

# Summer Menu 2022

Summer is here ... well, nearly here! We know you're going to enjoy this term's menu of freshly made seasonal dishes, great veggie options and tasty treats for all!

**13th to 17th of June** is the British Nutrition Foundation's Healthy Eating Week and we have plenty of extra healthy dishes on offer. Our Fruity Chicken Curry, Plant Packed Sausages or Plant Powered Burgers taste amazing and we know they are healthy as we make them all ourselves.



It's National Picnic Week on the **20th to 24th of June** with lots of lighter lunches on offer. With Ham or Cheese Ploughman's Lunch, delicious Quiche and filled Baguettes to choose from, it will seem like summer regardless of the weather.

Support Bristol Children's Hospital on Friday **1st July** by wearing the wrong trousers, and enjoy our Cracking Mac n Cheese, Wallace & Gromit both love it, we're sure you will too.



[www.localfoodlinks.org.uk](http://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](https://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 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.

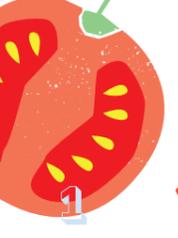
**ORDER AT**  
[my.localfoodlinks.org.uk](https://my.localfoodlinks.org.uk)

Any problems call  
**01308 420269**



# SUMMER LUNCH MENU

Did you order Week 1 last half term?



MIDWEEK ROASTS



SUSTAINABLE



MIDWEEK ROASTS



SUSTAINABLE



MIDWEEK ROASTS



SUSTAINABLE



MIDWEEK ROASTS



SUSTAINABLE



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MIDWEEK ROASTS



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MIDWEEK ROASTS



SUSTAINABLE

MIDWEEK ROASTS



SUSTAINABLE

## MONDAY 6 JUNE

- GD Cheese & Tomato Pizza with Corn on the Cob & Baked Beans
- GS Plant Powered Burger in a Roll with Corn on the Cob & Baked Beans
- Jacket Potato with Veg Packed Bolognese
- G Chocolate Shortbread or Fresh Fruit

## TUESDAY 7 JUNE

- GDS Meatball Sub with 5 Veg Tomato Sauce, Grated Cheese & Sweetcorn
- GDS Plant Powered Veg Ball Sub with 5 Veg Tomato Sauce, Grated Cheese & Sweetcorn
- Jacket Potato with Ham & Crudites
- G Oat & Apricot Cookie or Fresh Fruit

## WEDNESDAY 8 JUNE

- GD Roast Chicken Breast, Roast Potatoes, Mixed Vegetables & Gravy
- G Veg Packed Pinwheel, Roast Potatoes, Mixed Vegetables & Gravy
- GD Cheese Baguette with Pesto Twist & Mixed Salad
- GE Lemon Drizzle Cake or Fresh Fruit

## THURSDAY 9 JUNE

- GD Beef Bolognese with Wholemeal Pasta, Grated Cheese, Baby Carrots & Peas
- GD Macaroni Cheese with Baby Carrots & Peas
- FE Jacket Potato with Tuna Mayo & Crudites
- G Mini Chocolate Flapjack & Orange Wedge

## FRIDAY 10 JUNE

- FG Battered Fish with Chips, Peas & Tomato Ketchup
- GD Roasted Vegetable Mini Muffin Pizza with Chips, Peas & Tomato Ketchup
- GD Ham Baguette with Chips, Mixed Salad & Tomato Ketchup
- Strawberry Jelly & Fruit

## MONDAY 13 JUNE

- GD Fruity Chicken Curry with Rice, Vegetable Medley & Mini Naan
- GDC Chickpea & Cauliflower Curry with Rice, Vegetable Medley & Mini Naan
- D Jacket Potato with Baked Beans & Grated Cheese
- GE Raspberry Cake or Fresh Fruit

## TUESDAY 14 JUNE

- G Local Butchers Pork Sausage with Wholemeal Pasta, 5 Veg Tomato Sauce & Peas
- G Plant Packed Sausage with Wholemeal Pasta, 5 Veg Tomato Sauce & Peas
- D Jacket Potato with Cheese & Crudites
- G Mini Oat Cookie & Melon

## WEDNESDAY 15 JUNE

- GD Roast Turkey with Roast Potatoes, Mixed Vegetables & Gravy
- GE Veg Powered Loaf with Roast Potatoes, Mixed Vegetables & Gravy
- GD Ham Sub Roll with Tomato Pinwheel & Mixed Salad
- GD Fruity Yoghurt Crunch

## THURSDAY 16 JUNE

- GD Lasagne with Baby Carrots & Sweetcorn
- GD 5 Veg Lasagne with Baby Carrots & Sweetcorn
- FE Jacket Potato with Tuna Mayo & Crudites
- GE Apple Cake or Fresh Fruit

