

AUTUMN TERM 2020

LUNCH



WINTER WARMERS

MENU



Compliant with
SCHOOL FOOD STANDARDS



WITH THE WEATHER TURNING COLDER, IT'S A GREAT TIME TO ORDER HOT SCHOOL MEALS

THERE ARE PLENTY OF DELICIOUS WINTER WARMERS ON OUR MENU THAT YOUR CHILDREN WILL LOVE, INCLUDING OUR WEEKLY ROAST DINNERS AND FISH FRIDAYS. YOU WILL ALSO FIND FIRM FAVOURITES ...

LASAGNE
+
GARLIC BREAD

MACARONI
CHEESE

MEATBALL
SUBS

Remember, remember the 5th of November and remember to order school meals too! Don't miss our warming Bonfire Night Meal: Bangers and Beans and Toffee Apple Crumble and Custard!



OTHER DATES TO LOOK OUT FOR

NOV 11
REMEMBRANCE DAY

Traditional Roast
with a special poppy
shortbread

DEC 16
FESTIVE LUNCH

Our most popular day
of the whole year!

NOV 13
CHILDREN IN NEED

with a popular Fish and
Chip meal and a Pudsey
Chocolate cookie



AVOID A CHRISTMAS MELTDOWN
AND ORDER YOUR MEAL IN PLENTY OF TIME FOR PEAS ON EARTH!



FOOD ALLERGIES

AUTUMN

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 (Reception, Yr1 and Yr2) 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.

SCHOOL LUNCH MENU
2 NOVEMBER - 8 JANUARY

SCHOOL

NAME ONE FORM
PER CHILD

CLASS

Total _____ x £2.40

£ _____

Cheques made payable to School

AUTUMN LUNCH MENU

Did you order Week 1 last half term?

MONDAY 2 NOV

GD Chicken Breast with Pasta, Creamy Tomato Sauce & Peas

1 GDE Quorn with Pasta, Creamy Tomato Sauce & Peas

Jacket Potato with Ham & Crudités

G Apricot Flapjack or Fresh Fruit

TUESDAY 3 NOV

G Mild Beef Chilli with Rice, Sweetcorn & Tortilla Wrap

GDS Homemade Tomato Soup with a Wholemeal Cheese Roll

D Jacket Potato with Baked Beans & Grated Cheese

GE Mini Chocolate Brownie & Orange Wedge

WEDNESDAY 4 NOV

Roast Chicken with Roast Potatoes, Carrots, Cabbage & Gravy

GDE Vegetable Bake with Roast Potatoes, Carrots, Cabbage & Gravy

GDS Cheese Sub Roll with Mixed Salad

G Lemon Shortbread or Fresh Fruit

THURSDAY 5 NOV

BONFIRE NIGHT!

