



Dear Parents/Carers

Welcome to your Autumn/winter menu for 2018/2019

Wow..... That year went quick!!! Within this menu there will be Christmas dinner, please wait for your school to send further details out.

We would like to welcome Uppingham c of e primary school and nursery to Love food

We are asking that any parents of children with allergies (when allergen is present will cause devastating effects and can be life threatening, epi pen needed) intolerances (when allergen is present will cause various symptoms to recipient which is not known to be life threatening and epi pen not needed) that haven't filled out a special dietary requirement form could they please ensure they do so and hand it back to Love food to ensure we hold all correct details for each child

Please ensure you have booked your child's meal for when we return after the may break, even if your child is Universal free school meals or Free school meals as if a child turns up to lunch with no order booked they will not be given the meal of the day as this is cooked to order, they will be given a lunch bag that is available which makes it hard for our staff when the child wants the main meal but there isn't a meal booked for them. We have made it very easy to order and our online system lets you order up to midnight the night before or if your school is not online you can hand your order in to your school. We cannot accept orders after 9.00 am and you cannot place an order without a payment accompanying the order, if you fill out a termly order then you must pay for a termly order and not arrange payment weekly.

For schools using the online system, we can not accept bank transfers, please book using the online booking system.

If you wish to order, amend an order or have a query please email your kitchens as your kitchens hold all the ordering information.

Please remember when emailing our kitchens that they only work school hours and will reply to you as soon as they can.

Rothwell Infants: lovefoodrothwellinfants@outlook.com

Geddington: lovefoodgeddington@outlook.com

Loatlands: lovefoodloatlands@outlook.com

Rushton: lovefoodrushton@outlook.com

Hayfield cross: lovefoodhayfields@outlook.com

Trinity C of E: lovefoodtrinity@outlook.com

Wilbarston: lovefoodwilbarston@outlook.com

Polebrook: lovefoodpolebrook@outlook.com

Uppingham: lovefooduppingham@outlook.com

Stanion: lovefoodstanion@outlook.com

Rothwell Juniors: lovefoodrothwelljuniors@outlook.com

Higham Infants: lovefoodhighaminfants@outlook.com

Higham juniors: lovefoodhighamjuniors@outlook.com

Corby old village: lovefoodcorbyoldvillage@outlook.com

Henry Chichele: lovefoodhenrychichele@outlook.com

Nassington: lovefoodnassington@outlook.com

King's Cliffe: lovefoodkingscliffe@outlook.com

Love Food

Dairy and gluten free	Week One Oct 29th, Nov 19th, Dec 10th, Jan 14th, Feb 4th	Week two Nov 5th, Nov 26th, Dec 17th, Jan 21st, Feb 11th	Week Three Nov 12th, Dec 3rd, Jan 7th, Jan 28th
Monday	Meat: free from Beef burger in a free from bun Vegetarian: Vegetarian burger in a free from bun To go with: Crispy potatoes and Baked Beans Dessert: Dairy free soya dessert	Meat: Chicken free from korma Vegetarian: Vegetable free from korma To go with: free from bread, rice and sweetcorn Dessert: Dairy free soya dessert	Meat: Chilli con carne Vegetarian: vegetable chilli con carne To go with: rice, tortilla chips and sweetcorn Dessert: Dairy free soya dessert
Tuesday	Meat: Meat in free from gravy Vegetarian: Vegetable in free from gravy To go with: Mashed potato soya milk and peas Dessert: Fruit and soya milk custard	Meat: Shepherds pie (soya milk) Vegetarian: meat free shepherds pie To go with: Peas and free from bread Dessert: Fruit and soya milk custard	Meat: free from sausage and mash Vegetarian: vegetarian sausage To go with: Mashed potato (soys milk) and peas Dessert: Fruit and soya milk custard
Wednesday	Meat: Roast Chicken Vegetarian: Vegetable casserole To go with: Roast potato, Cauliflower and Broccoli Dessert: Various biscuits	Meat: Roast Turkey Vegetarian: Vegetable casserole To go with: Roast potatoes, Broccoli and Carrots Dessert: Various biscuits	Meat: Roast Pork Vegetarian: Vegetable casserole Cauliflower Dessert: Various biscuits
Thursday	Meat: Beef Lasagne free from pasta, free from white sauce Vegetarian: Vegetable Lasagne free from To go with: Salad and free from garlic bread Dessert: free from Yoghurts	Meat: Meatball free from pasta Vegetarian: Tomato pasta free from To go with: Salad and free from garlic bread Dessert: free from Yoghurts	Meat: Ham macaroni cheese free from pasta and sauce Vegetarian: Macaroni cheese free from To go with: Salad and free from bread Dessert: free from Yoghurts
Friday	Meat: free from Battered Cod Vegetarian: free from vegetable wrap To go with: Oven chips, Peas Dessert: Jelly	Meat: free from Breaded fish fingers Vegetarian: free from vegetable wrap To go with: Oven chips, Peas Dessert: Jelly	Meat: Free from scampi Vegetarian: free from vegetable wrap To go with: Oven chips, Peas Dessert: Jelly
Lunch box option	Fillings: Free from Cheese (CH), Ham (H), Chicken (CHI) or Tuna mayo (T) in your choice of a free from sandwich (LB) or a free from wrap (WR). All lunch boxes come with a piece of fruit, a free from yoghurt, a free from dessert (either cake of the day or a cereal bar) and a snack bag which can contain any two of the following which are swapped around daily: Tomatoes, carrot batons, cucumber batons, grapes, raisins, dried bananas, raw pepper batons.		
Jacket potato option	All Jacket potatoes (JP) come with a choice of either one or two of the following Fillings: cheese (CH), Beans (B), Tuna mayo (T), Chilli con carne (CI) and salad.		
Soup option	Warm heinz soup served in an insulated cup with a free from bread roll, carrot and butterbean		
Free from Wholemeal and White bread, Soya Milk, water and fruit is available to each child every day.			