

Flitwick Lower School

Where good ideas are nourished!

SCHOOL LUNCH MENU

w/c – 29/10/18, 19/11/18, 10/12/18, 07/01/19, 28/01/19, 25/02/19, 18/03/19

Did you know that we are using 23% less sugar than last year?

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Sausage, Mash and Gravy	Spaghetti Bolognaise	Roast Beef with Yorkshire Pudding, Roast Potatoes and Gravy	Chicken Korma with Rice and Naan Bread	Cod Fish Fingers With Chips
Choice 2	Veggie Sausage, Mash and Gravy	Veggie Bolognaise and Spaghetti	Quorn Fillet with Roast Potatoes and Gravy	Jacket Potato With Beans	3 Cheese Pizza With Chips
Seasonal Vegetables	Carrots and Peas	Sweetcorn And Broccoli	Savoy Cabbage And Carrots	Sweetcorn And Green Beans	Baked Beans And Peas
Dessert	Creamy Rice Pudding	Lemon Love Cake with Custard	Apricot Flapjack	Pineapple Upside Down Cake and Custard	Fruit Smoothie
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 & more, please visit our website: www.luton.gov.uk/schoolcatering



FOOD WITH THOUGHT

A Luton Traded Service