GS Pork Hot Dog with Corn on the Cob, Baked Beans & Tomato Ketchup

GES Quorn Hot Dog with Corn on the Cob, Baked Beans & Tomato Ketchup

FE Jacket Potato with Tuna Mayo & Crudités

GD Toffee Apple Crumble & Custard

FRIDAY 6 NOV

FG Fish Fingers with Chips, Peas & Tomato Ketchup

G Fishless Fingers with Chips, Peas & Tomato Ketchup

D Jacket Potato with Cheese & Mixed Salad

GDE Pancake & Lemon or Fresh Fruit

WEEK 1

	M	T	W	T	F
MEAT	●	●	●	●	●
VEG	●	●	●	●	●
OTHER	●	●	●	●	●
TOTAL	_____				

MONDAY 9 NOV

GD Cheese & Tomato Pizza with Half a Jacket Potato & Mixed Vegetables

2 GD Cheese & Bean Burger with Half a Jacket Potato & Mixed Vegetables

D Jacket Potato with Baked Beans & Grated Cheese

GD Fruity Chocolate Tiffin or Fresh Fruit

TUESDAY 10 NOV

GD Beef Bolognese with Pasta, Sweetcorn & Grated Cheese

GD Vegetable Bolognese with Pasta, Sweetcorn & Grated Cheese

Jacket Potato with Ham & Sweetcorn

GE Pineapple Upside Down Cake or Fresh Fruit

REMEMBRANCE DAY

WEDNESDAY 11 NOV

Roast Gammon with Roast Potatoes, Carrots, Cabbage & Gravy

GDE Vegetable Loaf with Roast Potatoes, Carrots, Cabbage & Gravy

GDS Cheese Sub Roll with Crudités

G Remembrance Shortbread or Fresh Fruit

THURSDAY 12 NOV

GDS Meatball Sub with Tomato Sauce, Grated Cheese & Peas

GDS Veg Ball Sub with Tomato Sauce, Grated Cheese & Peas

GD Jacket Potato with Spaghetti Hoops & Grated Cheese

Strawberry Jelly & Fruit Salad

FRIDAY 13 NOV

FG Battered Fish with Chips, Sweetcorn & Tomato Ketchup

GD Roasted Vegetable Slice with Chips, Sweetcorn & Tomato Ketchup

GDS Ham Sub Roll with Crudités

G Pudsey Bear Chocolate Cookie or Fresh Fruit

WEEK 2

	M	T	W	T	F
MEAT	●	●	●	●	●
VEG	●	●	●	●	●
OTHER	●	●	●	●	●
TOTAL	_____				

MONDAY 16 NOV

GD Mild Chicken Korma with Rice, Vegetable Medley & Mini Naan

3 GD Mild Vegetable Korma with Rice, Vegetable Medley & Mini Naan

D Jacket Potato with Baked Beans & Grated Cheese

G Flapjack or Fresh Fruit

TUESDAY 17 NOV

G Pork Sausage with Pasta, Tomato Sauce & Peas

GE Quorn Sausage with Pasta, Tomato Sauce & Peas

D Jacket Potato with Cheese & Peas

GE Mini Chocolate Cake & Orange Wedge

WEDNESDAY 18 NOV

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

GDE Leek Slice with Roast Potatoes, Mixed Vegetables & Gravy

GDS Ham Sub Roll with Crudités

G Mini Oat Cookie & Melon

THURSDAY 19 NOV

D Cottage Pie with Peas & Gravy

GD Macaroni Cheese with Peas

FE Jacket Potato with Tuna Mayo & Peas

GE Raspberry Cake or Fresh Fruit

FRIDAY 20 NOV

FG Breaded Fillet of Fish with Chips, Peas & Tomato Ketchup

GDE Cheese & Onion Quiche with Chips, Peas & Tomato Ketchup

GDS Cheese Sub Roll with Mixed Salad

GDE Pancake & Lemon or Fresh Fruit

WEEK 3

	M	T	W	T	F
MEAT	●	●	●	●	●
VEG	●	●	●	●	●
OTHER	●	●	●	●	●
TOTAL	_____				

MONDAY 23 NOV

GD Chicken Breast with Pasta, Creamy Tomato Sauce & Peas

4 GDE Quorn with Pasta, Creamy Tomato Sauce & Peas

D Jacket Potato with Baked Beans & Grated Cheese

GE Carrot Cake or Fresh Fruit

TUESDAY 24 NOV

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

GS Veggie Burger in a Roll with Corn on the Cob & Baked Beans

