



Dear Parents/Carers

Welcome to your Summer/ Autumn Menu

I don't think any of us were expecting another lockdown in January, lets hope that we can all return to some kind of normal very soon.

Service is still a mix bag across our schools, we are working very closely with our schools to ensure everyone is fed as safely as possible.

On a happier note, we would like to welcome Kingsley school to Love food, they will be starting with us after the holiday.

We are still not accepting paper orders due to coronavirus; you can order online at:

[www.eduspot.co.uk](http://www.eduspot.co.uk)

**Please ensure you have booked a meal for your child, even if they are universal or free school meals. For safety reasons we are unable to access bubbles therefore we are unable to swap meals or provide extra meals once the meals have been sent out due to safety reasons.**

**If you wish to order, amend an order or have a query please email your kitchen as your kitchen holds all the ordering information.**

*Love Food*

# Winter 2021 Vegan Menu

## Week One

Weeks beginning

7<sup>th</sup> Jun, 28<sup>th</sup> Jun, 19<sup>th</sup> Jul 30<sup>th</sup> Aug, 20<sup>th</sup> Sep, 11<sup>th</sup> Oct

## Week Two

Weeks beginning

14<sup>th</sup> June, 5<sup>th</sup> July 6<sup>th</sup> Sep, 27<sup>th</sup> Sept, 18<sup>th</sup> Oct

## Week Three

Weeks beginning

21<sup>st</sup> June, 12<sup>th</sup> July 13<sup>th</sup> Sep, 4<sup>th</sup> Oct

### Monday



**Vegan Cheese baguette pizza**

**With: Homemade potato wedges and sweet corn**

**Dessert: Vegan cake of the day**

**Veg: Tomato meatball marinara**

**With: Homemade potato wedges and sweet corn**

**Dessert: Vegan cake of the day**

**Veg: Vegetable burger in a roll**

**With: Homemade potato wedges and sweet corn**

**Dessert: Vegan cake of the day**

### Tuesday



**Veg: Macaroni cheese**

**With: bread, raw carrot and pepper batons**

**Dessert: Strawberries with vegan cream**

**Veg: Tomato mozzarella bake**

**With: bread, raw carrot and pepper batons**

**Dessert: Mandarin segments with vegan cream**

**Veg: Meat free mince lasagne**

**With: bread, raw carrot and pepper batons**

**Dessert: Strawberries and vegan cream**

### Wednesday



**Veg: Vegetable casserole**

**With: Roast potatoes, FF Yorkshire pudding, mixed veg.**

**Dessert: Various biscuits**

**Veg: Tomato and basil balls**

**With: Roast potatoes, FF Yorkshire pudding, mixed veg.**

**Dessert: Various biscuits**

**Veg: Cauliflower cheese**

**With: Roast potatoes, FF Yorkshire pudding, mixed veg**

**Dessert: Various biscuits**

### Thursday



**Veg: Vegetable chilli burrito**

**With: Rice, Chopped tomatoes, lettuce and cucumber**

**Dessert: Mixed fruit salad**

**Veg: Mediterranean roasted veg wrap**

**With: Rice, Chopped tomatoes, lettuce and cucumber**

**Dessert: Mixed fruit salad**

**Veg: sweet and sour vegetable balls**

**With: Rice, Chopped tomatoes, lettuce and cucumber**

**Dessert: Mixed fruit salad**

### Friday



**Veg: Falafels**

**With: Oven baked chips and peas**

**Dessert: Vegan cake of the day**

**Veg: Meat free chicken bites**

**With: Oven baked chips and peas**

**Dessert: Vegan cake of the day**

**Veg: Vegetable fingers**

**With: Oven baked chips and peas**

**Dessert: Vegan cake of the day**

### 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: vegan Cheese, vegan Ham, vegan Chicken. 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: Crackers, Cheese, Cherry tomatoes chopped, Cucumber batons, Carrot batons, Pepper batons, chopped grapes, Mixed salad, Popcorn, Veggie straws, Melon sticks, Pretzels, Dried chewy bananas, Dried apple slices, Cheezie straws, Quinoa chips, Pineapple sticks, Raisins.

### Jacket potato

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

### Salad option

**Your choice of ham, cheese or falafels served with lettuce, tomatoes, cucumber, peppers, coleslaw and new potatoes**

### Everyday items

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



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