

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

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](http://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 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 NOVEMBER - 8 JANUARY

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

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**

**MONDAY 2 NOV**

	M	T	W	T	F
MEAT					
VEG					
OTHER					
TOTAL					

**MONDAY 9 NOV**

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

**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 Bolognaise with Pasta, Sweetcorn & Grated Cheese

**GD** Vegetable Bolognaise 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**

**MONDAY 9 NOV**

	M	T	W	T	F
MEAT					
VEG					
OTHER					
TOTAL					

**MONDAY 16 NOV**

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

**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**

**MONDAY 16 NOV**

	M	T	W	T	F
MEAT					
VEG					
OTHER					
TOTAL					

**MONDAY 23 NOV**

**GD** Chicken Breast with Pasta, Creamy Tomato Sauce & Peas

**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**

**MONDAY 23 NOV**

	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 Bolognaise with Pasta, Sweetcorn & Grated Cheese

**GD** Vegetable Bolognaise 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**

**MONDAY 30 NOV**

	M	T	W	T	F
MEAT					
VEG					
OTHER					
TOTAL					

**MONDAY 7 DEC**

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

**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**

**MONDAY 7 DEC**

	M	T	W	T	F
MEAT					
VEG					
OTHER					
TOTAL					

**MONDAY 14 DEC**

**GD** Chicken Breast with Pasta, Creamy Tomato Sauce & Peas

**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**

**MONDAY 14 DEC**

	M	T	W	T	F
MEAT					
VEG					
OTHER					
TOTAL					

**MONDAY 4 JAN**

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

**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 Bolognaise with Pasta, Sweetcorn & Grated Cheese

**GD** Vegetable Bolognaise 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**

**MONDAY 4 JAN**

	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

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](http://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](http://www.localfoodlinks.org.uk)