

The Link Academy Menu Winter 2022

Egg/Nut Free

Child's name:

Class:

Allergies:

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Pork Sausages with Mash & Gravy	Meatballs with Homemade Tomato Sauce & Pasta	Roast Gammon & Roast Potatoes & Gravy	Tuna & Sweetcorn Pizza & Potato Wedges	Fish Fingers & Chips or Pasta
Veggie	Quorn Sausages with Mash & Gravy	Vegan Meatballs with Home-made Tomato Sauce & Pasta		Margherita Pizza & Potato Wedges	Vegan 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, Ham, Tuna or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna or Beans Roll with Cheese, Tuna or Ham
Dessert	Oat & Apricot Cookie or Fruit or Yoghurt	Fruit or Yoghurt	Vanilla Ice Cream & Jelly or Fruit or Yoghurt	Fruit or Yoghurt	Raspberry Flapjack or Fruit or Yoghurt

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Ham Macaroni Cheese & Homemade Garlic Bread	Cheesy Beef Quesadilla	Pork Sausage with Roast Potatoes & Gravy	Pepperoni Pizza & Wedges	Battered Fish Fillet & Chips or Pasta
Veggie	Macaroni Cheese & Homemade Garlic Bread		Quorn Sausage with Roast Potatoes & Gravy	Margherita Pizza & Wedges	Cheese Wheel & Chips or Pasta
Sides	Mixed Veg or Salad Bar	Rice or 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, Tuna or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna or Beans Roll with Cheese, Tuna or Ham
Dessert	Fruit or Yoghurt	Fruit or Yoghurt	Strawberry Ice Cream & Berry Compot or Fruit or Yoghurt	Fruit or Yoghurt	Chocolate Dream Cookie or Fruit or Yoghurt

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 with Garlic Bread	Sausage En Crouê and Roast Potatoes	Cheese & Ham Quesadilla	Cod Fish Bites & Chips or Pasta
Veggie		Tomato, Lentil & Bean Pasta with Garlic Bread	Country Garden Crumble and Roast Potatoes	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, Tuna or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna or Beans Roll with Cheese, Tuna or Ham	Jacket Potato with Cheese, Ham, Tuna or Beans Roll with Cheese, Tuna or Ham
Dessert	Fruit or Yoghurt	Gingerbread & Chocloate Ice Cream or Fruit or Yoghurt	Vanilla Rice Pudding & Berry Compot or Fruit or Yoghurt	Apple Flapjack or Fruit or Yoghurt	Milk Chocolate & Peppermint Cookie or Fruit or Yoghurt

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