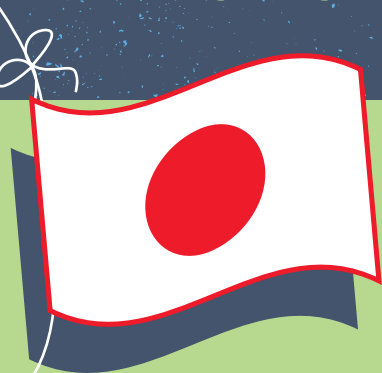


HAPPY NEW YEAR

and welcome back to school!



We have a few new and exciting dishes on the menu this term: our Chicken or Quorn Katsu with Rice is delicious and warming and is sure to be a hit!

Many of you asked for a pasta bake on the menu, so try our new Creamy Cheese & Tomato Pasta Bake. PS, our scrummy Garlic Bread has made a welcome return so be sure to order yours in plenty of time.



The Chinese New Year begins on Sunday 22nd January and to celebrate we are serving Chicken or Quorn with Sweet & Sour Sauce, but if you don't fancy that, we have the ever popular Jacket Potato with Baked Beans & Grated Cheese.

It's cold outside, but our dishes will warm you up and power you through until home time, and don't fret, spring will be here soon.



www.localfoodlinks.org.uk



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 KS1 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.

ORDERING

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

ORDER AT
my.localfoodlinks.org.uk

Any problems call
01308 420269

BANK HOLIDAY

TUESDAY 3 JAN
GD Cheese & Tomato Pizza with Corn on the Cob & Baked Beans
GS Plant Packed Burger in a Roll with Corn on the Cob & Baked Beans
 Jacket Potato with Chilli Non Carne
G Flapjack or Fresh Fruit

WEDNESDAY 4 JAN
G Roast Chicken Breast with Roast Potatoes, Mixed Vegetables & Gravy
GD Veg Packed Pinwheel with Roast Potatoes, Mixed Vegetables & Gravy
D Jacket Potato with Cheese & Tomato Wedges
G Mini Ginger Biscuit & Pineapple

THURSDAY 5 JAN
G Local Butchers Pork Sausage with Wholemeal Pasta, 5 Veg Tomato Sauce & Green Beans
G Best of British Quorn Sausage with Wholemeal Pasta, 5 Veg Tomato Sauce & Green Beans
GD Cheese Baguette with Tomato Pinwheel & Carrot Sticks
GE Carrot Cake or Fresh Fruit

FRIDAY 6 JAN
FG Breaded Fish with Chips, Peas & Tomato Ketchup **SUSTAINABLE**
GDE Cheese & Onion Quiche with Chips, Peas & Tomato Ketchup
GD Ham Baguette with Chips, Cucumber & Tomato Ketchup
GD Apple Crumble & Custard

MONDAY 9 JAN
GS Chicken Katsu with Rice & Vegetables
GSE Quorn Katsu with Rice & Vegetables
GD Jacket Potato with Spaghetti Hoops & Grated Cheese
G Marble Cookie or Fresh Fruit

TUESDAY 10 JAN
GDS Meatball Sub with 5 Veg Tomato Sauce, Grated Cheese, Peas & Sweetcorn
GDS Plant Packed Nugget Sub with 5 Veg Tomato Sauce, Grated Cheese, Peas & Sweetcorn
 Jacket Potato with Ham & Cucumber
G Mini Chocolate Flapjack & Orange Wedge

WEDNESDAY 11 JAN
GD Roast Gammon with Roast Potatoes, Mixed Vegetables & Gravy
GD Roasted Vegetable Slice with Roast Potatoes, Mixed Vegetables & Gravy
GD Cheese Baguette with Tomato Pinwheel & Carrot Sticks
GE Sticky Ginger Cake or Fresh Fruit

THURSDAY 12 JAN
GD Macaroni Cheese with Crusty Bread & Baby Carrots
GD Homemade Tomato Soup with a Cheese Baguette
FE Jacket Potato with Tuna Mayo & Cucumber
G Oat Cookie or Fresh Fruit

