

Tasty nutritious food

Prepared with love

Happy, focused kids



**ON YOUR MARKS, GET SET, FUNDRRAISE!**

This Year You Can Cycle, Swim or Run. Are You Up For The Challenge?

Help to raise money by ordering a school meal on 21st March and LFL pledges to make a donation to this good cause on your behalf.



We hope you will enjoy the delicious food we have chosen for this day.

On Thursday 6 March 2013, schools in the UK and the USA celebrated the first ever **International School Meals Day**. The aim of the day is to promote the connection between healthy eating, education and better learning. This philosophy is exactly what we believe and so this year Local Food Links has decided to support International School Meals Day.



**INTERNATIONAL SCHOOL MEALS DAY**  
6th March 2014

Contact Dorset Direct on 01305 221000 or apply online at [dorsefforyou.com](http://dorsefforyou.com).

Once you have received your letter of confirmation, please take this in to your school office – this will be a completely confidential process. When registered, you will be able to choose your child's meal online.

Free school meals spare you the effort and expense of making packed lunches every day, and also benefit your child's school as they will receive extra money to be spent on your child's education.

**If you receive benefits you may be eligible for free school meals.**

**DON'T MISS OUT**

**Why not order your meals online!**



It's very straight forward to use. Just log on at: [www.myschoolmeals.co.uk](http://www.myschoolmeals.co.uk)

We guarantee that you will find it very user-friendly. Simply register on the system and link your account to your child's details using your unique authorisation code.

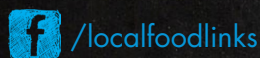
You should have received the code in a letter – **if not, please ask at the school office.**

You can order for the first half of the Easter term (6 weeks), and payments are completely secure.

Please allow 7 days' notice to order or cancel a meal.



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



**LUNCH MENU**

**EASTER TERM 2014**

**SCHOOL LUNCH MENU**  
MONDAY 24TH FEB TO FRIDAY 21ST MARCH 2014

EASTER 1

EASTER 2

**LUNCH MENU**  
MONDAY 24TH MARCH TO FRIDAY 4TH APRIL 2014

LOCAL FOOD LINKS

Good Food, Healthy Communities

Good Food, Healthy Communities

LOCAL FOOD LINKS

Stick on your fridge to help remember order!

# EASTER LUNCH MENU 1

**WEEK 1**

**MONDAY 24 FEBRUARY**

- Homemade Ham and Cheese Thin Crust Pizza
- Homemade Cheese and Tomato Thin Crust Pizza
- Half Jacket Potato and Sweetcorn
- Cherry Flapjack

All our Jacket Potato Meals are served with unsalted butter.

**TUESDAY 25 FEBRUARY**

- Pork Sausage in a Roll
- Cheese and Leek Sausage in a Roll
- Jacket Wedges and Baked Beans
- Mini Shortbread and Pineapple

**WEDNESDAY 26 FEBRUARY**

- Roast Chicken Breast and Gravy
- Cheese & Broccoli Quiche
- Roast Potatoes, Carrots and Peas
- Oat Cookie

Midweek Roasts

**THURSDAY 27 FEBRUARY**

- Beef Meatballs in Tomato Sauce with Pasta
- Mediterranean Pasta Bake
- Garlic Bread & Peas
- Chocolate Sponge and Chocolate Custard

**WINTER WARMERS**

**FRIDAY 28 FEBRUARY**

- Shepherd's Pie
- Vegetarian Shepherd's Pie
- Cabbage and Gravy
- Fruit Jelly (V)

**WEEK 2**

**MONDAY 3 MARCH**

- Beef Bolognese
- Vegetarian Bolognese
- Pasta and Peas
- Fruit Yoghurt

CLEAN PLATE TODAY

**TUESDAY 4 MARCH**

- Fish finger with Half Jacket and Ketchup
- Filled Cheesy Jacket Potato
- Sweetcorn
- Sticky Ginger Cake

SUSTAINABLE

**WEDNESDAY 5 MARCH**

- Roast Pork and Gravy
- Cauliflower Cheese
- Roast Potatoes, Carrots and Green Beans
- Dorset Apple Cake

Midweek Roasts

**THURSDAY 6 MARCH**

- Mild Chicken Korma
- Vegetable Bites with Tomato Sauce
- Rice and Vegetable Medley
- Lemon Sponge and Custard



**FRIDAY 7 MARCH**

- Macaroni Cheese with Ham
- Vegetable Gratin
- Garlic Bread and Peas
- Chocolate Shortbread

**WEEK 3**

**MONDAY 10 MARCH**

- Chicken Italiane with Pasta & Sweetcorn
- Jacket Potato with Cheddar Cheese and Baked Beans
- Flapjack

**TUESDAY 11 MARCH**

- Pork Sausage and Yorkshire Pudding
- Quorn Sausage and Yorkshire Pudding
- Crispy Potatoes, Peas and Gravy
- Apple Muffin

**WINTER WARMERS**

**WEDNESDAY 12 MARCH**

- Roast Gammon and Gravy
- Cauliflower and Broccoli Cheese
- Roast Potatoes with Cabbage and Carrots
- Milk Chocolate Crispy Cake

Midweek Roasts

**THURSDAY 13 MARCH**

- Jacket Potato, Tuna Mayo & Sweetcorn
- Pasta with Tomato Sauce and Grated Cheese
- Peas
- Butterfly Cake

SUSTAINABLE

**FRIDAY 14 MARCH**

- Beef Lasagne
- Vegetable Lasagne
- Garlic Bread and Vegetable Medley
- Shortbread

**WEEK 4**

**MONDAY 17 MARCH**

- Crispy Baked Fish
- Cheese & Leek Slice
- Crispy Potatoes, Peas and Ketchup
- Lemon Drizzle Cake

