

EALTHY ME

Local Food Links Fresh. Healthy. Tasty.

We are passionate about great food!



Welcome to Local Food Links school lunches! Local Food Links have been making delicious and nutritious school lunches since 2006. All our meals are freshly-prepared every day in local kitchen hubs using great quality ingredients that are locally sourced wherever possible.

We work hard to produce menus and meals that appeal to children and that are packed full of healthy goodness.

Great for kids and great for parents!

School lunches are FREE for all children in Reception, Years 1 and 2 (and some older children whose families receive financial support). Meals are only £2.40 for children in Year 3 and above.

With 3 main course options every single day, followed by a pudding or piece of fruit, we're sure that your child will quickly find lots of meals they love.

To find out more about Local Food Links click here to watch our video or search Local Food Links Summer on YouTube.

KEEP IN TOUCH! Sign-up for our email news & follow us on Facebook & Twitter

We share news, recipes and order reminders on Facebook and Twitter as well as showing photos of the meals.

We also post the day's menu every morning as a helpful reminder of what's for lunch today!

Our email database is used when we have to make changes to the menu, for order reminders or to share news or special events. Visit LocalFoodLinks.org. uk to sign-up.

We've made ordering school meals easy!

You'll receive our printed paper menus from your school every half-term. Use this menu to select your meal choices with your children and to keep a record of your choices.

You are able to order and manage your meal choices online but be aware that we do require 7-days' notice to order, change or cancel any meal. This is because we source ingredients from local suppliers, wherever possible, and our meals are then prepared from fresh every day.

To order online, register your details at myschoolmeals.co.uk. You will receive a 10-digit unique activation code from your school to activate each of your children and then be able to order school meals from Local Food Links.

Online payment for KS2 meals can be made within myschoolmeals.co.uk using secure online payment processing.

Why our lunches are great for your kids!

- Research shows children can concentrate better and stay more focused after a hot school meal plus children enjoy the social experience of eating a meals with their peers and are often prepared to try new things.
- The nutritional benefits of a school meal far out weigh those of a packed lunch (only 1.6% of packed lunches meet the same nutritional values)
- All our meals meet strict school food standard guidelines.
- Our Meat is British and is certified as being from farms with high standards
 of animal welfare, all our Fish is from sustainable sources and all our Eggs are
 free range.
- All our meals are prepared in kitchens with the top, level 5 rating for Food Hygiene.
- What's more you could save money too! The average family can save over £450 a year by taking up their Universal Infant Free School Meal entitlement!

So, you'll know your children are well fed and fuelled for an afternoon of learning!

5 STAR!
All our kitchens
are Rated 5 for Food
Hygiene

FOOD HYGIENE RATING



Our ingredients are locally sourced (95% from Dorset/South West suppliers)

We use seasonal produce where possible and pack lots of extra vegetables into our meals.

We aim to make menus varied and interesting whilst ensuring reassuring family favourites are available

Food Allergies

We want to make sure all children, including those with Food Allergies, can benefit from a hot school meal.

We make it easy for you to check that our meals are suitable for your children by giving full details of the ingredients, dish by dish, within the myschoolmeals online ordering system. Simply click on any meal choice to bring up the list of ingredients. From September 2018 we will also mark the most common allergens on the paper menus.

For children with medically proven food allergies we can provide bespoke meals. You will need to complete an Allergy Form (available from the school office) and provide medical evidence (i.e. a copy of a Doctor's letter). Please contact Barry Dovell on 01308 428921 or email barry.dovell@localfoodlinks.org.uk to discuss your child's individual dietary requirements.

LFL Packed Lunches

Packed lunches are available for School Trips and event days. These can be ordered directly through the school and are Free for KS1 (and means tested KS2 children) and £2.30 for years 3 and above.

Our lunches contain a filled roll, lentil waves, flapjack and a piece of fruit.

When you have a letter home about an upcoming school trip you should also have the option to order a packed lunch... if not ask at the school office! Calling all
PTAs & Event
Organisers!

LFL can offer a great Buffet
Menu for Events! Contact
laura.cox@localfoodlinks.

org.uk for more info