



AUTUMN TERM 2021

LUNCH



WINTER WARMERS



MENU



KEEPING WARM

WINTER WARMERS

Award winning chef
Hugh Fearnley-Whittingstall has kindly
provided some recipes for our menu.
**LOOK OUT for Hugh's Gardener's
Pie, a Veg-centric take on the classic
Cottage Pie. Also in January is Hugh's
Boston Bean & Squash Stew,
a real winter warmer!**

NOVEMBER 11

To commemorate
Armistice Day we
are baking delicious
Remembrance Poppy
Shortbread Biscuits;
Lest we Forget.

NOV 13
CHILDREN IN NEED
We're celebrating with
our Pudsey Bear
Chocolate Cookie!



DECEMBER 15

Traditional Christmas Turkey
Dinner or our Festive Vegetable
Loaf with all the trimmings.
Yule be sorry if you forget to
order in plenty of time.

THIS SEASON

DID YOU KNOW...

that we source all our fresh
ingredients from local suppliers?
All our meat is British Red
Tractor accredited and all our
fish products are MSC certified,
meaning they are sourced
sustainably.



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 Yr 2) they can enjoy a hot school meal for free everyday!

Some children in Yr 3 or above may be entitled to **FREE MEALS** if their parents receive financial support.

To find out if you are entitled, look on the Dorset Council website or call 01305 221090.

AUTUMN

SCHOOL LUNCH MENU

1 NOVEMBER - 7 JANUARY

SCHOOL

NAME ONE FORM
PER CHILD

CLASS

Total _____ x £2.40

£ _____

Cheques made payable to School

AUTUMN

SCHOOL LUNCH MENU

1 NOVEMBER - 7 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



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

AUTUMN LUNCH MENU

WINTER WARMERS

Did you order Week 1 last half term?

