



Dear Parents/Carers

Welcome to your Autumn/winter menu for 2018/2019

Wow..... That year went quick!!! Within this menu there will be Christmas dinner, please wait for your school to send further details out.

We would like to welcome Uppingham c of e primary school and nursery to Love food

We are asking that any parents of children with allergies ( when allergen is present will cause devastating effects and can be life threatening, epi pen needed) intolerances (when allergen is present will cause various symptoms to recipient which is not known to be life threatening and epi pen not needed) that haven't filled out a special dietary requirement form could they please ensure they do so and hand it back to Love food to ensure we hold all correct details for each child

Please ensure you have booked your child's meal for when we return after the may 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 you wish to order, amend an order or have a query please email your kitchens as your kitchens hold all the ordering information.**

**Please remember when emailing our kitchens that they only work school hours and will reply to you as soon as they can.**

Rothwell Infants: [lovefoodrothwellinfants@outlook.com](mailto:lovefoodrothwellinfants@outlook.com)

Geddington: [lovefoodgeddington@outlook.com](mailto:lovefoodgeddington@outlook.com)

Loatlands: [lovefoodloatlands@outlook.com](mailto:lovefoodloatlands@outlook.com)

Rushton: [lovefoodrushton@outlook.com](mailto:lovefoodrushton@outlook.com)

Hayfield cross: [lovefoodhayfields@outlook.com](mailto:lovefoodhayfields@outlook.com)

Trinity C of E: [lovefoodtrinity@outlook.com](mailto:lovefoodtrinity@outlook.com)

Wilbarston: [lovefoodwilbarston@outlook.com](mailto:lovefoodwilbarston@outlook.com)

Polebrook: [lovefoodpolebrook@outlook.com](mailto:lovefoodpolebrook@outlook.com)

Uppingham: [lovefooduppingham@outlook.com](mailto:lovefooduppingham@outlook.com)

Stanion: [lovefoodstanion@outlook.com](mailto:lovefoodstanion@outlook.com)

Rothwell Juniors: [lovefoodrothwelljuniors@outlook.com](mailto:lovefoodrothwelljuniors@outlook.com)

Higham Infants: [lovefoodhighaminfants@outlook.com](mailto:lovefoodhighaminfants@outlook.com)

Higham juniors: [lovefoodhighamjuniors@outlook.com](mailto:lovefoodhighamjuniors@outlook.com)

Corby old village: [lovefoodcorbyoldvillage@outlook.com](mailto:lovefoodcorbyoldvillage@outlook.com)

Henry Chichele: [lovefoodhenrychichele@outlook.com](mailto:lovefoodhenrychichele@outlook.com)

Nassington: [lovefoodnassington@outlook.com](mailto:lovefoodnassington@outlook.com)

King's Cliffe: [lovefoodkingscliffe@outlook.com](mailto:lovefoodkingscliffe@outlook.com)

*Love Food*

Main menu	Week One Oct 29th, Nov 19th, Dec 10th, Jan 14th, Feb 4th	Week two Nov 5th, Nov 26th, Dec 17th, Jan 21st, Feb 11th	Week Three Nov 12th, Dec 3rd, Jan 7th, Jan 28th
Monday	<b>Meat: Hand made Beef burger in a bun</b> <b>Vegetarian: Vegetarian burger in a bun</b> To go with: Potato slices and Baked Beans Dessert: Strawberry Whip	<b>Meat: Chicken korma</b> <b>Vegetarian: Vegetable creamy korma</b> To go with: Naan bread, rice and sweetcorn Dessert: Banana Whip	<b>Meat: Chilli con carne</b> <b>Vegetarian: Quorn chilli con carne</b> To go with: rice, tortilla chips and sweetcorn Dessert: Chocolate whip
Tuesday	<b>Meat: Steak pie</b> <b>Vegetarian: Vegetable pie</b> To go with: Mashed potato and peas Dessert: Fruit and custard	<b>Meat: Shepherds pie</b> <b>Vegetarian: meat free shepherds pie</b> To go with: Peas and french bread Dessert: Fruit and custard	<b>Meat: Toad in the hole</b> <b>Vegetarian: vegetarian sausage toad in the hole</b> To go with: Mashed potato and peas Dessert: Fruit and custard
Wednesday	<b>Meat: Roast Chicken</b> <b>Vegetarian: Quorn roast</b> To go with: Roast potato, Yorkshire pudding, Cauliflower and Broccoli Dessert: Various biscuits	<b>Meat: Roast Turkey</b> <b>Vegetarian: cheese and onion crisp bake</b> To go with: Roast potatoes, Yorkshire pudding, Broccoli and Carrots Dessert: Various biscuits	<b>Meat: Roast Pork</b> <b>Vegetarian: Vegetable casserole</b> To go with: Roast potatoes, Yorkshire pudding, Green beans and Cauliflower Dessert: Various biscuits
Thursday	<b>Meat: Beef Lasagne</b> <b>Vegetarian: Vegetable Lasagne</b> To go with: Salad and garlic bread Dessert: Yoghurts	<b>Meat: Meatball pasta</b> <b>Vegetarian: Tomato pasta</b> To go with: Salad and garlic bread Dessert: Yoghurts	<b>Meat: Ham macaroni cheese</b> <b>Vegetarian: Macaroni cheese</b> To go with: Salad and french bread Dessert: Yoghurts
Friday	<b>Meat: Battered Cod</b> <b>Vegetarian: Vegetable fingers</b> To go with: Oven chips, Peas Dessert: Jelly	<b>Meat: Breaded fish fingers</b> <b>Vegetarian: Fishless fishfingers</b> To go with: Oven chips, Peas Dessert: Jelly	<b>Meat: Breaded Codcakes</b> <b>Vegetarian: Fishless cod cakes</b> To go with: Oven chips, Peas Dessert: Jelly
Lunch box option	Fillings: Cheese (CH), Ham (H), Chicken (CHI) or Tuna mayo (T) in your choice of a sandwich (LB) or a wrap (WR). All lunch boxes come with a piece of fruit, a yoghurt, a dessert (either cake of the day or a cereal bar) and a snack bag which can contain any two of the following which are swapped around daily: Tomatoes, carrot batons, cucumber batons, grapes, raisins, dried bananas, bread sticks, raw pepper batons, cheese.		
Jacket potato option	All Jacket potatoes (JP) come with a choice of either one or two of the following Fillings: cheese (CH), Beans (B), Tuna mayo (T), Chilli con carne (CI) and salad.		
Soup option	Warm heinz soup served in an insulated cup with a bread roll, choose from chicken, tomato or vegetable		
Wholemeal and White bread, Milk, water and fruit is available to each child every day.			