



***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*



# Autumn/winter Vegan Menu 2019/20

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## Week One

Weeks beginning

4<sup>th</sup> Nov, 25<sup>th</sup> Nov, 16<sup>th</sup> Dec 20<sup>th</sup> Jan, 10<sup>th</sup> Feb

## Week Two

Weeks beginning

11<sup>th</sup> Nov, 2<sup>nd</sup> Dec 6<sup>th</sup> Jan, 27<sup>th</sup> Jan

## Week Three

Weeks beginning

18<sup>th</sup> Nov, 9<sup>th</sup> Dec 13<sup>th</sup> Jan, 3<sup>rd</sup> Feb



**Veg: Homemade vegan cheese baguette pizza**  
**With: Potato wedges and mixed veg**  
**Dessert: Fruit salad with ff cream**

**Veg: Vegan fillet in a bun**  
**With: Potato wedges and mixed veg**  
**Dessert: Fruit salad with ff cream**

**Veg: Meat free chicken goujons**  
**With: Potato wedges and mixed veg**  
**Dessert: Fruit salad with ff cream**



**Veg: Meat free shepherd's pie with soya mash**  
**With: Green beans and French bread**  
**Dessert: coconut collaborative chocolate pot**

**Veg: Vegetable casserole**  
**With: Soya mash and Green beans**  
**Dessert: coconut collaborative chocolate pot**

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



**Veg: Sweetcorn and courgetti fritter**  
**With: Roast potatoes, carrots and broccoli**  
**Dessert: Various biscuits**

**Veg: Cauliflower vegan cheese**  
**With: Roast potatoes, carrots and broccoli**  
**Dessert: Various biscuits**

**Veg: Falafels**  
**With: Roast potatoes, carrots and broccoli**  
**Dessert: Various biscuits**



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

**Veg: Vegetable lasagne ff white sauce**  
**With: FF garlic bread and sweetcorn**  
**Dessert: Fruit salad with free from cream**

**Veg: FF vegetable creamy pasta bake**  
**With: FF garlic bread and sweetcorn**  
**Dessert: Fruit salad with free from cream**



**Veg: Fishless fillet**  
**With: Oven baked chips and peas**  
**Dessert: Free from strawberry cheesecake**

**Veg: Fishless fingers**  
**With: Oven baked chips and peas**  
**Dessert: Free from strawberry cheesecake**

**Veg: Vegetable patty**  
**With: Oven baked chips and peas**  
**Dessert: Free from strawberry cheesecake**

Soup option

Warm Heinz soup served in an insulated cup with a bread roll, choose from vegetable

Lunch box option

Your choice of : Sandwich, Roll or a Wrap. Fillings: strawberry jam, vegan Cheese. All lunch boxes come with a piece of fruit, a soya yoghurt, a 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), vegan cheese and biscuits, raisins, dried bananas, crackers, raw pepper batons.

Jacket potato

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

Everyday items

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

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