

AUTUMN TERM 2020

LUNCH



MENU



Compliant with
SCHOOL FOOD STANDARDS



WELCOME ...

Welcome to a new school year and an extra warm welcome to all new pupils. We hope you settle in quickly, make lots of new friends and enjoy our school meals too!

REMEMBER: If your child has a food allergy, please contact Barry Dovell, our Catering Manager, before you place your first order.

We offer lots of child-friendly favourites from homemade pizza (with hidden vegetables) and mid-week roasts, to pasta dishes and fish Fridays, followed by a variety of homemade desserts. Look out for the return of The Wombles (remember them?!) on 14th Sept when we're serving Uncle Bulgaria's Beetroot Burger as well as Bangers and Beans, followed by Toffee Apple Crumble on Bonfire Night...

But the highlight of this menu is our very own Ashley Painter's (Bridport Kitchen Manager) Gold Taste of the West award-winning Sausage & Bean "H-Ash" with Sunshine Rice on 10th Sept and 8th Oct, delicious and nutritious!

The start of the new school year also marks the start of our **new online ordering system**, now optimised for mobile phones, which we hope you find easier to use. Our website has a user guide if you're having difficulties or just give us a call, we're a friendly bunch.

You can also find us on social media – take a look, like our page and keep in touch with menu reminders, recipes and much more!



All pupils in Reception, Years 1 and 2 are entitled to universal infant **free school meals** but please remember you will need to order these 7 days in advance.

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 (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.

AUTUMN

SCHOOL LUNCH MENU 2 SEPTEMBER - 25 SEPTEMBER

SCHOOL

NAME ONE FORM
PER CHILD

CLASS

Total _____ x £2.40

£ _____

Cheques made payable to School

We reserve the right to make changes to the menu if required"

AUTUMN LUNCH MENU

1

STILL ON HOLIDAY

2

HOLIDAY

MIDWEEK ROASTS

WEDNESDAY 2 SEPT

- GS Roast Chicken Breast with Roast Potatoes, Carrots, Peas & Gravy
- GD Roasted Vegetable Slice with Roast Potatoes, Carrots, Peas & Gravy
- GDS Cheese Sub Roll with Crudités
- D Strawberry Yoghurt or Fresh Fruit

THURSDAY 3 SEPT

- GS Beef Burger in a Roll with Corn on the Cob, Baked Beans & Tomato Ketchup
- GS Veggie Burger in a Roll with Corn on the Cob, Baked Beans & Tomato Ketchup
- D Jacket Potato with Cheese & Mixed Salad
- G Chocolate Cookie or Fresh Fruit

FRIDAY 4 SEPT

- FG Battered Fish with Chips, Peas & Tomato Ketchup
- GD Roasted Vegetable Mini Muffin Pizza with Chips, Peas & Tomato Ketchup
- GDS Ham Sub Roll with Crudités
- Fresh Fruit Medley

WEDNESDAY 2 SEPT

W T F

TOTAL _____

MONDAY 7 SEPT

- GD Beef Bolognaise with Pasta, Sweetcorn & Grated Cheese
- GD Vegetable Bolognaise with Pasta, Sweetcorn & Grated Cheese
- GDS Ham Sub Roll with Mixed Salad
- G Flapjack or Fresh Fruit

TUESDAY 8 SEPT

- Barbecue Chicken with Rice & Mixed Vegetables
- GDS Homemade Tomato Soup with a Wholemeal Cheese Roll
- D Jacket Potato with Baked Beans & Grated Cheese
- GE Mini Chocolate Brownie & Orange Wedge

WEDNESDAY 9 SEPT

- Roast Gammon with Roast Potatoes, Mixed Vegetables & Gravy
- D Cauliflower Cheese with Roast Potatoes, Mixed Vegetables & Gravy
- D Jacket Potato with Cheese, Tomatoes & Cucumber
- G Lemon Shortbread or Fresh Fruit

THURSDAY 10 SEPT

- G Sausage & Bean "H-Ash" with Sunshine Rice
- GD Leek & Cheese Sausage "H-Ash" with Sunshine Rice
- Jacket Potato with Tuna Mayo & Crudités
- Strawberry Jelly & Fruit Salad

FRIDAY 11 SEPT

- FG Fish Fingers with Chips, Peas & Tomato Ketchup
- G Fishless Fingers with Chips, Peas & Tomato Ketchup
- GDS Cheese Sub Roll with Mixed Salad
- GDE Pancake & Lemon or Fresh Fruit

MONDAY 7 SEPT

M T W T F

MEAT
VEG
OTHER

TOTAL _____

MONDAY 14 SEPT

- GD Cheese & Tomato Pizza with Half a Jacket Potato, Peas & Carrots
- G Uncle Bulgaria's Beetroot Burger with Half a Jacket Potato, Peas & Carrots
- GDS Cheese Sub Roll with Cucumber & Tomatoes
- GE Dorset Apple Cake or Fresh Fruit

TUESDAY 15 SEPT

- GDS Meatball Sub with Tomato Sauce, Grated Cheese & Sweetcorn
- GDS Veg Ball Sub with Tomato Sauce, Grated Cheese & Sweetcorn
- FE Jacket Potato with Tuna Mayo & Mixed Salad
- G Mini Shortbread & Melon