FRIDAY 13 JAN
FG Breaded Fish with Chips, Sweetcorn & Tomato Ketchup **SUSTAINABLE**
GD Bean & Cheese Quesadilla with Chips, Sweetcorn & Tomato Ketchup
 Dorset Ham with Chips, Sweetcorn & Tomato Ketchup
GE Fruity Filled Cupcake

MONDAY 16 JAN
GD Cheese & Tomato Pizza with Corn on the Cob & Spaghetti Hoops
G Plant Powered Sausage Roll with Corn on the Cob & Spaghetti Hoops
 Jacket Potato with Mild Chilli non Carne
G Mini Ginger Biscuit & Pineapple

TUESDAY 17 JAN
G Beef Bolognese with Wholemeal Pasta & Baby Carrots
G Veg Packed Bolognese with Wholemeal Pasta & Baby Carrots
GD Cheese Baguette & Cucumber
GD Chocolate Crispy Square or Fresh Fruit

WEDNESDAY 18 JAN
GD Roast Turkey with Roast Potatoes, Vegetable Medley & Gravy
D Cauliflower & Broccoli Cheese with Roast Potatoes, Vegetable Medley & Gravy
GD Ham Baguette & Crudites
G Mini Shortbread & Melon

THURSDAY 19 JAN
GS Pork & Apple Burger in a Roll with Peas, Sweetcorn & Tomato Ketchup
GS Plant Powered Burger in a Roll with Peas, Sweetcorn & Tomato Ketchup
 Jacket Potato with Cheese & Tomato Wedges
G Flapjack or Fresh Fruit

FRIDAY 20 JAN
FG Fishcake with Chips, Peas & Tomato Ketchup **SUSTAINABLE**
GDE Cheese & Onion Quiche with Chips, Peas & Tomato Ketchup
GD Ham Baguette with Chips, Cucumber & Tomato Ketchup
GE Lemon Drizzle Cake or Fresh Fruit

MONDAY 23 JAN
GS Chicken with Sweet & Sour Sauce, Rice & Vegetables
GSE Quorn with Sweet & Sour Sauce, Rice & Vegetables
D Jacket Potato with Baked Beans & Grated Cheese
G Fruity Oat Cookie or Fresh Fruit

TUESDAY 24 JAN
GD Creamy Cheese & Tomato Pasta Bake with Garlic Bread & Green Beans
GD Country Vegetable Soup with a Cheese Baguette
 Jacket Potato with Ham & Cucumber
GE Victoria Sponge Cake or Fresh Fruit

WEDNESDAY 25 JAN
GD Local Butcher's Sausage with Mashed Potato, Vegetable Medley & Gravy
GD Best of British Quorn Sausage with Mashed Potato, Vegetable Medley & Gravy
GD Cheese Baguette with Tomato Pinwheel & Carrot Sticks
G Lemon Shortbread or Fresh Fruit

THURSDAY 26 JAN
GD Lasagne with Baby Carrots & Sweetcorn
GD 5 Veg Lasagne with Baby Carrots & Sweetcorn
FE Jacket Potato with Tuna Mayo & Cucumber
G Mini Chocolate Biscuit & Orange Wedge

FRIDAY 27 JAN
FG Battered Fish with Chips, Peas & Tomato Ketchup **SUSTAINABLE**
GD Cheese & Leek Sausage with Chips, Peas & Tomato Ketchup
GD Ham Baguette with Chips, Cucumber & Tomato Ketchup
GE Banana Marble Cake

MONDAY 30 JAN
GS Chicken Katsu with Rice & Vegetables
GSE Quorn Katsu with Rice & Vegetables
GD Jacket Potato with Spaghetti Hoops & Grated Cheese
G Marble Cookie or Fresh Fruit

TUESDAY 31 JAN
GDS Meatball Sub with 5 Veg Tomato Sauce, Grated Cheese, Peas & Sweetcorn
GDS Plant Packed Nugget Sub with 5 Veg Tomato Sauce, Grated Cheese, Peas & Sweetcorn
 Jacket Potato with Ham & Cucumber
G Mini Chocolate Flapjack & Orange Wedge

WEDNESDAY 1 FEB
GD Roast Gammon with Roast Potatoes, Mixed Vegetables & Gravy
GD Roasted Vegetable Slice with Roast Potatoes, Mixed Vegetables & Gravy
GD Cheese Baguette with Tomato Pinwheel & Carrot Sticks
GE Sticky Ginger Cake or Fresh Fruit

