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Where good ideas are nourished!

SCHOOL LUNCH MENU

w/c – 28/10/19, 18/11/2019, 09/12/19, 13/01/20, 03/02/20, 02/03/20, 23/03/20

Did you know we have swapped to sugar free beans!

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1 (Non-Halal)	Sausage & mash with onion gravy	Spaghetti bolognese	Roast beef and Yorkshire pudding, Roast potatoes	Moroccan chicken with chickpeas and rice	Cod fish fingers, chips and ketchup
Choice 2	Veggie sausage & mash with onion gravy	Veggie spaghetti bolognese	Quorn roast and roast potatoes	Sri Lankan vegetable curry and rice	3 cheese pizza, chips and ketchup
Choice 3	Jacket potato with tuna crunch	Ocean sticks and salad wrap	Jacket potato with cheese & sweetcorn	Falafel wrap	Veggie hotdog
Choice 4 (Halal)	Chicken sausage & mash with onion gravy	Spaghetti bolognese	Roast beef and Yorkshire pudding, Roast potatoes	Moroccan chicken with chickpeas and rice	Cod fish fingers, chips and ketchup
Seasonal Vegetables	Carrot batons, peas	Roast courgettes, sweetcorn	Cabbage, broccoli	Sweetcorn, carrots	Baked beans, peas
Dessert	Chocolate yoghurt brownie	Lemon & courgette cake & custard	Red velvet cake	Pineapple upside down cake & custard	Fruit jelly
Organic Fruit Yoghurt & Seasonal Fresh Fruit Platter served daily.					

AVAILABLE DAILY: *Home Made Fresh Bread *Fresh Salad Items

For details on CULTURAL and SPECIAL DIETARY DIETS, ALLERGEN Information, School MEAL PRICES and more, please visit our website: www.luton.gov.uk/schoolcatering



FOOD FOR THOUGHT

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SCHOOL LUNCH MENU

w/c – 04/11/19, 25/11/19, 16/12/19, 20/01/20, 10/02/20, 09/03/20, 30/03/20

Did you know we have swapped to sugar free beans!

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1 (Non-Halal)	Meatballs and pasta	Chicken pie, potatoes	Roast gammon, pineapple and roast potatoes	Beef lasagne	Fish Pie
Choice 2	Veggie balls and pasta	Quorn pie, potatoes	Cauliflower & broccoli bake, roast potatoes	Cheese ravioli in tomato sauce	3 cheese pizza, chips and ketchup
Choice 3	Chicken tikka wrap	Falafel wrap	BBQ chicken wrap	Ocean sticks and salad wrap	Jacket potato, baked beans
Choice 4 (Halal)	Chicken meatballs and pasta	Chicken pie, potatoes	Roast chicken, stuffing, roast potatoes	Beef lasagne	Fish Pie
Seasonal Vegetables	Carrots, green beans	Sweetcorn, carrot batons	Cauliflower, broccoli	Cream leeks, garden peas	Baked beans, mini corn on the cob
Dessert	Cheese and biscuits, fruit	St Clements cake & custard	Raspberry muffin	Chocolate & mandarin sponge, custard	Cup cakes with fruit salad
Organic Fruit Yoghurt & Seasonal Fresh Fruit Platter served daily.					

AVAILABLE DAILY: *Home Made Fresh Bread *Fresh Salad Items

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SCHOOL LUNCH MENU

w/c – 11/11/19, 02/12/19, 06/01/20, 27/01/20, 24/02/20, 16/03/20

Did you know we have swapped to sugar free beans!

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1 (Non-Halal)	Chicken ravioli in tomato sauce	Keralan chicken curry and rice	Roast beef and Yorkshire pudding, Roast potatoes	Baked spaghetti pie	Fish and chips
Choice 2	Cheese ravioli in cream sauce	Veggie spaghetti bolognese	Cheese flan, roast potatoes	Veggie shepherds pie	3 cheese pizza, chips & ketchup
Choice 3	Tuna melt	Chicken tikka wrap	Cheese and bean quesadillas	Jacket potato, cheese & sweetcorn	Ocean sticks, , chips & ketchup
Choice 4 (Halal)	American Brunch	Keralan chicken curry and rice	Roast beef and Yorkshire pudding, Roast potatoes	Baked spaghetti pie	Fish and chips
Seasonal Vegetables	Garden peas, roast vegetable	Cauliflower, garden peas	Savoy cabbage, broccoli	Sweetcorn, carrots	Beans, peas
Dessert	Chocolate yoghurt brownie	Lemon & courgette cake, custard	Apricot flapjack	St Clements cake & custard	Fruity Friday fruit salad
Organic Fruit Yoghurt & Seasonal Fresh Fruit Platter served daily.					

AVAILABLE DAILY: *Home Made Fresh Bread *Fresh Salad Items

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