13th September

Brace yourselves, Roald Dahl Day is just around the corner on Friday, 13th September! We'll be whipping up James' Mudburger (Beef) or Cheese & Farmer Beans Burger for you snapperwhippers to enjoy along with Bruce Bogtrotter's Gluttonous Chocolate Cake and Chocolate Sauce for pudding. A scrumptious and delumptious lunch indeed that will keep the babbling chatbags quiet at lunchtime and energised all afternoon.

AUTUMN TER

23rd Sept - 4th Oct

23rd September – 4th October is British Food Fortnight, and what could be more British than the Nation's Favourite Mild Chicken Tikka Masala, Roast British Pork Loin or Cauliflower & Broccoli Cheese. All of our fresh meat is British, and all of our dairy is sourced in the Southwest. A real British feast awaits, you won't want to miss it.

30th Sept-4th Oct

It's National Vegetarian Week from 30th September – 4th October, we love our Somerset Cheese & 5 Veg Tomato sauce Pizzas, and we know you do too, but have you tried our delicious Homity Pie or Vegetable and Bean Enchiladas, just as good and full of veggle goodness to power you through until home time.

12 Million

National Vegetarian Week

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5th November

Moo-aah

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Remember, remember to order your school meal for the 5th of November, Gunpowder, treason and Hot Dogs, Banging! And for pud, our amazing Sticky Toffee Pudding with Custard, Yum!



www.localfo<mark>odlinks.org.uk</mark>

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Some other bits you need to know.

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 Reception, Year 1 or Year 2, they can enjoy a hot school meal for free everyday!

Some children in Year 3 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.

ORDERING

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

ORDER AT my.localfoodlinks.org.uk

> Any problems call 01308 420269



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| DAY 5 SEPTEMBER | | FRIDAY 6 SEPTEMBER | | | | | | |
|---|------|---|--|--|--|--|--|--|
| oni Cheese with Wyke Farm ar & Peas | FG | MSC Battered Fish with Potato Wedges, Sweetcorn & Tomato Ketchup | | | | | | |
| asta with Wyke Farm ar & Peas | GD | Vegetable & Bean Enchilada with Potato Wedges, Sweetcorn & Tomato | | | | | | |
| e & Vegetable Turnover udites & Tomato Ketchup | GDSE | Ketchup Egg Mayo Roll with Potato Wedges, Carrot Sticks & Tomato Ketchup | | | | | | |
| at Cookie | GE | Lemon Drizzle Cake or Fresh Fruit | | | | | | |
| | | | | | | | | |
| RSDAY 12 SEPTEMBER | | ROALD DAHL DAY FRIDAY 13 SEPTEMBER | | | | | | |
| ish Fingers with Mashed Peas & Tomato Ketchup | GS | James's MudBurger in a Roll with Chips, Sweetcorn, Peas & Tomato Ketchup | | | | | | |
| s Fingers with Mashed Potato, Tomato Ketchup | GDS | Cheese & Farmer Bean's Burger in a Roll with Chips, Sweetcorn, | | | | | | |
| Cheese & Tomato Panini with Sticks & Chutney | D | Peas & Tomato Ketchup Jacket Potato with Cheese, Snozzcumbers & Witches Fingers | | | | | | |
| inger Biscuit apple | GDE | Bruce's Gluttonous Chocolate Cake with Chocolate Sauce or Fresh Fruit | | | | | | |
| | | | | | | | | |
| SDAY 19 SEPTEMBER | | FRIDAY 20 SEPTEMBER | | | | | | |
| n Beef Lasagne Carrots & Sweetcorn | FG | MSC Breaded Fish with Potato Wedges, Peas & Tomato Ketchup | | | | | | |
| Packed Lasagne Carrots & Sweetcorn | GDS | Mini Muffin Pizza with Potato Wedges, Peas & Tomato Ketchup | | | | | | |
| t Potato with Ham rrot Sticks | GDSE | Coronation Roll with Potato Wedges, Cucumber & Tomato Ketchup | | | | | | |
| Shortbread | GE | Dorset Apple Cake or Fresh Fruit | | | | | | |
| | | FRIDAY 27 SEPTEMBER | | | | | | |
| SDAY 26 SEPTEMBER oni Cheese with Wyke Farm ar & Peas | FG | gy؟ MSC Battered Fish with Potato Wedges, Sweetcorn & Tomato Ketchup | | | | | | |
| asta with Wyke Farm ar & Peas | GDE | Cheese & Onion Quiche with Potato Wedges, Sweetcorn | | | | | | |
| e & Vegetable Turnover udites & Tomato Ketchup | GDS | & Tomato Ketchup Ham Roll with Chips, Carrot Sticks & Tomato Ketchup | | | | | | |
| at Cookie on | GE | Jammy Cupcake or Fresh Fruit | | | | | | |
| | | NV. | | | | | | |
| URSDAY 3 OCTOBER | | FRIDAY 4 OCTOBER | | | | | | |
| eg Tomato Sauce with | FG | MSC Fish Fingers | | | | | | |
| ble Ravioli, Grated & Peas | | with Potato Wedges, Sweetcorn & Tomato Ketchup | | | | | | |
| cked Tomato Soup with Baguette | GD | Vegetable & Bean Enchilada with Potato Wedges, Sweetcorn & Tomato Ketchup | | | | | | |