## FRIDAY 17 JUNE

- FG Oven Baked Breaded Fish & Chips with Peas & Tomato Ketchup
- G Plant Powered Burger with Chips, Peas & Tomato Ketchup
- GD Cheese Baguette with Chips, Mixed Salad & Tomato Ketchup
- G Flapjack or Fresh Fruit

## PICNIC WEEK

### MONDAY 20 JUNE

- GS BBQ Chicken Steak with Colourful Rice & Peas
- GS Plant Powered Veg Balls with Tomato Sauce, Colourful Rice & Peas
- D Jacket Potato with Baked Beans & Grated Cheese
- GE Chocolate Crispy or Fresh Fruit

### TUESDAY 21 JUNE

- GD Beef Bolognese with Wholemeal Pasta, Grated Cheese, Baby Carrots & Sweetcorn
- GD Veg Packed Bolognese with Wholemeal Pasta, Grated Cheese, Baby Carrots & Sweetcorn
- Jacket Potato with Ham & Crudites
- G Mini Chocolate Shortbread & Orange Wedge

### WEDNESDAY 22 JUNE

- GDE Roast Sausage with Yorkshire Pudding, Roast Potatoes, Mixed Vegetables & Gravy
- GDE Veg Powered Sausage with Yorkshire Pudding, Roast Potatoes, Mixed Vegetables & Gravy
- GD Cheese Baguette with Pesto Twist & Mixed Salad
- G Oat & Raspberry Slice or Fresh Fruit

### THURSDAY 23 JUNE

- GE Ham Ploughman's Lunch with Baguette, Coleslaw, Tomatoes & Cucumber
- GDE Cheese Ploughman's Lunch with Baguette, Coleslaw, Tomatoes & Cucumber
- FE Jacket Potato with Tuna Mayo & Crudites
- GE Jammy Cupcake or Fresh Fruit

### FRIDAY 24 JUNE

- FG Fish Fingers with Potato Wedges, Peas & Tomato Ketchup
- GDE Cheese & Onion Quiche with Potato Wedges, Peas & Tomato Ketchup
- GD Ham Baguette with Potato Wedges, Mixed Salad & Tomato Ketchup
- G Mini Ginger Biscuit & Pineapple

### MONDAY 27 JUNE

- GD Cheese & Tomato Pizza with Half a Jacket Potato & Peas
- G Plant Powered Sausage Roll with Half a Jacket Potato & Peas
- Jacket Potato with Veg Powered Bolognese
- G Oat Cookie or Fresh Fruit

### TUESDAY 28 JUNE

- GS Beef Burger in a Roll with Corn on the Cob, Baked Beans & Tomato Ketchup
- GS Plant Based Burger in a Roll with Corn on the Cob, Baked Beans & Tomato Ketchup
- D Jacket Potato with Cheese & Crudites
- GE Carrot Cake or Fresh Fruit

### WEDNESDAY 29 JUNE

- GD Roast Gammon with Roast Potatoes, Mixed Vegetables & Gravy
- D Cauliflower Cheese with Roast Potatoes, Mixed Vegetables & Gravy
- GFES Tuna Mayo Sub Roll with Tomato Pinwheel & Mixed Salad
- G Mini Chocolate Flapjack & Orange Wedge

### THURSDAY 30 JUNE

- GD BBQ Chicken Wrap with Rice, Sweetcorn & Grated Cheese
- GDE BBQ Quorn Wrap with Rice, Sweetcorn & Grated Cheese
- Jacket Potato with Ham & Crudites
- Strawberry Jelly & Fruit

### FRIDAY 1 JULY

- FG Breaded Fish with Chips, Peas & Tomato Ketchup
- GD Cracking Mac n Cheese Gromit, with Peas & Tomato Ketchup
- GD Cheese Baguette with Chips, Mixed Salad & Tomato Ketchup
- G Marble Cookie or Fresh Fruit

## MONDAY 4 JULY

- GD Fruity Chicken Curry with Rice, Vegetable Medley & Mini Naan
- GDC Chickpea & Cauliflower Curry with Rice, Vegetable Medley & Mini Naan
- D Jacket Potato with Baked Beans & Grated Cheese
- GE Raspberry Cake or Fresh Fruit

## TUESDAY 5 JULY

- G Local Butchers Pork Sausage with Wholemeal Pasta, 5 Veg Tomato Sauce & Peas
- G Plant Packed Sausage with Wholemeal Pasta, 5 Veg Tomato Sauce & Peas
- D Jacket Potato with Cheese & Crudites
- G Mini Oat Cookie & Melon

