



Dear Parents/Carers

Welcome to your Spring 2020 menu

The children seem to be enjoying their new cakes which have been baked for us by Wesses bakery, we're still trying out new things between us, as you can imagine baking for us is quite a tall order. We've all enjoyed taste testing!!!!

Obviously, we are now entering into Brexit, at present we do not foresee any problems with our suppliers but if products become hard to source the menu will be subject to change. Our allergy menus are all catered for already, so we do not foresee any issues with these.

Jam sandwiches have been a massive hit so they will be here to stay.

This menu our allergy/intolerant children will be provided with a free from cake suitable to their allergy/intolerance and Yorkshire puddings, these have been specially baked for us and will make lunch time a little more interesting for them being able to have cake.

If any parents or children wish to send us any recipe ideas they may have then please do feel free to send them to lovefoodjm@outlook.com

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



Spring 2020 Dairy Egg and Gluten Free Menu

Paid meals are £2.40

Week One

Weeks beginning

24th Feb, 16th March, 20th Apr, 11th May

Week Two

Weeks beginning

2nd March, 23rd March, 27th Apr, 18th May

Week Three

Weeks beginning

9th March, 30th March, 4th May,

Monday



Meat: Handmade ff beef burger in a ff bun
Veg: Meat free burger
With: Potato slices and sweetcorn
Dessert: Free from cake

Meat: FF Hotdog in a ff roll
Veg: Meat free sausage in a roll
With: Potato slices and sweetcorn
Dessert: Free from cake

Meat: BBQ Chicken
Veg: meat free BBQ chicken
With: Potato slices and sweetcorn
Dessert: Free from cake

Tuesday



Meat: chicken and potato pie
Veg: ff Cheese and potato pie
With: ff French bread
Dessert: Free from cake

Meat: Beef chow Mein rice Noodles
Veg: Vegetable chow Mein Rice noodles
With: Prawn crackers, peppers and carrots.
Dessert: Free from cake

Meat: Love food breakfast
Veg: Vegetable breakfast
With: Hash brown and beans
Dessert: Free from cake

Wednesday



Meat: Roast Beef
Veg: Vegetable casserole
With: Roasts, Ff Yorkshire, Green beans & Carrots
Dessert: Various biscuits

Meat: Roast Chicken
Veg: Cauliflower ff cheese bake
With: Roasts, FF Yorkshire, Green beans & Carrots
Dessert: Various biscuits

Meat: Roast Pork
Veg: Falafel
With: Roasts, FF Yorkshire, Green beans & Carrots
Dessert: Various biscuits

Thursday



Meat: Meatball ff pasta
Veg: Tomato and butternut squash pasta
With: ff Garlic bread and mixed salad
Dessert: Melon and pineapple slices

Meat: Rigatoni bolognaise ff mozzarella bake
Veg: Rigatoni with tomato and ff mozzarella
With: ff Garlic bread and mixed salad
Dessert: Melon and pineapple slices

Meat: ff Macaroni ff cheese with ham
Veg: Macaroni cheese
With: ff Garlic bread and Mixed salad
Dessert: Melon and pineapple slices

Friday



Meat: FF fish fingers
Veg: FF wrap
With: Oven baked chips and peas
Dessert: Free from cake

Meat: FF Fish fingers
Veg: FF wrap
With: Oven baked chips and peas
Dessert: Free from cake

Meat: FF scampi
Veg: FF wrap
With: Oven baked chips and peas
Dessert: Free from cake

Soup option

Warm Heinz soup served in an insulated cup with a bread roll, choose from Heinz big beef soup, carrot and bean soup

Lunch box option

Your choice of: 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 soya 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: soya cheese, Beans, Tuna ff mayo, and salad.

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