MONDAY 1 NOV

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 Vegetable Bolognaise

G Lemon Shortbread or Fresh Fruit

TUESDAY 2 NOV

Chicken Breast with Tomato Sauce, Colourful Rice & Peas

GE Quorn with Tomato Sauce, Colourful Rice & Peas

D Jacket Potato with Baked Beans & Grated Cheese

G Mini Flapjack & Pineapple

WEDNESDAY 3 NOV

Roast Turkey with Roast Potatoes, Mixed Vegetables & Gravy

GE Vegetable Bake with Roast Potatoes, Mixed Vegetables & Gravy

GDS Cream Cheese & Cucumber Sub Roll with Tomato Twist & Mixed Salad

G Oat & Raspberry Slice

THURSDAY 4 NOV

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

GD Vegetable Bolognaise with Wholemeal Pasta, Baby Carrots & Grated Cheese

GD Ham Baguette with Tomato Twist & Crudites

G Mini Chocolate Cookie & Orange Wedge

FRIDAY 5 NOV

GS Pork Hot Dog with Chips, Peas & Tomato Ketchup

GSE Quorn Hot Dog with Chips, Peas & Tomato Ketchup

D Jacket Potato with Cheese & Mixed Salad

GDE Sticky Toffee Pudding with Custard or Fresh Fruit

WEEK 1

	M	T	W	T	F
MEAT					
VEG					
OTHER					
TOTAL					

MONDAY 8 NOV

GD Fruity Chicken Curry with Rice, Vegetable Medley & Mini Naan

GDE Quorn Keema Curry with Rice, Vegetable Medley & Mini Naan

GD Cheese Baguette with Tomato Pinwheel & Crudites

GE Dorset Apple Cake or Fresh Fruit

TUESDAY 9 NOV

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

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

D Jacket Potato with Cheese & Mixed Salad

G Mini Oat Cookie & Melon

WEDNESDAY 10 NOV

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

GDE Cauliflower Cheese with Yorkshire Pudding, Roast Potatoes, Mixed Veg & Gravy

GD SEF Tuna Mayo Sub Roll with Pesto Twist & Crudites

GD Chocolate Crispy Square or Fresh Fruit

REMEMBRANCE DAY THURSDAY 11 NOV

D **Hugh's Gardener's Pie** with Baby Carrots & Peas

D Vegetarian Cottage Pie with Baby Carrots & Peas

D Jacket Potato with Baked Beans & Grated Cheese

G Remembrance Shortbread or Fresh Fruit

FRIDAY 12 NOV

FG Battered Fish with Chips, Sweetcorn & Tomato Ketchup

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

GD Ham Baguette with Chips, Crudites & Tomato Ketchup

G Pudsey Bear Chocolate Cookie & Orange Wedge

WEEK 2

	M	T	W	T	F
MEAT					
VEG					
OTHER					
TOTAL					

MONDAY 15 NOV

GS BBQ Chicken Breast in a Roll with Corn on the Cob & Peas

GDS Homemade Tomato Soup with a Wholemeal Cheese Roll

GD Jacket Potato with Spaghetti Hoops & Grated Cheese

GE Carrot Cake or Fresh Fruit

TUESDAY 16 NOV

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

GD Vegetable Bolognaise with Wholemeal Pasta, Baby Carrots & Grated Cheese

Jacket Potato with Ham & Mixed Salad

G Mini Shortbread & Melon

WEDNESDAY 17 NOV

Roast Gammon with Roast Potatoes, Mixed Vegetables & Gravy

G Vegetarian Sausage Roll with Roast Potatoes, Mixed Vegetables & Gravy

GDS Cheese Sub Roll with Tomato Pinwheel & Crudites

GE Lemon Drizzle Cake or Fresh Fruit

THURSDAY 18 NOV

GDS Meatball Sub with Tomato Sauce, Grated Cheese & Sweetcorn

GDSE Veg Ball Sub with Tomato Sauce, Grated Cheese & Sweetcorn

FE Jacket Potato with Tuna Mayo & Mixed Salad

D Strawberry Yoghurt or Fresh Fruit

FRIDAY 19 NOV

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

G Roasted Vegetable Twist with Chips, Peas & Tomato Ketchup

GD Cheese Baguette with Chips, Crudites & Tomato Ketchup

G Mini Flapjack & Pineapple

WEEK 3

	M	T	W	T	F
MEAT					
VEG					
OTHER					
TOTAL					

MONDAY 22 NOV

GD Cheese & Tomato French Bread Pizza with Corn on the Cob & Baked Beans

GDS Cheese & Bean Burger in a Roll with Corn on the Cob & Baked Beans

Jacket Potato with Vegetable Bolognaise

GE Mini Chocolate Brownie & Orange Wedge

TUESDAY 23 NOV

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

GS Best of British Quorn Sausage with Pasta, Tomato Sauce & Carrots

D Jacket Potato with Cheese & Crudites

G Oat Biscuit or Fresh Fruit

WEDNESDAY 24 NOV

Roast Turkey with Roast Potatoes, Mixed Vegetables & Gravy

GE Vegetable Bake with Roast Potatoes, Mixed Vegetables & Gravy

GDS Cheese Sub Roll with Tomato Pinwheel & Mixed Salad

GD Fruity Chocolate Tiffin or Fresh Fruit

THURSDAY 25 NOV

GD Macaroni Cheese with Crusty Bread & Peas

GD Homemade Tomato Soup with a Wholemeal Cheese Roll

Jacket Potato with Ham & Crudites

G Flapjack or Fresh Fruit

FRIDAY 26 NOV

FG Fish Fingers with Potato Wedges, Baby Carrots & Tomato Ketchup

G Fishless Fingers with Potato Wedges, Baby Carrots & Tomato Ketchup

GD Cheese Baguette with Chips, Mixed Salad & Tomato Ketchup

Orange Jelly & Mandarins

WEEK 4

	M	T	W	T	F
MEAT					
VEG					
OTHER					