D Jacket Potato with Cheese & Corn on the Cob

G Mini Chocolate Shortbread & Orange Wedge

WEDNESDAY 25 NOV

D Roast Chicken with Herby Potatoes, Mixed Vegetables & Gravy

D Cauliflower Cheese with Herby Potatoes, Mixed Vegetables & Gravy

GDS Ham Sub Roll with Crudités

GE Dorset Apple Cake or Fresh Fruit

THURSDAY 26 NOV

GD Lasagne with Garlic Bread & Peas

GD Vegetable Lasagne with Garlic Bread & Peas

FE Jacket Potato with Tuna Mayo & Peas

Fresh Fruit Medley

FRIDAY 27 NOV

FG Fish Fingers with Chips, Sweetcorn & Tomato Ketchup

G Fishless Fingers with Chips, Sweetcorn & Tomato Ketchup

GDS Cheese Sub Roll with Crudités

D Flapjack or Fresh Fruit

WEEK 4

	M	T	W	T	F
MEAT	●	●	●	●	●
VEG	●	●	●	●	●
OTHER	●	●	●	●	●
TOTAL	_____				

MONDAY 30 NOV

GD Cheese & Tomato Pizza with Half a Jacket Potato & Mixed Vegetables

G Uncle Bulgaria's Beetroot Burger with Half a Jacket Potato & Mixed Vegetables

D Jacket Potato with Baked Beans & Grated Cheese

GD Fruity Chocolate Tiffin or Fresh Fruit

TUESDAY 1 DEC

GD Beef Bolognese with Pasta, Sweetcorn & Grated Cheese

GD Vegetable Bolognese with Pasta, Sweetcorn & Grated Cheese

Jacket Potato with Ham & Sweetcorn

GE Pineapple Upside Down Cake or Fresh Fruit

WEDNESDAY 2 DEC

Roast Gammon with Roast Potatoes, Carrots, Cabbage & Gravy

GDE Vegetable Loaf with Roast Potatoes, Carrots, Cabbage & Gravy

GDS Cheese Sub Roll with Crudités

G Shortbread or Fresh Fruit

THURSDAY 3 DEC

GDS Meatball Sub with Tomato Sauce, Grated Cheese & Peas

GDS Veg Ball Sub with Tomato Sauce, Grated Cheese & Peas

GD Jacket Potato with Spaghetti Hoops & Grated Cheese

Strawberry Jelly & Fruit Salad

FRIDAY 4 DEC

FG Battered Fish with Chips, Sweetcorn & Tomato Ketchup

GD Roasted Vegetable Slice with Chips, Sweetcorn & Tomato Ketchup

GDS Ham Sub Roll with Crudités

G Chocolate Cookie or Fresh Fruit

WEEK 5

	M	T	W	T	F
MEAT	●	●	●	●	●
VEG	●	●	●	●	●
OTHER	●	●	●	●	●
TOTAL	_____				

MONDAY 7 DEC

GD Mild Chicken Korma with Rice, Vegetable Medley & Mini Naan

6 GD Mild Vegetable Korma with Rice, Vegetable Medley & Mini Naan

D Jacket Potato with Baked Beans & Grated Cheese

G Flapjack or Fresh Fruit

TUESDAY 8 DEC

G Pork Sausage with Pasta, Tomato Sauce & Peas

GE Quorn Sausage with Pasta, Tomato Sauce & Peas

D Jacket Potato with Cheese & Peas

GE Mini Chocolate Cake & Orange Wedge

WEDNESDAY 9 DEC

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

GDE Leek Slice with Roast Potatoes, Mixed Vegetables & Gravy

GDS Ham Sub Roll with Crudités

G Mini Oat Cookie & Melon

THURSDAY 10 DEC

D Cottage Pie with Peas & Gravy

GD Macaroni Cheese with Peas

FE Jacket Potato with Tuna Mayo & Peas

GE Raspberry Cake or Fresh Fruit

FRIDAY 11 DEC

FG Breaded Fillet of Fish with Chips, Peas & Tomato Ketchup

GDE Cheese & Onion Quiche with Chips, Peas & Tomato Ketchup

GDS Cheese Sub Roll with Mixed Salad

GDE Pancake & Lemon or Fresh Fruit

WEEK 6

	M	T	W	T	F
MEAT	●	●	●	●	●
VEG	●	●	●	●	●
OTHER	●	●	●	●	●
TOTAL	_____				

MONDAY 14 DEC

GD Chicken Breast with Pasta, Creamy Tomato Sauce & Peas

