



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

Vegan	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	Vegan: Quorn vegan burger in a bun To go with: Potato slices and baked beans Dessert: Soya Yoghurts	Vegan: Vegetable korma (free from korma sauce) To go with: Pitta bread, rice and sweetcorn Dessert: Soya Yoghurts	Vegan: Meat free vegan mince chilli con carne To go with: rice, tortilla chips and sweetcorn Dessert: Soya Yoghurts
Tuesday	Vegan: Meat free chicken and vegetable pie To go with: Mashed potato with soya milk and peas Dessert: Fruit and soya custard	Vegan: Meat free vegan mince shepherds pie To go with: Mash (soya milk) peas and french bread Dessert: Fruit and soya custard	Vegan: Linda McCartney sausage and soya mash To go with: Peas Dessert: Fruit and soya custard
Wednesday	Vegan: Quorn vegan pieces in free from veg gravy To go with: Roast potato, Cauliflower and broccoli Dessert: Lotus biscuit	Vegan: Vegan sweet potato falafel To go with: Roast potatoes, Broccoli and Carrots Dessert: Lotus biscuit	Vegan: Vegetable casserole To go with: Roast potatoes, Green beans and Cauliflower Dessert: Lotus biscuit
Thursday	Vegan: Vegan mince lasagne with free from white sauce To go with: Salad and free from garlic bread Dessert: Soya Yoghurts	Vegan: Tomato pasta To go with: Salad and free from garlic bread Dessert: Soya Yoghurts	Vegan: Macaroni cheese with free from cheese sauce To go with: Salad and french bread Dessert: Soya Yoghurts
Friday	Vegan: Quorn vegan fillet To go with: Oven chips, Peas Dessert: Vegan jelly	Vegan: Fishless fishfingers To go with: Oven chips, Peas Dessert: Vegan jelly	Vegan: Fishless cod cakes To go with: Oven chips, Peas Dessert: Vegan jelly
Lunch box option	Fillings: Vegan Cheese (CH) in your choice of a sandwich (LB) or a wrap (WR). All lunch boxes come with a piece of fruit, a soya 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.		
Jacket potato option	All Jacket potatoes (JP) come with a choice of either one or two of the following Fillings: vegan cheese (CH), Beans (B) and salad.		
Soup option	Warm Heinz soup served in an insulated cup with a bread roll Vegetable		
Wholemeal and White bread, Oatly Milk, water and fruit is available to each child every day.			