



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](mailto:lovefoodrothwellinfants@outlook.com)

Geddington: [lovefoodgeddington@outlook.com](mailto:lovefoodgeddington@outlook.com)

Loatlands: [lovefoodloatlands@outlook.com](mailto:lovefoodloatlands@outlook.com)

Rushton: [lovefoodrushton@outlook.com](mailto:lovefoodrushton@outlook.com)

Hayfield cross: [lovefoodhayfields@outlook.com](mailto:lovefoodhayfields@outlook.com)

Trinity C of E: [lovefoodtrinity@outlook.com](mailto:lovefoodtrinity@outlook.com)

Wilbarston: [lovefoodwilbarston@outlook.com](mailto:lovefoodwilbarston@outlook.com)

Polebrook: [lovefoodpolebrook@outlook.com](mailto:lovefoodpolebrook@outlook.com)

Uppingham: [lovefooduppingham@outlook.com](mailto:lovefooduppingham@outlook.com)

Stanion: [lovefoodstanion@outlook.com](mailto:lovefoodstanion@outlook.com)

Rothwell Juniors: [lovefoodrothwelljuniors@outlook.com](mailto:lovefoodrothwelljuniors@outlook.com)

Higham Infants: [lovefoodhighaminfants@outlook.com](mailto:lovefoodhighaminfants@outlook.com)

Higham juniors: [lovefoodhighamjuniors@outlook.com](mailto:lovefoodhighamjuniors@outlook.com)

Corby old village: [lovefoodcorbyoldvillage@outlook.com](mailto:lovefoodcorbyoldvillage@outlook.com)

Henry Chichele: [lovefoodhenrychichele@outlook.com](mailto:lovefoodhenrychichele@outlook.com)

Nassington: [lovefoodnassington@outlook.com](mailto:lovefoodnassington@outlook.com)

King's Cliffe: [lovefoodkingscliffe@outlook.com](mailto:lovefoodkingscliffe@outlook.com)

*Love Food*

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