7 GDE Quorn with Pasta, Creamy Tomato Sauce & Peas

D Jacket Potato with Baked Beans & Grated Cheese

GE Carrot Cake or Fresh Fruit

TUESDAY 15 DEC

FGD Fish Cake with Half a Jacket Potato, Sweetcorn & Tomato Ketchup

GD Roasted Vegetable Slice with Half a Jacket Potato, Sweetcorn & Tomato Ketchup

FE Jacket Potato with Tuna Mayo & Sweetcorn

G Mini Chocolate Shortbread & Orange Wedge

CHRISTMAS DINNER

WEDNESDAY 16 DEC

G Roast Turkey & Mini Sausage or Festive Vegetable Loaf served with Roast Potatoes, Vegetable Medley, Stuffing, Cranberry Sauce & Gravy

GD Christmas Cookie or Satsuma

THURSDAY 17 DEC

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

GS Veggie Burger in a Roll with Corn on the Cob & Baked Beans

D Jacket Potato with Cheese & Corn on the Cob

G Mini Shortbread & Melon

FRIDAY 18 DEC

FG Fish Fingers with Chips, Sweetcorn & Tomato Ketchup

G Fishless Fingers with Chips, Sweetcorn & Tomato Ketchup

GDS Ham Sub Roll with Crudités

G Flapjack or Fresh Fruit

WEEK 7

	M	T	W	T	F
MEAT	●	●	●	●	●
VEG	●	●	●	●	●
OTHER	●	●	●	●	●
TOTAL	_____				

MONDAY 4 JAN

GD Cheese & Tomato Pizza with Half a Jacket Potato & Mixed Vegetables

1 GD Cheese & Bean Burger with Half a Jacket Potato & Mixed Vegetables

D Jacket Potato with Baked Beans & Grated Cheese

G Shortbread or Fresh Fruit

TUESDAY 5 JAN

GDS Meatball Sub with Tomato Sauce, Grated Cheese & Peas

GDS Veg Ball Sub with Tomato Sauce, Grated Cheese & Peas

Jacket Potato with Ham & Peas

G Flapjack or Fresh Fruit

WEDNESDAY 6 JAN

Roast Chicken Breast with Roast Potatoes, Carrots, Cabbage & Gravy

GDE Vegetable Loaf with Roast Potatoes, Carrots, Cabbage & Gravy

GDS Cheese Sub Roll with Crudités

GE Pineapple Upside Down Cake or Fresh Fruit

THURSDAY 7 JAN

GD Beef Bolognese with Pasta, Sweetcorn & Grated Cheese

GD Vegetable Bolognese with Pasta, Sweetcorn & Grated Cheese

GD Jacket Potato with Spaghetti Hoops & Grated Cheese

G Chocolate Cookie or Fresh Fruit

FRIDAY 8 JAN

FG Battered Fish with Chips, Peas & Tomato Ketchup

GD Roasted Vegetable Slice with Chips, Peas & Tomato Ketchup

GDS Ham Sub Roll with Crudités

Strawberry Jelly & Fruit Salad

WEEK 1

	M	T	W	T	F
MEAT	●	●	●	●	●
VEG	●	●	●	●	●
OTHER	●	●	●	●	●
TOTAL	_____				

When ordering online, keep scrolling forward until you reach the dates for the first week back.

CONTAINS ALLERGENS

G Gluten

D Dairy

E Egg

S Soya

F Fish

See overleaf or online for more information on food allergies

AUTUMN

SCHOOL LUNCH MENU

2 NOVEMBER - 8 JANUARY

HOW TO ORDER

The easiest way to order meals is online at my.localfoodlinks.org.uk



Meals need to be ordered (or amended)
7 days in advance.

Why not order for the whole half term?
You can log back in and make changes
if you need to.

The system is easy to use but if you have
any problems you can talk to the team on
01308 420269



Selected schools may accept paper orders
via the school office, please check with your
school for ordering deadlines.

SCHOOL

NAME ONE FORM
PER CHILD

CLASS

Total _____ x £2.40

£ _____

Cheques made payable to School



www.localfoodlinks.org.uk