

The Link Academy Menu Winter 2022

Dairy Free (only vegan dairy free cheese used)

Child's name:

Class:

Allergies:

Week 1 W/C: 2 Jan / 23 Jan / 20 Feb / 13 Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Quorn Sausages with Mash & Gravy	Vegan Cheese with Tomato Sauce & Pasta	Roast Gammon & Roast Potatoes & Gravy	Tuna & Sweetcorn Pizza & Potato Wedges	Fish Fingers & Chips or Pasta
Veggie				Margherita Pizza & Potato Wedges	Veggie Burger & Chips or Pasta
Sides	Mixed Veg or Salad Bar	Green Beans or Salad Bar	Broccoli & Baby Carrots or Salad Bar	Sweetcorn or Salad Bar	Peas or Salad Bar
Jacket/Roll	Jacket Potato with Cheese, Beans or Tuna Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham or Tuna Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham or Tuna Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham or Tuna Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham or Tuna Roll with Cheese, Tuna or Ham
Dessert	Oat & Apricot Biscuits or Fruit	Chocolate Marble Cake & Choc Custard or Fruit	Vegan Strawberry Sorbet or Fruit	Lemon Courgette Iced Muffin or Fruit	Raspberry Flapjack or Fruit

Week 2 W/C: 9 Jan / 30 Jan / 27 Feb / 20 Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Vegan Cheese & Tomato Pasta	Vegan Cheese & Beef Quesadilla	Quorn Sausages & Roast Potatoes with Gravy	Pepperoni Pizza & Wedges	Battered Fish Fillet & Chips or Pasta
Veggie				Vegan Cheese & Tomato Pizza & Wedges	
Sides	Mixed Veg or Salad Bar	Broccoli or Salad Bar	Baby Carrots, Green Beans or Salad Bar	Sweetcorn or Pasta Saled or Salad Bar	Peas or Salad Bar
Jacket	Jacket Potato with Cheese, Ham or Tuna Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham or Tuna Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham or Tuna Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham or Tuna Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham or Tuna Mayo Roll with Cheese, Tuna or Ham
Dessert	Chocolate & Beetroot Brownie or Fruit	Jam Sponge & Custard or Fruit	Vegan Strawberry Sorbet or Fruit	Toffee & Banana Cake or Fruit	Chocolate Dream Cookie or Fruit

Week 3 W/C: 16 Jan / 6 Feb / 6 Mar / 27 Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken & Rice Jambalaya	Pasta with Bacon & Tomato Sauce	Sausage En Crou�te and Roast Potatoes	Vegan Cheese & Ham Quesadilla	Cod Fish Bites & Chips or Pasta
Veggie		Tomato, Lentil & Bean Pasta with Garlic Bread		Vegan Cheese & Tomato Quesadilla	Veggie Nuggets & Chips or Pasta
Sides	Mixed Veg or Salad Bar	Green Beans or Salad Bar	Broccoli & Baby Carrots or Salad Bar	Wedges, Sweetcorn or Salad Bar	Peas or Salad Bar
Jacket	Jacket Potato with Cheese, Ham or Tuna Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham or Tuna Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham or Tuna Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham or Tuna Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham or Tuna Roll with Cheese, Tuna or Ham
Dessert	Sticky Orange Cake or Fruit	Gingerbread & Chocloate Ice Cream or Fruit	Vegan Strawberry Sorbet or Fruit	Apple Flapjack or Fruit	Peppermint Cookie or Fruit

The Guide to Goodness



Many of our homemade desserts contain at least 50% fruit or hidden veg



The fish we serve is from well-managed and sustainable fisheries



Over 75% of our dishes are made fresh on site from fresh ingredients



All our pizza and pasta sauces are homemade and have hidden veg



Where possible we use ingredients sourced from local producers