



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 Gluten and Egg Free Menu

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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

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 and beans
Dessert: strawberries and cream jelly

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

Meat: Diced Chicken sweet and sour
Veg: Vegetable sweet and sour
With: Rice, Raw carrot and raw pepper.
Dessert: strawberries and 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 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 bolognaise
Veg: Meat free mince ff bolognaise
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 bolognaise 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

Soup option

Warm Heinz soup served in an insulated cup with a bread roll, choose from chicken or tomato

Lunch box option

Your choice of: FF Sandwich, FF Roll or a FF Wrap. Fillings: strawberry jam, 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), cheese and FF Breadsticks, popcorn, 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: cheese, Beans, Tuna ff mayo, and salad.

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

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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.