



Paid meals are £2.40

Dear Parents/Carers

Welcome to your Winter 2019/2020 menu

This menu has been designed with Brexit in mind, we have checked all our products with our suppliers to ensure we can secure the stock. Please be aware that the menu may be subject to change based on the availability of ingredients. We have got back up stock in place, especially for our allergen menus to ensure we can carry on providing a safe menu for your child.

We have teamed up with Wesses bakery of Market Harborough who will now be providing all our bread, rolls and cakes! With the ever-growing disclaimers on bread and cake products our choice was very limited which is why we sourced a bakery that could help us. Wesses is a local bakery to us and they have their own bakery shop in Market Harborough, we have had quite a lot of fun sampling cakes recently!!!

By popular demand we have decided to look into the jam sandwich option, we have found a jam that fits in with our limits and we will trial it on this menu.

We are still struggling to ensure parents are ordering for their child, Please ensure you have booked your child's meal for when we return after the 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 your child has a dietary requirement please email the office for one of our specialist menus and a dietary requirement form, please note we can not feed your child a special menu until we have this completed form. We also have a vegan menu available.

Love Food



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Autumn/winter Dairy and Gluten Free Menu 2019/20

Week One

Weeks beginning

4th Nov, 25th Nov, 16th Dec 20th Jan, 10th Feb

Week Two

Weeks beginning

11th Nov, 2nd Dec 6th Jan, 27th Jan

Week Three

Weeks beginning

18th Nov, 9th Dec 13th Jan, 3rd Feb

Monday



Meat: Free from baguette ham pizza FF cheese
Veg: FF cheese FF baguette pizza
With: Potato wedge and mixed veg
Dessert: Jelly

Meat: Chicken breast in a FF roll
Veg: Quorn fillet in a FF bun
With: Potato wedge and mixed veg
Dessert: Jelly

Meat: FF chicken goujons
Veg: Quorn chicken pieces
With: Potato wedge and mixed veg
Dessert: Jelly

Tuesday



Meat: Shepherd's pie soya mash
Veg: Meat free mince shepherd's pie
With: Green beans and FF bread
Dessert: coconut collaborative chocolate pot

Meat: Beef casserole
Veg: Vegetable casserole
With: Soya Mash and Green beans
Dessert: coconut collaborative chocolate pot

Meat: FF meatballs in gravy
Veg: Meat free meatballs in gravy
With: Soya Mash and Green beans
Dessert: coconut collaborative chocolate pot

Wednesday



Meat: Roast Turkey
Veg: Courgetti and sweetcorn fritter
With: Roast potatoes & veg
Dessert: FF biscuits

Meat: Roast Gammon
Veg: Cauliflower FF cheese
With: Roast potatoes & veg
Dessert: FF biscuits

Meat: Roast chicken
Veg: Falafels
With: Roast potatoes & veg
Dessert: FF biscuits

Thursday



Meat: Spaghetti bolognese FF pasta
Veg: Tomato FF pasta
With: FF garlic bread and sweetcorn
Dessert: Fruit salad with free from cream

Meat: Lasagne FF pasta, FF sauce
Veg: Vegetable lasagne FF pasta, FF sauce
With: FF garlic bread and sweetcorn
Dessert: Fruit salad with free from cream

Meat: Creamy FF chicken FF pasta bake
Veg: Vegetable FF creamy FF pasta bake
With: FF garlic bread and sweetcorn
Dessert: Fruit salad with free from cream

Friday



Meat: FF fishfingers
Veg: FF Veg wrap
With: Oven baked chips and peas
Dessert: FF pancake and syrup

Meat: FF fishfingers
Veg:
With: Oven baked chips and peas
Dessert: FF pancake and syrup

Meat: FF breaded cod
Veg: Sweetcorn Fritter
With: Oven baked chips and peas
Dessert: FF pancake and syrup

Soup option

Warm Heinz soup served in an insulated cup with a bread roll: carrot and butter bean soup

Lunch box option

Your choice of a FF Sandwich, FF Roll or a FF Wrap. Fillings: strawberry jam soya Cheese, Ham, Chicken, or Tuna ff mayo. All lunch boxes come with a piece of fruit, a yoghurt, a FF dessert and a snack bag which can contain any two of the following which are swapped around daily: Tomatoes (quartered), carrot batons, cucumber batons, grapes (quartered), DF cheese and FF Bread sticks, raisins, dried bananas, FF bread sticks, raw pepper batons.

Jacket potato Everyday items

All Jacket potatoes come with a choice of either one or two of the following Fillings: DF cheese, Beans, Tuna FF mayo, and salad.

Soya Milk, Water, FF Bread, Soya Yoghurts and fruit are available every day.