



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 Dairy, Gluten, Soya 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: 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: Strawberries and cream

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.



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