THURSDAY 2 FEB
GD Macaroni Cheese with Crusty Bread & Baby Carrots
GD Homemade Tomato Soup with a Cheese Baguette
FE Jacket Potato with Tuna Mayo & Cucumber
G Oat Cookie or Fresh Fruit

FRIDAY 3 FEB
FG Breaded Fish with Chips, Sweetcorn & Tomato Ketchup **SUSTAINABLE**
GD Bean & Cheese Quesadilla with Chips, Sweetcorn & Tomato Ketchup
 Dorset Ham with Chips Sweetcorn & Tomato Ketchup
GE Fruity Filled Cupcake

MONDAY 6 FEB
GD Cheese & Tomato Pizza with Corn on the Cob & Spaghetti Hoops
GD Plant Powered Sausage Roll with Corn on the Cob & Spaghetti Hoops
 Jacket Potato with Mild Chilli non Carne
G Mini Ginger Biscuit & Pineapple

TUESDAY 7 FEB
G Beef Bolognese with Wholemeal Pasta & Baby Carrots
G Veg Packed Bolognese with Wholemeal Pasta & Baby Carrots
GD Cheese Baguette & Cucumber
GD Chocolate Crispy Square or Fresh Fruit

WEDNESDAY 8 FEB
GD Roast Turkey with Roast Potatoes, Vegetable Medley & Gravy
D Cauliflower & Broccoli Cheese with Roast Potatoes, Vegetable Medley & Gravy
GD Ham Baguette & Crudites
G Mini Shortbread & Melon

THURSDAY 9 FEB
GS Pork & Apple Burger in a Roll with Peas, Sweetcorn & Tomato Ketchup
GS Plant Powered Burger in a Roll with Peas, Sweetcorn & Tomato Ketchup
D Jacket Potato with Cheese & Tomato Wedges
G Flapjack or Fresh Fruit

FRIDAY 10 FEB
FG Fishcake with Chips, Peas & Tomato Ketchup **SUSTAINABLE**
GDE Cheese & Onion Quiche with Chips, Peas & Tomato Ketchup
GD Ham Baguette with Chips, Cucumber & Tomato Ketchup
GE Lemon Drizzle Cake or Fresh Fruit

FULL HALFTERM FULL

MONDAY 20 FEB
GS Chicken with Sweet & Sour Sauce, Rice & Vegetables
GSE Quorn with Sweet & Sour Sauce, Rice & Vegetables
D Jacket Potato with Baked Beans & Grated Cheese
G Fruity Oat Cookie or Fresh Fruit

TUESDAY 21 FEB
GD Creamy Cheese & Tomato Pasta Bake with Garlic Bread & Green Beans
GD Country Vegetable Soup with a Cheese Baguette
 Jacket Potato with Ham & Cucumber
GDE Pancake & Syrup or Fresh Fruit

WEDNESDAY 22 FEB
GD Local Butcher's Sausage with Mashed Potato, Vegetable Medley & Gravy
GD Best of British Quorn Sausage with Mashed Potato, Vegetable Medley & Gravy
GD Cheese Baguette with Tomato Pinwheel & Carrot Sticks
G Lemon Shortbread or Fresh Fruit

THURSDAY 23 FEB
GD Lasagne with Baby Carrots & Sweetcorn
GD 5 Veg Lasagne with Baby Carrots & Sweetcorn
FE Jacket Potato with Tuna Mayo & Cucumber
G Mini Chocolate Biscuit & Orange Wedge

FRIDAY 24 FEB
FG Battered Fish with Chips, Peas & Tomato Ketchup **SUSTAINABLE**
GD Cheese & Leek Sausage with Chips, Peas & Tomato Ketchup
GD Ham Baguette with Chips, Cucumber & Tomato Ketchup
GE Banana Marble Cake

WE RESERVE THE RIGHT TO MAKE MENU CHANGES WHEN NECESSARY

G Gluten **D** Dairy **E** Egg **S** Soya **F** Fish **C** Coconut **Pb** Plant based

CONTAINS ALLERGENS