

Paid meals are £2.40



Dear Parents/Carers

Welcome to your Autumn/Winter 2020 menu

I think it is safe to say this year has been a very strange year due to coronavirus, as we all return to school things will be different to what we are all used to.

To begin with some schools have opted for lunch boxes only where social distancing in school is difficult, hopefully after a few weeks' things can return to a new kind of normal. Please check with your school which provision they will be providing.

Our aim as well as your school is to provide a safe, controlled service which keeps everyone safe.

Any alterations will be posted on our Facebook page Love Food JM LTD

For safety reasons we do ask that wherever possible you book online if your school has chosen this facility or email if your school is not using the online booking system, we do not want paper copy orders please. If you need log in details either email us or ask your school for these details.

For online schools, the loading of menu's for September cannot be done until our schools have moved classes electronically, we will inform everyone when booking is open online.

For non-online schools you can send your bookings in as soon as you can please.

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 extremely 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.

Please remember that payment is required with each order, if we have no payment then we will request a payment or ask you to provide an alternative meal for your child. For online ordering if your account is in debt we will contact you to clear this debt, if it is not cleared as agreed we will block booking until payment is made.

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.

Kind regards

Love Food

lovefoodjm@outlook.com

Love Food



Paid meals are £2.40

Autumn/winter 2020 Dairy and Gluten Free Menu

Week One

Weeks beginning

31st Aug, 21st Sept, 12th Oct 9th Nov, 30th Nov,

Week Two

Weeks beginning

7th Sept, 28th Sept, 19th Oct 16th Nov 7th Dec,

Week Three

Weeks beginning

14th Sept, 5th Oct 2nd Nov, 23rd Nov, 14th Dec

| Day | Week One | Week Two | Week Three |
|--|---|--|--|
| Monday  | Meat: Ham ff baguette pizza Veg: Cheese FF baguette pizza With: Mixed salad and curly potatoes Dessert: FF cake | Meat: FF chicken in a FF bun Veg: Veg FF wrap With: Mixed salad and curly potatoes Dessert: FF cake | Meat: FF hot dog in FF bun Veg: FF Mixed veg wrap With: Mixed salad and curly potatoes Dessert: FF cake |
| Tuesday  | Meat: Love food FF breakfast Veg: Vegetarian FF breakfast With: hash browns, scrambled egg, and beans Dessert: strawberries and ff cream jelly | Meat: Sticky pork steak Veg: Meat free steak With: Rice, Raw carrot and raw pepper. Dessert: strawberries and ff cream jelly | Meat: Diced Chicken sweet and sour Veg: Vegetable sweet and sour With: Rice, Raw carrot and raw pepper. Dessert: strawberries and ff cream jelly |
| Wednesday  | Meat: Roast Gammon Veg: Vegetable casserole With: Roast pots, FF Yorky, Green beans & Carrots Dessert: Various biscuits | Meat: Roast Chicken Veg: Cauliflower soya cheese bake With: Roast pots, FF Yorky, Green beans & Carrots Dessert: Various biscuits | Meat: Roast Pork Veg: Veg casserole With: Roast pots, FF Yorky, Green beans & Carrots Dessert: Various biscuits |
| Thursday  | Meat: FF spaghetti Bolognese Veg: Meat free mince ff bolognese With: FF Garlic bread and mixed salad Dessert: Fruit filled meringue nest | Meat: FF Meatball FF pasta Veg: Tomato pasta With: FF Garlic bread and mixed salad Dessert: Fruit filled meringue nest | Meat: FF Rigatoni bolognese mozzarella bake Veg: FF Rigatoni tomato mozzarella bake With: FF Garlic bread and Mixed salad Dessert: Fruit filled meringue nest |
| Friday  | Meat: FF Breaded cod Veg: FF Corn fritter With: Oven baked chips and peas Dessert: FF cake | Meat: FF Fish fingers Veg: FF Falafel With: Oven baked chips and peas Dessert: FF cake | Meat: FF Cod bites Veg: FF tomato balls With: Oven baked chips and peas Dessert: FF cake |

| | |
|---|---|
| <p>Soup option</p> <p>Lunch box option</p> <p>Jacket potato Everyday items</p> | <p>Warm Heinz soup served in an insulated cup with a bread roll: carrot and butter bean soup</p> <p>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.</p> <p>All Jacket potatoes come with a choice of either one or two of the following Fillings: DF cheese, Beans, Tuna FF mayo, and salad.</p> <p>Soya Milk, Water, FF Bread, Soya Yoghurts and fruit are available every day.</p> |
|---|---|

Paid meals are £2.40



Love Food



Spring 2020

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,

| Day | Week One | Week Two | Week Three |
|--|---|---|--|
| Monday  | Meat: Handmade beef burger in a bun Veg: Meat free burger With: Potato slices and sweetcorn Dessert: Cherry sponge cake | Meat: Hotdog in a roll Veg: Meat free sausage in a roll With: Potato slices and sweetcorn Dessert: Cherry sponge cake | Meat: BBQ Chicken Veg: meat free BBQ chicken With: Potato slices and sweetcorn Dessert: Cherry sponge cake |
| Tuesday  | Meat: chicken and potato pie Veg: Cheese and potato pie With: French bread Dessert: Chocolate sponge cake | Meat: Beef chow Mein Noodles Veg: Vegetable chow Mein With: prawn crackers, raw peppers and carrots Dessert: Chocolate sponge cake | Meat: Love food breakfast Veg: Vegetable breakfast With: Hash brown, scrambled egg and beans Dessert: Chocolate sponge cake |
| Wednesday  | Meat: Roast Beef Veg: Vegetable casserole With: Roast pots, Yorkshire, Green beans & Carrots Dessert: Various biscuits | Meat: Roast Chicken Veg: Cauliflower cheese bake With: Roast pots, Yorkshire, Green beans & Carrots Dessert: Various biscuits | Meat: Roast Pork Veg: Falafel With: Roast pots, Yorkshire, Green beans & Carrots Dessert: Various biscuits |
| Thursday  | Meat: Meatball pasta Veg: Tomato and butternut squash pasta With: Garlic bread and mixed salad Dessert: Melon and pineapple slices | Meat: Rigatoni bolognese mozzarella bake Veg: Rigatoni with tomato and mozzarella With: Garlic bread and mixed salad Dessert: Melon and pineapple slices | Meat: Macaroni cheese with ham Veg: Macaroni cheese With: Garlic bread and Mixed salad Dessert: Melon and pineapple slices |
| Friday  | Meat: Breaded cod Veg: Cauliflower cheese grill With: Oven baked chips and peas Dessert: Chocolate Iced bun | Meat: Fish fingers Veg: Fishless fingers With: Oven baked chips and peas Dessert: Chocolate Iced bun | Meat: Cod cake Veg: Chicken style nuggets With: Oven baked chips and peas Dessert: Chocolate Iced bun |

| | |
|------------------|---|
| Soup option | Warm Heinz soup served in an insulated cup with a bread roll, choose from chicken, tomato or vegetable |
| Lunch box option | Your choice of: Sandwich, Roll or a Wrap. Fillings: Strawberry jam, Cheese, Ham, Chicken, or Tuna mayo, vegan ham, vegan chicken or vegan cheese. All lunch boxes come with a piece of fruit, a 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), cheese, popcorn, pretzels, raisins, dried bananas, Crackers, raw pepper batons, pineapple sticks, melon sticks, veggie straws |
| Jacket potato | All Jacket potatoes come with a choice of either one or two of the following Fillings: cheese, Beans, Tuna mayo, and salad. |
| Everyday items | Milk, Water, Bread, Yoghurts and fruit are available every day. |