Egg Mayo Roll with Potato Wedges, Carrot Sticks & Tomato Ketchup

Chocolate Cake or Fresh Fruit

GDSE

GE

FG

GDS

GE

FRIDAY 11 OCTOBER

- MSC Breaded Fish with Potato Wedges, Peas & Tomato Ketchup
- Mini Muffin Pizza with Potato Wedges, Peas & Tomato Ketchup
- Coronation Roll with Potato Wedges, Cucumber & Tomato Ketchup GDSE
 - Dorset Apple Cake or Fresh Fruit

| <u>trad</u> | i. | | & Orange Wedge | | ANGIG | | | | 5 | | | |
|-------------|---|-----|---|---------|---|------|---|------|--|--|--|--|
| Saar | MONDAY 14 OCTOBER | | TUESDAY 15 OCTOBER | MIDWEEK | WEDNESDAY 16 OCTOBER | | THURSDAY 17 OCTOBER | | FRIDAY 18 OCTOBER | | | |
| GD | The Nations Favourite Mild Chicken Tikka Masala with Rice, Vegetables & Mini Naan | GS | Devon Pork & Apple Burger in a Roll with Baked Beans & Corn Cob | | Roast British Turkey, Roast Potatoes, Country Vegetables & Gravy | GD | Macaroni Cheese with Wyke Farm Cheddar & Peas | FG | MSC Battered Fish with Potato Wedges, Sweetcorn & Tomato Ketchup | | | |
| GDE | Mild Quorn Tikka Masala with Rice, Vegetables & Mini Naan | GS | Plant Packed Burger in a Roll with Baked Beans & Corn Cob Jacket Potato with Cheese | D | Cauliflower & Broccoli Cheese with Roast Potatoes, Country Vegetables & Gravy | GD | Pesto Pasta with Wyke Farm Cheddar & Peas | GDE | Cheese & Onion Quiche with Potato Wedges, Sweetcorn & Tomato Ketchup | | | |
| D | Jacket Potato with Baked Bears & | D | & Tomatoes | GDSFE | Tuna Mayo Roll with Pesto Twist & Cucumber | GD | Cheese & Vegetable Turnover with Crudites & Tomato Ketchup | GDS | Ham Roll with Chips, Carrot Sticks & Tomato Ketchup | | | |
| G | Flapjack or Fresh Fruit | G | Mini Chocolate Shortbread & Orange Wedge | GE | Lemon Drizzle Cake or Fresh Fruit | GE | Mini Oat Cookie & Melon | GE | Jammy Cupcake or Fresh Fruit | | | |
| | MONDAY 21 OCTOBER | | TUESDAY 22 OCTOBER | | WEDNESDAY 23 OCTOBER | | THURSDAY 24 OCTOBER | | FRIDAY 25 OCTOBER | | | |
| GD | Somerset Cheese & Tomato Pizza with Baked Beans & Corn Cob | GD | British Beef Bolognaise with Wholemeal Pasta, Grated Cheese, Carrots & Peas | | Roast British Pork Loin with Roast Potatoes, Country Vegetables & Gravy | 🖉 gd | LFL 5 Veg Tomato Sauce with Vegetable Ravioli, Grated Cheese & Peas | FG | MSC Fish Fingers with Potato Wedges, Sweetcorn & Tomato Ketchup | | | |
