SUMMER TERM 2021









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

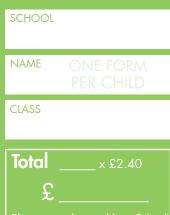
If your child is in KS1 (Reception, Yr1 and Yr2) they can enjoy a hot school meal for free everyday!

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.

SUMMER

23 JULY 7 JUNE



JUNE 14-18

Is the British Nutrition Foundation's Healthy Eating Week. Enjoy our fruity chicken curry packed with fruit and vegetables, or our homemade veggie burger, both delicious and extra healthy.

UNE 21-25

It's National Picnic Week and to celebrate we have added lots of lighter dishes like our Ham or Cheese Ploughman's lunch and our BBQ Chicken "Burger".



JULY 2ND

Join the Grand Appeal and support Bristol Children's Hospital. Ask your teachers if they are wearing "The Wrong Trousers" on Friday 2nd July and try our " Cracking Cheesecake Gromit!"

SUMMER

SCHOOL LUNCH MENU **23 JUL** JUNE



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



MONDAY 19 JULY

- GD Cheese & Tomato French Bread Pizza with Corn on the Cob & Baked Beans
- GD Cheese & Bean Burger with Corn on the Cob & Baked Beans
- Jacket Potato with Cheese & Mixed Salad
- G Marble Cookie or Fresh Fruit

TUESDAY 20 JULY

- GS Sweet & Sour Meatballs with Rice & Vegetable Medley
- GSE Sweet & Sour Quorn Balls with Rice & Vegetable Medley
- GD Jacket Potato with Spaghetti Hoops & Grated Cheese

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D

Dairy

Gluten

- G Mini Flapjack & Orange
- WEDNESDAY 21 JULY
- Roast Loin of Pork with Roast Potatoes, Mixed Vegetables & Gravy

E Egg

- E Vegetable Bake with Roast Potatoes, Mixed Vegetables & Gravy
- GDS Cheese Sub Roll with Pesto Pinwheel & Mixed Salad
- GD Chocolate Crispy Square or Fresh Fruit

THURSDAY 22 JULY

- GD Beef Bolognaise with Wholemeal Pasta, Baby Carrots & Grated Cheese
- GD Vegetable Bolognaise with Wholemeal Pasta, Baby Carrots & Grated Cheese
- FE Jacket Potato with Tuna Mayo & Crudités

S

Soya

G Mini Shortbread & Pineapple

FRIDAY 23 JULY

- FG Breaded Fillet of Fish with Chips, Peas & Tomato ketchup
- GD Macaroni Cheese with Peas & Tomato Ketchup
- GDS Ham Sub Roll with Chips & Mixed Salad
- GD Vanilla Cheesecake or Fresh Fruit

F Fish





See overleaf or online for more information on food allergies

