



***Paid meals are £2.40***

Dear Parents/Carers

Welcome to your Spring 2020 menu

The children seem to be enjoying their new cakes which have been baked for us by Wesses bakery, we're still trying out new things between us, as you can imagine baking for us is quite a tall order. We've all enjoyed taste testing!!!!

Obviously, we are now entering into Brexit, at present we do not foresee any problems with our suppliers but if products become hard to source the menu will be subject to change. Our allergy menus are all catered for already, so we do not foresee any issues with these.

Jam sandwiches have been a massive hit so they will be here to stay.

This menu our allergy/intolerant children will be provided with a free from cake suitable to their allergy/intolerance and Yorkshire puddings, these have been specially baked for us and will make lunch time a little more interesting for them being able to have cake.

If any parents or children wish to send us any recipe ideas they may have then please do feel free to send them to [lovefoodjm@outlook.com](mailto:lovefoodjm@outlook.com)

We are still struggling to ensure parents are ordering for their child, 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 very 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, if you fill out a termly order then you must pay for a termly order and not arrange payment weekly.

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.

*Love Food*



# Spring 2020 Dairy Egg and Gluten Free Menu

Paid meals are £2.40

## Week One

Weeks beginning

24<sup>th</sup> Feb, 16<sup>th</sup> March, 20<sup>th</sup> Apr, 11<sup>th</sup> May

## Week Two

Weeks beginning

2<sup>nd</sup> March, 23<sup>rd</sup> March, 27<sup>th</sup> Apr, 18<sup>th</sup> May

## Week Three

Weeks beginning

9<sup>th</sup> March, 30<sup>th</sup> March, 4<sup>th</sup> May,

Monday



**Meat: Handmade ff beef burger in a ff bun**  
**Veg: Meat free burger**  
**With: Potato slices and sweetcorn**  
**Dessert: Free from cake**

**Meat: FF Hotdog in a ff roll**  
**Veg: Meat free sausage in a roll**  
**With: Potato slices and sweetcorn**  
**Dessert: Free from cake**

**Meat: BBQ Chicken**  
**Veg: meat free BBQ chicken**  
**With: Potato slices and sweetcorn**  
**Dessert: Free from cake**

Tuesday



**Meat: chicken and potato pie**  
**Veg: ff Cheese and potato pie**  
**With: ff French bread**  
**Dessert: Free from cake**

**Meat: Beef chow Mein rice Noodles**  
**Veg: Vegetable chow Mein Rice noodles**  
**With: Prawn crackers, peppers and carrots.**  
**Dessert: Free from cake**

**Meat: Love food breakfast**  
**Veg: Vegetable breakfast**  
**With: Hash brown and beans**  
**Dessert: Free from cake**

Wednesday



**Meat: Roast Beef**  
**Veg: Vegetable casserole**  
**With: Roasts, Ff Yorkshire, Green beans & Carrots**  
**Dessert: Various biscuits**

**Meat: Roast Chicken**  
**Veg: Cauliflower ff cheese bake**  
**With: Roasts, FF Yorkshire, Green beans & Carrots**  
**Dessert: Various biscuits**

**Meat: Roast Pork**  
**Veg: Falafel**  
**With: Roasts, FF Yorkshire, Green beans & Carrots**  
**Dessert: Various biscuits**

Thursday



**Meat: Meatball ff pasta**  
**Veg: Tomato and butternut squash pasta**  
**With: ff Garlic bread and mixed salad**  
**Dessert: Melon and pineapple slices**

**Meat: Rigatoni bolognaise ff mozzarella bake**  
**Veg: Rigatoni with tomato and ff mozzarella**  
**With: ff Garlic bread and mixed salad**  
**Dessert: Melon and pineapple slices**

**Meat: ff Macaroni ff cheese with ham**  
**Veg: Macaroni cheese**  
**With: ff Garlic bread and Mixed salad**  
**Dessert: Melon and pineapple slices**

Friday



**Meat: FF fish fingers**  
**Veg: FF wrap**  
**With: Oven baked chips and peas**  
**Dessert: Free from cake**

**Meat: FF Fish fingers**  
**Veg: FF wrap**  
**With: Oven baked chips and peas**  
**Dessert: Free from cake**

**Meat: FF scampi**  
**Veg: FF wrap**  
**With: Oven baked chips and peas**  
**Dessert: Free from cake**

Soup option

Warm Heinz soup served in an insulated cup with a bread roll, choose from Heinz big beef soup, carrot and bean soup

Lunch box option

Your choice of: FF Sandwich, FF Roll or a FF Wrap. Fillings: strawberry jam, soya Cheese, Ham, Chicken, or Tuna ff mayo. All lunch boxes come with a piece of fruit, a soya 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), DF cheese and FF Bread sticks, 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: soya cheese, Beans, Tuna ff mayo, and salad.

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