WEDNESDAY 16 SEPT

- Roast Chicken Breast with Roast Potatoes, Carrots, Cabbage & Gravy
- GDE Vegetable Bake with Roast Potatoes, Carrots, Cabbage & Gravy
- D Jacket Potato with Cheese & Crudités
- GE Raspberry Cake or Fresh Fruit

THURSDAY 17 SEPT

- D Cottage Pie with Mixed Vegetables & Gravy
- GD Macaroni Cheese with Mixed Vegetables
- GDS Ham Sub Roll with Mixed Salad
- G Mini Chocolate Cookie & Orange Wedge

FRIDAY 18 SEPT

- FG Breaded Fillet of Fish with Chips, Peas & Tomato Ketchup
- GD Roasted Vegetable Slice with Chips, Peas & Tomato Ketchup
- GDE Chicken Mayo Sub Roll with Mixed Salad
- G Flapjack or Fresh Fruit

MONDAY 14 SEPT

M T W T

MEAT
VEG
OTHER

TOTAL _____

MONDAY 21 SEPT

- GD Mild Fruity Chicken Curry with Rice, Vegetable Medley & Mini Naan
- GDS Homemade Tomato Soup with a Wholemeal Cheese Roll
- GD Jacket Potato with Spaghetti Hoops & Grated Cheese
- GE Mini Chocolate Brownie & Mandarins

TUESDAY 22 SEPT

- G Pork Sausage with Pasta, Tomato Sauce & Peas
- GE Quorn Sausage with Pasta, Tomato Sauce & Peas
- D Jacket Potato with Cheese & Crudités
- G Oaty Apricot Cookie or Fresh Fruit

WEDNESDAY 23 SEPT

- GDE Roast Beef with Yorkshire Pudding, Roast Potatoes, Baby Carrots, Peas & Gravy
- GDE Leek Slice with Roast Potatoes, Baby Carrots, Peas & Gravy
- GDS Cheese Sub Roll with Mixed Salad
- GE Pineapple Upside Down Cake

THURSDAY 24 SEPT

- GD Lasagne with Garlic Bread & Sweetcorn
- GD Vegetable Lasagne with Garlic Bread & Sweetcorn
- FE Jacket Potato with Tuna Mayo & Crudités
- Strawberry Jelly & Fruit Salad

FRIDAY 25 SEPT

- FG Battered Fish, Half a Jacket Potato, Mixed Vegetables & Tomato Ketchup
- GDE Cheese & Onion Quiche Half a Jacket Potato, Mixed Vegetables & Tomato Ketchup
- GDS Ham Sub Roll with Mixed Salad
- D Chocolate Mousse or Fresh Fruit

MONDAY 21 SEPT

M T W T F

MEAT
VEG
OTHER

TOTAL _____

MONDAY 28 SEPT

- GD Cheese & Tomato Pizza with Half a Jacket Potato, Peas & Carrots
- E Quorn Cowboy Casserole with Half a Jacket Potato, Peas & Carrots
- GDS Cheese Sub Roll with Cucumber & Tomatoes
- GDE Pancake & Lemon or Fresh Fruit

TUESDAY 29 SEPT

- GD Chicken Breast with Pasta, Creamy Tomato Sauce & Peas
- GDE Quorn with Pasta, Creamy Tomato Sauce & Peas
- FE Jacket Potato with Tuna Mayo & Mixed Salad
- G Mini Shortbread & Melon

WEDNESDAY 30 SEPT

- Roast Pork with Roast Potatoes, Carrots, Cabbage & Gravy
- GE Vegetable Loaf with Roast Potatoes, Carrots, Cabbage & Gravy
- GDS Cheese Sub Roll with Crudités
- G Apricot Flapjack or Fresh Fruit

THURSDAY 1 OCT

- GS Beef Burger in a Roll with Corn on the Cob, Baked Beans & Tomato Ketchup
- GS Veggie Burger in a Roll with Corn on the Cob, Baked Beans & Tomato Ketchup
- D Jacket Potato with Cheese & Mixed Salad
- G Chocolate Cookie or Fresh Fruit

FRIDAY 2 OCT

- FG Battered Fish with Chips, Peas & Tomato Ketchup
- GD Roasted Vegetable Mini Muffin Pizza with Chips, Peas & Tomato Ketchup
- GDS Ham Sub Roll with Crudités
- Fresh Fruit Medley

MONDAY 28 SEPT

M T W T F

MEAT
VEG
OTHER

TOTAL _____

MONDAY 5 OCT

- GD Beef Bolognaise with Pasta, Sweetcorn & Grated Cheese
- GD Vegetable Bolognaise with Pasta, Sweetcorn & Grated Cheese
- GDS Ham Sub Roll with Mixed Salad
- G Flapjack or Fresh Fruit

TUESDAY 6 OCT

- Barbecue Chicken With Rice & Mixed Vegetables
- GDS Homemade Tomato Soup with a Wholemeal Cheese Roll
- D Jacket Potato with Baked Beans & Grated Cheese
- GE Mini Chocolate Brownie & Orange Wedge

