY

BBQ Chicken Wrap with Rice,

Sweetcorn & Grated Cheese

BBQ Quorn Wrap with Rice, Sweetcorn & Grated Cheese

Cheese, Baby Carrots & Peas

Mini Shortbread & Pineapple

THURSDAY 5 MAY

5 Veg Lasagne with Baby Carrots & Sweetcorn

Lasagne with Baby Carrots

Strawberry Jelly & Fruit

THURSDAY 19 MAY

Macaroni Cheese with Baby Carrots & Peas

Plant Powered Bolognaise with Pasta, Baby Carrots & Peas

Bean Burrito & Crudites

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FEGS

Mini Shortbread & Pineapple

FRIDAY 20 MAY

National Vegetario Week

Marble Cookie or Fresh Fruit

Did you order Week 1

last half term?

FRIDAY 29 APR Breaded Fish with Chips

Sweetcorn & Tomato Ketchup

Cheese & Onion Quiche with Chips, Sweetcorn & Tomato

Ham Baguette with Chips, Mixed Salad & Tomato

FRIDAY 6 MAY

Roasted Vegetable Mini Muffin Pizza with Chips, Peas &

Ham Baguette with Chips, Mixed Salad & Tomato Ketchup

FRIDAY 13 MAY

Fishless Fingers with Potato

Fish Fingers with Potato Wedges, Peas & Tomato Ketchup

Wedges, Peas & Tomato Ketchup

Cheese Baguette with Potato Wedges, Mixed Salad & Tomato Ketchup

Battered Fish with Chips,

Peas & Tomato Ketchup

Tomato Ketchup

Banana Loaf

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Ketchup

Ketchup

Carrot Cake

or Fresh Fruit

Breaded Fish with Chips, Sweetcorn & Tomato Ketchup

Cheese & Onion Quiche with Chips, Sweetcorn & Tomato Ketchup

Ham Baguette with Chips, Mixed Salad & Tomato Ketchup

Carrot Cake or Fresh Fruit

MONDAY 23 MAY

Tomato & Herb Chicken Steak with Colourful Rice & Peas

Plant Powered Veg Balls with Tomato Sauce, Colourful Rice

Jacket Potato with Baked Beans & Grated Cheese

Lemon Shortbread or Fresh Fruit

TUESDAY 24 MAY

Local Butcher's Pork Sausage with Pasta, Tomato Sauce &

Best of British Quorn Sausage with Pasta, Tomato Sauce & Peas

Jacket Potato with Cheese &

Mini Chocolate Brownie & Orange Wedge

JUBILEE

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WEDNESDAY 25 MAY

Royal Roast Beef with Yorkshire Pudding, Roast Potatoes, Mixed Vegetables & Gravy

Veg Powered Sausage with Yorkshire Pudding, Roast Potatoes, Mixed Vegetables & Gravy

Cheese Baguette with Pesto Twist & Mixed Salad

Queen Elizabeth Sponge or

THURSDAY 26 MAY

Lasagne with Baby Carrots & Sweetcorn

5 Veg Lasagne with Baby Carrots & Sweetcorn

Tuna Mayo Sub Roll with

Tomato Pinwheel & Mixed Salad

Mini Oat Cookie & Melon

Fishless Fingers with Chips Peas & Tomato Ketchup GE

Platinum Jubilee Chicken Baguette with Chips & Mixed Salad

JUBILEE

FRIDAY 27 MAY

Battered Fish with Chips,

Peas & Tomato Ketchup

The Queens Favourite Rich Tea & Chocolate Biscuit Cake or Fresh Fruit



MONDAY 6 JUNE

Cheese & Tomato Pizza with Corn on the Cob & Baked

Plant Powered Burger in a Roll with Corn on the Cob & Baked

Jacket Potato with Veg Packed Bolognaise

Chocolate Shortbread or Fresh Fruit

TUESDAY 7 JUNE

Meatball Sub with 5 Veg Tomato Sauce, Grated Cheese & Sweetcorn

Plant Powered Veg Ball Sub with 5 Veg Tomato Sauce, Grated Cheese & Sweetcorn

Jacket Potato with Ham & Crudites

Flapjack or Fresh Fruit

MIDWEEK ROASTS

WEDNESDAY 8 JUNE

Roast Chicken Breast, Roast Potatoes, Mixed Vegetables & Gravy

Veg Packed Pinwheel, Roast Potatoes, Mixed Vegetables &

Cheese Baguette with Pesto Twist & Mixed Salad Oat & Apricot Cookie or

THURSDAY 9 JUNE

Beef Bolognaise with Wholemeal Pasta, Grated Cheese, Baby Carrots & Peas

Macaroni Cheese with Baby Carrots & Peas

Jacket Potato with Tuna Mayo & Crudites

Mini Chocolate Flapjack & Orange Wedge

FRIDAY 10 JUNE

Battered Fish with Chips, Peas & Tomato Ketchup

Roasted Vegetable Mini Muffin Pizza with Chips, Peas &

Ham Baguette with Chips, Mixed Salad & Tomato Ketchup

Strawberry Jelly & Fruit



CONTAINS ALLERGENS

G Gluten

D Dairy

E Egg S Soya

F Fish

C Coconut

Pb Plant based

Tomato Ketchup