SUSTAINABLE

**TUESDAY 18 MARCH**

- Chicken and Red Pepper Thin Crust Pizza
- Cheese and Tomato Thin Crust Pizza
- Half Jacket Potato and Sweetcorn
- Sticky Ginger Cake and Custard

**WEDNESDAY 19 MARCH**

- Roast Beef, Yorkshire Pudding and Gravy
- Vegetarian Roast
- Roast Potatoes, Carrots and Green Beans
- Jammy Cupcake

Midweek Roasts

**THURSDAY 20 MARCH**

- Sweet and Sour Pork with Rice
- Filled Cheesy Jacket Potatoes and Baked Beans
- Oat and Apricot Cookie

**FRIDAY 21 MARCH**

- Roast Chicken Breast
- Crispy Vegetable Slice
- Tomato Pasta Bake with Peas
- Fruit Platter



Orders for week beginning February 24 must be given to your school office by Monday 10 February

SCHOOL \_\_\_\_\_

NAME ONE FORM PER CHILD \_\_\_\_\_

CLASS \_\_\_\_\_

**WEEK 1**

MONDAY 24 FEB

M T W T F

MEAT ●●●●●

VEG ●●●●●

TOTAL \_\_\_\_\_

**WEEK 2**

MONDAY 3 MARCH

M T W T F

MEAT ●●●●●

VEG ●●●●●

TOTAL \_\_\_\_\_

**WEEK 3**

MONDAY 10 MARCH

M T W T F

MEAT ●●●●●

VEG ●●●●●

TOTAL \_\_\_\_\_

**WEEK 4**

MONDAY 17 MARCH

M T W T F

MEAT ●●●●●

VEG ●●●●●

TOTAL \_\_\_\_\_

Total Number of meals \_\_\_\_\_ x £2.30

£ \_\_\_\_\_

Cheques made payable to School

# EASTER LUNCH MENU 2

**WEEK 5**

**MONDAY 24 MARCH**

- Mild Beef Chilli
- Vegetable Bites with Tomato Sauce
- Rice and Peas
- Syrup Sponge and Custard

**TUESDAY 25 MARCH**

- Fishfingers
- Cheese and Leek Burger
- Mashed Potatoes, Peas and Ketchup
- Mango Smoothie

SUSTAINABLE

**WEDNESDAY 26 MARCH**

- Roast Gammon with Gravy
- Homity Bake
- Roast Potatoes, Peas and Carrots
- Lemon Shortbread

Midweek Roasts

**THURSDAY 27 MARCH**

- Cowboy Casserole
- Three Bean Casserole
- Mashed Potato and sweetcorn
- Oat Cookie

**WINTER WARMERS**

**FRIDAY 28 MARCH**

- Minced Beef and Vegetables, Dumpling and Half Jacket Potato
- Macaroni Cheese
- Carrots
- Chocolate & Vanilla Marble Cake

**WEEK 6**

**MONDAY 31 MARCH**

- Mild Turkey Curry, with Rice and Naan Bread
- Pasta with Tomato Sauce and Grated Cheese.
- Date and Chocolate Brownie

**TUESDAY 1 APRIL**

- Homemade Ham and Pineapple Thin Crust Pizza
- Homemade Cheese and Tomato Thin Crust Pizza
- Half Jacket Potato and Sweetcorn
- Apple and Raspberry Crumble with Custard

**WEDNESDAY 2 APRIL**

- Roast Chicken Breast and Gravy
- Vegetarian Mornay
- Roast Potatoes, Carrots and Swede
- Chocolate Easter Nest Cake

EASTER CELEBRATION

**THURSDAY 3 APRIL**

- Jacket Potato with Tuna Mayo and Sweetcorn
- Jacket Potato with Cheddar Cheese and Beans
- Fruit Platter

All our Jacket Potato Meals are served with unsalted butter. There's always a fruit option at lunchtime!

**FRIDAY 4 APRIL**

- Beef Burger in a Roll
- Crispy Vegetable Burger in a Roll
- Jacket Wedges and Coleslaw (new finely grated) and Tomato Ketchup
- Iced Sponge Cake

Orders for week beginning March 24 must be given to your school office by Monday 17 March

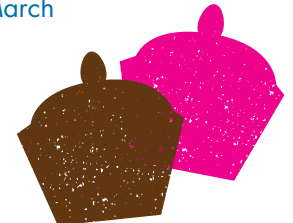
## Chocolate Easter Nest Cake (Makes 12)

- 230g unsalted butter
- 230g syrup
- 18g cocoa powder
- 335g cornflakes
- 75g milk powder
- 12 chocolate easter eggs

Wash your hands and wear an apron.

Melt unsalted butter, golden syrup and cocoa over a low heat (ask a grown up to help). When completely melted, add milk powder and this will thicken the mixture. Add cornflakes into this melted chocolate mixture, and when all cornflakes are evenly coated – spoon into cupcake cases.

Place a chocolate egg onto each cake and chill until teatime! Don't forget to lick the spoon!



SCHOOL \_\_\_\_\_

NAME ONE FORM PER CHILD \_\_\_\_\_

CLASS \_\_\_\_\_

**WEEK 5**

MONDAY 24 MARCH

M T W T F

MEAT ●●●●●

VEG ●●●●●

TOTAL \_\_\_\_\_

**WEEK 6**

MONDAY 31 MARCH

M T W T F

MEAT ●●●●●

VEG ●●●●●

TOTAL \_\_\_\_\_

Total Number of meals \_\_\_\_\_ x £2.30

£ \_\_\_\_\_

Cheques made payable to School



Good Food, Healthy Communities