| G | Plant Powered Sausage Roll with Baked Beans & Corn Cob | GD | Veg Packed Bolognaise with Wholemeal Pasta, Grated Cheese, Carrots & Peas | GD | Homity Pie with Country Vegetables & Gravy | GD | Veg Packed Tomato Soup with Cheese Baguette | GD | Vegetable & Bean Enchilada with Potato Wedges, Sweetcorn & Tomato | | | |
| | Jacket Potato with Mild Chilli Non-Carne | R | Jacket Potato with Ham & Cucumber | GD | Warm Cheese & Tomato Panini with Carrot Sticks & Chutney | GE | Jacket Potato with Quorn Cowboy Casserole | GDSE | Ketchup Egg Mayo Roll with Potato Wedges, | | | |
| G | Jammy Shortbread or Fresh Fruit | | Watermelon Wedge | G | Oat & Raspberry Slice or Fresh Fruit | G | Mini Ginger Biscuit & Pineapple | GE | Carrot Sticks & Tomato Ketchup Chocolate Cake or Fresh Fruit | | | |
| | | J | | | | | THURSDAY 7 NOVEMBER | | FRIDAY 8 NOVEMBER | | | |
| | MONDAY 4 NOVEMBER | GS | TUESDAY 5 NOVEMBER Pork Hot Dog with Potato Wedges, | D | WEDNESDAY 6 NOVEMBER Roast Dorset Gammon with Mashed | GD | British Beef Lasagne with Carrots | FG | MSC Breaded Fish with Chips, Peas | | | |
| | BBQ Chicken with Colourful Rice & Sweetcorn | 63 | Peas & Tomato Ketchup | | Potato, Country Vegetables & Gravy | GD | & Sweetcorn | ru | & Tomato Ketchup | | | |
| E | BBQ Quorn with Colourful Rice & Sweetcorn | GS | Quorn Best of British Hot Dog with Potato Wedges, Peas & Tomato Ketchup | GDE | Veg Powered "Meat" Loaf with Mashed Potato, Country Vegetables & Gravy | GD | Plant Packed Lasagne with Carrots & Sweetcorn | GDS | Mini Muffin Pizza with Chips, Peas & Tomato Ketchup | | | |
| D | Jacket Potato with Baked Beans & Grated Cheese | FE | Jacket Potato with Tuna Mayo & Cucumber | GDS | Cheese Roll with Marmite Twist & Carrot Sticks | | Jacket Potato with Ham & Tomatoes | GDSE | Coronation Roll with Chips, Cucumber & Tomato Ketchup | | | |
| G | Lemon Shortbread or Fresh Fruit | GDE | Sticky Toffee Pudding with Custard or Fresh Fruit | G | Chocolate Flapjack & Orange Wedge | G | Mini Shortbread & Melon | GE | Dorset Apple Cake | | | |
| | WE RESERVE THE RIGHT TO MAKE MENU CHANGES WHEN NECESSARY | | | | | | | | | | | |
| | CONTAINS ALLERGE | NS | G Gluten D Dairy | E | Egg S Soya F | Fish | C Coconut | | | | | |