



Dear Parents/Carers

Welcome to your spring 2019

Hopefully winter is nearly over, and we can all start warming up!

We would like to welcome St Nicholas at Cottesmore to Love food this term.

The breakfast is back by very popular demand and were trying a few new pasta dishes and spaghetti! We've added a few new products to our snack bags, we've been trying out popcorn in one of our schools and the new strawberry sreen bar. We're trying out fruit and low-fat cream this time and have added yoghurts as an everyday item so if your child doesn't want the dessert they can have a yoghurt instead if they want.

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.**

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*Love Food*

Spring 2019

Paid meals are £2.40

Main menu	<p style="text-align: center;"><b>Week One</b> Feb 25th, Mar 18th, Apr 22nd, May 13th</p>	<p style="text-align: center;"><b>Week two</b> Mar 4th, Mar 25th, Apr 29th, May 20th</p>	<p style="text-align: center;"><b>Week Three</b> Mar 11th, Apr 1st, May 6th,</p>
Monday	<p><b>Meat: Ham pizza</b> <b>Vegetarian: cheese pizza</b> To go with: Crispy potatoes and sweetcorn Dessert: Pancake and sauce</p>	<p><b>Meat: Chicken Goujons</b> <b>Vegetarian: Chicken style nuggets</b> To go with: Crispy potatoes and sweetcorn Dessert: Pancake and sauce</p>	<p><b>Meat: Chicken burger in a bun</b> <b>Vegetarian: chicken style burger in a bun</b> To go with: Crispy potatoes and sweetcorn Dessert: Pancake and sauce</p>
Tuesday	<p><b>Meat: Love food Breakfast: Bacon and sausage</b> <b>Vegetarian: Vegetarian breakfast</b> To go with: Hash brown, beans and scrambled egg Dessert: Strawberries and blueberries with cream</p>	<p><b>Meat: Ham omelette</b> <b>Vegetarian: Cheese omelette</b> To go with: Beans and waffle Dessert: Summer fruit and cream</p>	<p><b>Meat: Sausages and mash</b> <b>Vegetarian: Vegetarian sausages and mash</b> To go with: Mashed potato and beans Dessert: Raspberries and Blueberries and cream</p>
Wednesday	<p><b>Meat: Roast Chicken</b> <b>Vegetarian: Quorn roast</b> To go with: Roast potato, Yorkshire pudding, Cauliflower and peas Dessert: Various biscuits</p>	<p><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</p>	<p><b>Meat: Roast Pork</b> <b>Vegetarian: Vegetable casserole</b> To go with: Roast potatoes, Yorkshire pudding, Green beans and Cauliflower Dessert: Various biscuits</p>
Thursday	<p><b>Meat: Tuna pasta bake</b> <b>Vegetarian: Vegetable pasta bake</b> To go with: Salad and garlic bread Dessert: Jelly</p>	<p><b>Meat: Creamy chicken pasta bake</b> <b>Vegetarian: meat free chicken pasta bake</b> To go with: Salad and garlic bread Dessert: Jelly</p>	<p><b>Meat: Spaghetti Bolognaise</b> <b>Vegetarian: meat free spaghetti bolognaise</b> To go with: Salad and garlic bread Dessert: Jelly</p>
Friday	<p><b>Meat: Battered Cod</b> <b>Vegetarian: Vegetable fingers</b> To go with: Oven chips, Peas Dessert: Cheese and biscuits</p>	<p><b>Meat: Breaded fish fingers</b> <b>Vegetarian: Fishless fishfingers</b> To go with: Oven chips, Peas Dessert: Cheese and biscuits</p>	<p><b>Meat: Scampi</b> <b>Vegetarian: Fishless cod cakes</b> To go with: Oven chips, Peas Dessert: Cheese and biscuits</p>
Lunch box option	<p style="text-align: center;">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 (cereal bar or cake bar) 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), cheese and biscuits, popcorn, raisins, dried bananas, bread sticks, raw pepper batons.</p>		
Jacket potato option	<p>All Jacket potatoes (JP) come with a choice of either one or two of the following Fillings: cheese (CH), Beans (B), Tuna mayo (T), Coronation chicken (cc) and salad.</p>		
<p style="text-align: center;">Wholemeal and White bread, Milk, yoghurt, water and fruit is available to each child every day.</p>			

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