WEDNESDAY 7 OCT

- Roast Gammon with Roast Potatoes, Mixed Vegetables & Gravy
- D Cauliflower Cheese with Roast Potatoes, Mixed Vegetables & Gravy
- D Jacket Potato with Cheese, Tomatoes & Cucumber
- G Lemon Shortbread or Fresh Fruit

THURSDAY 8 OCT

- G Sausage & Bean "H-Ash" with Sunshine Rice
- GD Leek & Cheese Sausage & Bean "H-Ash" with Sunshine Rice
- FE Jacket Potato with Tuna Mayo & Crudités
- Strawberry Jelly & Fruit Salad

FRIDAY 9 OCT

- FG Fish Fingers with Chips, Peas & Tomato Ketchup
- G Fishless Fingers with Chips, Peas & Tomato Ketchup
- GDS Cheese Sub Roll with Mixed Salad
- GDE Pancake & Lemon or Fresh Fruit

MONDAY 5 OCT

M T W T F

MEAT
VEG
OTHER

TOTAL _____

MONDAY 12 OCT

- GD Cheese & Tomato Pizza with Half a Jacket Potato, Peas & Carrots
- G Uncle Bulgaria's Beetroot Burger with Half a Jacket Potato, Peas & Carrots
- GDS Cheese Sub Roll with Cucumber & Tomatoes
- GE Dorset Apple Cake or Fresh Fruit

TUESDAY 13 OCT

- GDS Meatball Sub with Tomato Sauce, Grated Cheese & Sweetcorn
- GDS Veg Ball Sub with Tomato Sauce, Grated Cheese & Sweetcorn
- FE Jacket Potato with Tuna Mayo & Mixed Salad
- G Mini Shortbread & Melon

WEDNESDAY 14 OCT

- Roast Chicken Breast with Roast Potatoes, Carrots, Cabbage & Gravy
- GDE Vegetable Bake with Roast Potatoes, Carrots, Cabbage & Gravy
- D Jacket Potato with Cheese & Crudités
- GE Raspberry Cake or Fresh Fruit

THURSDAY 15 OCT

- D Cottage Pie with Mixed Vegetables & Gravy
- GD Macaroni Cheese with Mixed Vegetables
- GDS Ham Sub Roll with Mixed Salad
- G Mini Chocolate Cookie & Orange Wedge

FRIDAY 16 OCT

- FG Breaded Fillet of Fish with Chips, Peas & Tomato Ketchup
- GD Roasted Vegetable Slice with Chips, Peas & Tomato Ketchup
- GDE Chicken Mayo Sub Roll with Mixed Salad
- G Flapjack or Fresh Fruit

MONDAY 12 OCT

M T W T

MEAT
VEG
OTHER

TOTAL _____

MONDAY 19 OCT

- GD Mild Fruity Chicken Curry with Rice, Vegetable Medley & Mini Naan
- GDS Homemade Tomato Soup with a Wholemeal Cheese Roll
- GD Jacket Potato with Spaghetti Hoops & Grated Cheese
- GE Mini Chocolate Brownie & Mandarins

TUESDAY 20 OCT

- G Pork Sausage with Pasta, Tomato Sauce & Peas
- GE Quorn Sausage with Pasta, Tomato Sauce & Peas
- D Jacket Potato with Cheese & Crudités
- G Oaty Apricot Cookie or Fresh Fruit

WEDNESDAY 21

- GDE Roast Beef with Yorkshire Pudding, Roast Potatoes, Baby Carrots, Peas & Gravy
- GDE Leek Slice with Roast Potatoes, Baby Carrots, Peas & Gravy
- GDS Cheese Sub Roll with Mixed Salad
- GE Pineapple Upside Down Cake

THURSDAY 22 OCT

- GD Lasagne with Garlic Bread & Sweetcorn
- GD Vegetable Lasagne with Garlic Bread & Sweetcorn
- FE Jacket Potato with Tuna Mayo & Crudités
- Strawberry Jelly & Fruit Salad

FRIDAY 23 OCT

- FG Battered Fish, Half a Jacket Potato, Mixed Vegetables & Tomato Ketchup
- GDE Cheese & Onion Quiche, Half a Jacket Potato, Mixed Vegetables & Tomato Ketchup
- GDS Ham Sub Roll with Mixed Salad
- D Chocolate Mousse or Fresh Fruit

MONDAY 19 OCT

M T W T F

MEAT
VEG
OTHER

TOTAL _____

MONDAY 2 NOV

- GD Chicken Breast with Pasta, Creamy Tomato Sauce & Peas
- 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
- GDE Quorn Hot Dog with Corn on the Cob & Baked Beans
- 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

MONDAY 2 NOV

M T W T F

MEAT
VEG
OTHER

TOTAL _____

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

28 SEPTEMBER - 6 NOVEMBER

SCHOOL

NAME ONE FORM
PER CHILD

CLASS

Total _____ x £2.40

£ _____

Cheques made payable to School

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.



www.localfoodlinks.org.uk