

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



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

