



***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*



# Autumn/Winter 2020 Dairy free Menu

Paid meals are £2.40

## Week One

Weeks beginning

31<sup>st</sup> Aug, 21<sup>st</sup> Sept, 12<sup>th</sup> Oct 9<sup>th</sup> Nov, 30<sup>th</sup> Nov,

## Week Two

Weeks beginning

7<sup>th</sup> Sept, 28<sup>th</sup> Sept, 19<sup>th</sup> Oct 16<sup>th</sup> Nov 7<sup>th</sup> Dec,

## Week Three

Weeks beginning

14<sup>th</sup> Sept, 5<sup>th</sup> Oct 2<sup>nd</sup> Nov, 23<sup>rd</sup> Nov, 14<sup>th</sup> Dec

Monday



**Meat: FF Ham baguette pizza**  
**Veg: FF Cheese baguette pizza**  
**With: Mixed salad and curly potatoes**  
**Dessert: FF cake**

**Meat: Handmade coated chicken in a bun**  
**Veg: Meat free chicken style burger in a bun**  
**With: Mixed salad and curly potatoes**  
**Dessert: FF cake**

**Meat: Hot dog in a bun**  
**Veg: Meat free hot dog**  
**With: Mixed salad and curly potatoes**  
**Dessert: FF cake**

Tuesday

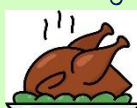


**Meat: Love food breakfast**  
**Veg: Vegetarian breakfast**  
**With: hash browns, Soy scrambled egg, and beans**  
**Dessert: strawberries and ff cream jelly**

**Meat: Sticky pork steak**  
**Veg: Meat free steak**  
**With: Rice, Raw carrot and raw pepper.**  
**Dessert: strawberries and ff cream jelly**

**Meat: Chicken ball 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: Cauliflower soya cheese**  
**With: Roast pots, ff Yorky, Green beans & Carrots**  
**Dessert: Various biscuits**

**Meat: Roast Chicken**  
**Veg: vegetable casserole**  
**With: Roast pots, ff Yorky, Green beans & Carrots**  
**Dessert: Various biscuits**

**Meat: Roast Pork**  
**Veg: Falafel**  
**With: Roast pots, ff Yorky, Green beans & Carrots**  
**Dessert: Various biscuits**

Thursday



**Meat: Spaghetti Bolognaise**  
**Veg: Meat free Bolognaise**  
**With: ff Garlic bread and mixed salad**  
**Dessert: Fruit filled meringue nest**

**Meat: Meatball pasta**  
**Veg: Meat free meatballs**  
**With: ff Garlic bread and mixed salad**  
**Dessert: Fruit filled meringue nest**

**Meat: ff Rigatoni bolognaise mozzarella bake**  
**Veg: ff Rigatoni tomato mozzarella bake**  
**With: ff Garlic bread and Mixed salad**  
**Dessert: Fruit filled meringue nest**

Friday



**Meat: Breaded cod**  
**Veg: fishless fillet**  
**With: Oven baked chips and peas**  
**Dessert: FF cake**

**Meat: Fish fingers**  
**Veg: Vegetable fingers**  
**With: Oven baked chips and peas**  
**Dessert: FF cake**

**Meat: Cod bites**  
**Veg: Chicken style bites**  
**With: Oven baked chips and peas**  
**Dessert: FF cake**

*Soup option*  
*Lunch box option*

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

Your choice of: Sandwich, Roll or a Wrap. Fillings: Strawberry jam, ff Cheese, Ham, Chicken, or Tuna ff mayo, vegan ham or vegan chicken. 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), cheese, popcorn, pretzels, raisins, dried bananas, Crackers, raw pepper batons, pineapple sticks, melon sticks, veggie straws

*Jacket potato*  
*Everyday items*

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

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

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*Love Food*



# Spring 2020

## Week One

Weeks beginning  
24<sup>th</sup> Feb, 16<sup>th</sup> March, 20<sup>th</sup> Apr, 11<sup>th</sup> May

## Week Two

Weeks beginning  
2<sup>nd</sup> March, 23<sup>rd</sup> March, 27<sup>th</sup> Apr, 18<sup>th</sup> May

## Week Three

Weeks beginning  
9<sup>th</sup> March, 30<sup>th</sup> March, 4<sup>th</sup> May,

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

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.