



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

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 Gluten and Egg Free Menu

Week One

Weeks beginning

7th Jun, 28th Jun, 19th Jul 30th Aug, 20th Sep, 11th Oct

Week Two

Weeks beginning

14th June, 5th July 6th Sep, 27th Sept, 18th Oct

Week Three

Weeks beginning

21st June, 12th July 13th Sep, 4th Oct

Monday



Meat: Pepperoni FF baguette pizza
Veg: Cheese baguette pizza
With: Homemade potato wedges and sweet corn
Dessert: FF Cake of the day

Meat: FF Meatball marinara FF baguette
Veg: Tomato ball marinara
With: Homemade potato wedges and sweet corn
Dessert :FF Cake of the day

Meat: Pulled pork FF roll
Veg: Vegetable burger in a FF roll
With: Homemade potato wedges and sweet corn
Dessert: FF Cake of the day

Tuesday



Meat: Philly cheese chicken FF pasta bake
Veg: Macaroni cheese
With: FF bread, raw carrot and pepper batons
Dessert: Strawberries in jelly with cream

Meat: Bolognaise Mozzarella FF pasta bake
Veg: Tomato mozzarella bake
With: FF bread, raw carrot and pepper batons
Dessert: Mandarin segments in jelly with cream

Meat: FF pasta lasagne
Veg: Vegetable lasagne
With: FF bread, raw carrot and pepper batons
Dessert: Strawberries and cream

Wednesday



Meat: Roast Chicken
Veg: Quorn roast
With: Roast potatoes, FF Yorkshire pudding, mixed veg.
Dessert: FF Various biscuits

Meat: Roast Pork
Veg: Tomato and basil balls
With: Roast potatoes, FF Yorkshire pudding, mixed veg.
Dessert: FF Various biscuits

Meat: Roast Gammon
Veg: Cauliflower cheese
With: Roast potatoes, FF Yorkshire pudding, mixed veg
Dessert: FF Various biscuits

Thursday



Meat: Chilli FF burrito
Veg: Vegetable chilli FF burrito
With: Rice, Chopped tomatoes, lettuce and cucumber
Dessert: Mixed fruit salad

Meat: Chicken Souvlaki FF wrap
Veg: Mediterranean roasted veg FF wrap
With: Rice, Chopped tomatoes, lettuce and cucumber
Dessert: Mixed fruit salad

Meat: Sweet and sour chicken
Veg: sweet and sour vegetable balls
With: Rice, Chopped tomatoes, lettuce and cucumber
Dessert: Mixed fruit salad

Friday



Meat: FF Breaded cod
Veg: FF Falafels
With: Oven baked chips and peas
Dessert: FF Cake of the day

Meat: FF Fish bites
Veg: Heck meat free sausages
With: Oven baked chips and peas
Dessert :FF Cake of the day

Meat: FF Fish fingers
Veg: FF mozzarella sticks
With: Oven baked chips and peas
Dessert: FF 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: FF Sandwich, FF Roll, or a FF 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: Cheese triangle, 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, Cheezi 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, Tuna mayo, and salad.

Salad option

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

Everyday items

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



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