



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 Dairy, Gluten and Soya Free 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



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

Tuesday



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

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

**Meat: Bow tie pasta FF lasagne**  
**Veg: Vegetable lasagne**  
**With: FF bread, raw carrot and pepper batons**  
**Dessert: Eton mess**

Wednesday



**Meat: Roast Chicken**  
**Veg: Vegetable casserole**  
**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 FF 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 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: 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: Falafels**  
**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, carrot and butter bean soup**

Lunch box option

Your choice of: FF Sandwich, FF Roll, or a FF Wrap. Fillings: Strawberry jam, FF Cheese, Ham, Chicken, or Tuna FF mayo. All lunch boxes come with a piece of fruit, a FF yoghurt, a FF dessert and a snack bag which can contain any two of the following which are swapped around daily: FF Crackers, FF 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, Tuna FF mayo, and salad.

Salad option

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

Everyday items

Rice Milk, Water, FF Bread, coconut-based Yoghurts and fruit are available every day.



*Love Food*