## WEDNESDAY 6 JULY

- GD Roast Turkey with Roast Potatoes, Mixed Vegetables & Gravy
- GE Veg Powered Loaf with Roast Potatoes, Mixed Vegetables & Gravy
- GD Ham Sub Roll with Tomato Pinwheel & Mixed Salad
- GD Fruity Yoghurt Crunch

## THURSDAY 7 JULY

- GD Lasagne with Baby Carrots & Sweetcorn
- GD 5 Veg Lasagne with Baby Carrots & Sweetcorn
- FE Jacket Potato with Tuna Mayo & Crudites
- GE Apple Cake or Fresh Fruit

## FRIDAY 8 JULY

- FG Oven Baked Breaded Fish & Chips with Peas & Tomato Ketchup
- G Plant Powered Burger with Chips, Peas & Tomato Ketchup
- GD Cheese Baguette with Chips, Mixed Salad & Tomato Ketchup
- G Flapjack or Fresh Fruit

## MONDAY 11 JULY

- GS BBQ Chicken Steak with Colourful Rice & Peas
- GS Plant Powered Veg Balls with Tomato Sauce, Colourful Rice & Peas
- D Jacket Potato with Baked Beans & Grated Cheese
- GE Chocolate Crispy or Fresh Fruit

## TUESDAY 12 JULY

- GD Beef Bolognese with Wholemeal Pasta, Grated Cheese, Baby Carrots & Sweetcorn
- GD Veg Packed Bolognese with Wholemeal Pasta, Grated Cheese, Baby Carrots & Sweetcorn
- Jacket Potato with Ham & Crudites
- G Mini Chocolate Shortbread & Orange Wedge

## WEDNESDAY 13 JULY

- GDE Roast Sausage with Yorkshire Pudding, Roast Potatoes, Mixed Vegetables & Gravy
- GDE Veg Powered Sausage with Yorkshire Pudding, Roast Potatoes, Mixed Vegetables & Gravy
- GD Cheese Baguette with Pesto Twist & Mixed Salad
- G Oat & Raspberry Slice or Fresh Fruit

## THURSDAY 14 JULY

- GE Ham Ploughman's Lunch with Baguette, Coleslaw, Tomatoes & Cucumber
- GDE Cheese Ploughman's Lunch with Baguette, Coleslaw, Tomatoes & Cucumber
- FE Jacket Potato with Tuna Mayo & Crudites
- GE Jammy Cupcake or Fresh Fruit

## FRIDAY 15 JULY

- FG Fish Fingers with Potato Wedges, Peas & Tomato Ketchup
- GDE Cheese & Onion Quiche with Potato Wedges, Peas & Tomato Ketchup
- GD Ham Baguette with Potato Wedges, Mixed Salad & Tomato Ketchup
- G Mini Ginger Biscuit & Pineapple

## MONDAY 18 JULY

- GD Cheese & Tomato Pizza with Half a Jacket Potato & Peas
- G Plant Powered Sausage Roll with Half a Jacket Potato & Peas
- Jacket Potato with Veg Powered Bolognese
- G Oat Cookie or Fresh Fruit

## TUESDAY 19 JULY

- GS Beef Burger in a Roll with Corn on the Cob, Baked Beans & Tomato Ketchup
- GS Plant Based Burger in a Roll with Corn on the Cob, Baked Beans & Tomato Ketchup
- D Jacket Potato with Cheese & Crudites
- GE Carrot Cake or Fresh Fruit

## WEDNESDAY 20 JULY

- GD Roast Gammon with Roast Potatoes, Mixed Vegetables & Gravy
- D Cauliflower Cheese with Roast Potatoes, Mixed Vegetables & Gravy
- GFES Tuna Mayo Sub Roll with Tomato Pinwheel & Mixed Salad
- G Mini Chocolate Flapjack & Orange Wedge

## THURSDAY 21 JULY

- GD BBQ Chicken Wrap with Rice, Sweetcorn & Grated Cheese
- GDE BBQ Quorn Wrap with Rice, Sweetcorn & Grated Cheese
- Jacket Potato with Ham & Crudites
- Strawberry Jelly & Fruit

## FRIDAY 22 JULY

- FG Breaded Fish with Chips, Peas & Tomato Ketchup
- GD Macaroni Cheese with Peas & Tomato Ketchup
- GD Cheese Baguette with Chips, Mixed Salad & Tomato Ketchup
- G Marble Cookie or Fresh Fruit

WE RESERVE THE RIGHT TO MAKE MENU CHANGES WHEN NECESSARY

CONTAINS ALLERGENS

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

LOOKING FORWARD TO SEEING YOU SOON

