



Good Food, Healthy Communities

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 / 23 - 27 JAN	Lasagne made with Dorset Beef Vegetable Lasagne Peas Flapjack	Ham & Sweetcorn Thin Crust Pizza Cheese & Tomato Thin Crust Pizza Half Jacket Potato, Baked Beans Sticky Gingerbread with Custard	Local Roast Pork Steak & Apple Sauce ✓ Vegetable Gratin Roast Potatoes Seasonal Vegetables & Gravy Oat Shortbread	Fish Fingers made with MSC approved Fish ✓ Glamorgan Sausage Jacket Wedges Peas & Ketchup Fruit Yoghurt	CHINESE NEW YEAR (DRAGON) Chinese Chicken Drumstick ✓ Stir Fry Vegetables Special Rice Prawn Crackers Celebration Cookie
WEEK 2 / 30 JAN - 3 FEB	Local Pork Sausage with Gravy ✓ Cheesy Courgette Sausage Half Jacket Potato Sweetcorn Dorset Apple Cake	Meatballs in Tomato Sauce ✓ Sweet Potato Falafels in Tomato Sauce Penne Pasta Fruit Yoghurt	Roast Turkey with Gravy ✓ Cauliflower Cheese Roast Potatoes Carrots and Swede Chocolate Crispy Cake	Pasta Carbonara ✓ Macaroni Cheese Peas Garlic Bread Lemon Surprise Pudding	Crispy Oven Baked Fish using MSC approved Fish ✓ Vegetable Croquette Jacket Wedges Baked Beans Shortbread
WEEK 3 / 06 - 10 FEB	Mild Chicken Curry Rice Onion Bhaji ✓ Ratatouille and Rice Oat & Apricot Cookie	Jacket Potato with fresh MSC Tuna Mayo & Sweetcorn ✓ Jacket Potato with Local Cheddar Cheese and Baked Beans Chocolate & Vanilla Marble Cake with Custard	Baked Local Ham with Gravy ✓ 1/2 Stuffed Pepper Roast Potatoes Seasonal Vegetables Chocolate Shortbread	Cottage Pie with Dorset Beef ✓ Vegetable Cottage Pie Sweetcorn Fruit Yoghurt	VALENTINES DAY CELEBRATION Dorset Beef Burger ✓ Glamorgan Burger Jacket Wedges Baked Beans Valentines Iced Sponge Cake



LOCAL FOOD LINKS IS PROUD TO SUPPORT QUALITY PRODUCERS

SOIL ASSOCIATION ORGANIC
BOTHEN HILL FARM
ESSENTIAL TRADING

DIRECT FROM DORSET
GENESIS FARMERS
WASHINGPOOL FARM
DENHAY FARM

MARINE STEWARDSHIP AND FREEDOM FOODS
M & J SEAFOOD
COUNTY FOODS
FOOTS EGGS

OTHER
COOMBE FARM
PUNCH AND JUDY BAKERY
OXFORD BAKERY
GREENACRES

Key

✓ Vegetarian Option
ORGANIC MILK OR YOGHURT

Some organic ingredients are used in all of our recipes