



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*

Paid meals are £2.40



# Spring 2020 Vegan Menu

## 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,



**Veg: Meat free vegan burger in a roll**  
**With: Potato slices and sweetcorn**  
**Dessert: Free from cake**

**Veg: Vegan sausage in a roll**  
**With: Potato slices and sweetcorn**  
**Dessert: Free from cake**

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



**Veg: Vegan cheese and potato pie**  
**With: Peas and French bread**  
**Dessert: Free from cake**

**Veg: Vegetable chow Mein with rice noodles**  
**With: Raw peppers and carrots**  
**Dessert: Free from cake**

**Veg: Love food vegan breakfast**  
**With: Hash browns and beans**  
**Dessert: Free from cake**



**Veg: Vegetable casserole**  
**With: Roasts, ff Yorkshire, carrots & green beans**  
**Dessert: Various biscuits**

**Veg: Cauliflower vegan cheese**  
**With: Roasts, ff Yorkshire, carrots & green beans**  
**Dessert: Various biscuits**

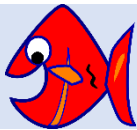
**Veg: Moroccan Falafels**  
**With: Roasts, ff Yorkshire, carrots & green beans**  
**Dessert: Various biscuits**



**Veg: Tomato and butternut squash pasta**  
**With: FF garlic bread and side salad**  
**Dessert: Melon and pineapple slices**

**Veg: Vegan rigatoni bolognese bake, ff mozzarella**  
**With: FF garlic bread and side salad**  
**Dessert: Melon and pineapple slices**

**Veg: Vegan macaroni cheese**  
**With: FF garlic bread and side salad**  
**Dessert: Melon and pineapple slices**



**Veg: Sweetcorn fritter**  
**With: Oven baked chips and peas**  
**Dessert: Free from cake**

**Veg: Fishless fingers**  
**With: Oven baked chips and peas**  
**Dessert: Free from cake**

**Veg: Vegan style chicken nuggets**  
**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 vegetable

Lunch box option

Your choice of : Sandwich, Roll or a Wrap. Fillings: strawberry jam, vegan ham, vegan chicken, vegan Cheese. All lunch boxes come with a piece of fruit, a soya yoghurt, a 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), vegan cheese and biscuits, raisins, dried bananas, crackers, raw pepper batons.

Jacket potato  
Everyday items

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

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