TOTAL					

MONDAY 29 NOV

GD Fruity Chicken Curry with Rice, Vegetable Medley & Mini Naan

GDE Quorn Keema Curry with Rice, Vegetable Medley & Mini Naan

GD Cheese Baguette with Tomato Pinwheel & Crudites

GE Dorset Apple Cake or Fresh Fruit

TUESDAY 30 NOV

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

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

D Jacket Potato with Cheese & Mixed Salad

G Mini Oat Cookie & Melon

WEDNESDAY 1 DEC

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

GDE Cauliflower Cheese with Yorkshire Pudding, Roast Potatoes, Mixed Veg & Gravy

GDS EF Tuna Mayo Sub Roll with Pesto Twist & Crudites

GD Chocolate Crispy Square or Fresh Fruit

THURSDAY 2 DEC

D **Hugh's Gardener's Pie** with Baby Carrots & Peas

D Vegetarian Cottage Pie with Baby Carrots & Peas

D Jacket Potato with Baked Beans & Grated Cheese

G Shortbread or Fresh Fruit

FRIDAY 3 DEC

FG Battered Fish with Chips, Sweetcorn & Tomato Ketchup

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

GD Ham Baguette with Chips, Crudites & Tomato Ketchup

G Chocolate Cookie & Orange Wedge

WEEK 5

	M	T	W	T	F
MEAT					
VEG					
OTHER					
TOTAL					

MONDAY 6 DEC

GS BBQ Chicken Breast in a Roll with Corn on the Cob & Peas

GDS Homemade Tomato Soup with a Wholemeal Cheese Roll

GD Jacket Potato with Spaghetti Hoops & Grated Cheese

GE Carrot Cake or Fresh Fruit

TUESDAY 7 DEC

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

GD Vegetable Bolognaise with Wholemeal Pasta, Baby Carrots & Grated Cheese

Jacket Potato with Ham & Mixed Salad

G Mini Shortbread & Melon

WEDNESDAY 8 DEC

Roast Gammon with Roast Potatoes, Mixed Vegetables & Gravy

G Vegetarian Sausage Roll with Roast Potatoes, Mixed Vegetables & Gravy

GDS Cheese Sub Roll with Tomato Pinwheel & Crudites

GE Lemon Drizzle Cake or Fresh Fruit

THURSDAY 9 DEC

GDS Meatball Sub with Tomato Sauce, Grated Cheese & Sweetcorn

GDSE Veg Ball Sub with Tomato Sauce, Grated Cheese & Sweetcorn

FE Jacket Potato with Tuna Mayo & Mixed Salad

D Strawberry Yoghurt or Fresh Fruit

FRIDAY 10 DEC

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

GD Roasted Vegetable Twist with Chips, Peas & Tomato Ketchup

GD Cheese Baguette with Chips, Crudites & Tomato Ketchup

G Mini Flapjack & Pineapple

WEEK 6

	M	T	W	T	F
MEAT					
VEG					
OTHER					
TOTAL					

MONDAY 13 DEC

GD Cheese & Tomato French Bread Pizza with Corn on the Cob & Baked Beans

GDS Cheese & Bean Burger in a Roll with Corn on the Cob & Baked Beans

Jacket Potato with Vegetable Bolognaise

GE Mini Chocolate Brownie & Orange Wedge

TUESDAY 14 DEC

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

G Best of British Quorn Sausage with Pasta, Tomato Sauce & Carrots

D Jacket Potato with Cheese & Crudites

G Oat Biscuit or Fresh Fruit

CHRISTMAS DINNER WEDNESDAY 15 DEC

G Roast Turkey & Mini Sausage or Festive Vegetable Loaf **served with**

G Roast Potatoes, Vegetable Medley, Stuffing, Cranberry Sauce & Gravy

GD Chocolate & Cranberry Cookie or Satsuma

THURSDAY 16 DEC

GD Macaroni Cheese with Crusty Bread & Peas

GDS Homemade Tomato Soup with a Wholemeal Cheese Roll

Jacket Potato with Ham & Crudites

G Flapjack or Fresh Fruit

FRIDAY 17 DEC

FG Fish Fingers with Potato Wedges, Baby Carrots & Tomato Ketchup

G Fishless Fingers with Potato Wedges, Baby Carrots & Tomato Ketchup

GD Cheese Baguette with Chips, Mixed Salad & Tomato Ketchup

Orange Jelly & Mandarins

WEEK 7

	M	T	W	T	F
MEAT					
VEG					
OTHER					
TOTAL					

BANK HOLIDAY MONDAY 3 JAN

TUESDAY 4 JAN

G Chicken Breast with Pasta, Tomato Sauce & Peas

G Roasted Vegetable & Tomato Sauce with Pasta & Peas

D Jacket Potato with Baked Beans & Grated Cheese

G Flapjack or Fresh Fruit

WEDNESDAY 5 JAN

GDE Roast Sausage with Yorkshire Pudding, Roast Potatoes, Carrots, Sweetcorn & Gravy

GDE Best Of British Quorn Sausage with Yorkshire Pudding, Roast Potatoes, Carrots, Sweetcorn & Gravy

GDS Cheese Sub Roll with Tomato Pinwheel & Crudites

G Mini Shortbread & Pineapple

THURSDAY 6 JAN

G Beef Bolognaise with Wholemeal Pasta & Baby Carrots

G **Hugh's Boston Bean & Squash Hotpot** with Crusty Bread & Baby Carrots

GD Jacket Potato with Spaghetti Hoops & Grated Cheese

GE Raspberry Cake or Fresh Fruit

FRIDAY 7 JAN

FG Fish Fingers with Potato Wedges, Baby Carrots & Tomato Ketchup

GD Fishless Fingers with Potato Wedges, Baby Carrots & Tomato Ketchup

GD Cheese Baguette with Chips, Mixed Salad & Tomato Ketchup

GE Mini Chocolate Brownie & Orange Wedge

WEEK 1

	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

We reserve the right to make menu changes when necessary