

Flitwick Lower School

Where good ideas are nourished!

SCHOOL LUNCH MENU

w/c – 05/11/18, 26/11/18, 17/12/18, 14/01/19, 04/02/19, 04/03/19, 25/03/19

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

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	BBQ Pulled Pork With Rice	Traditional Chicken Pie with Potatoes	Roast Chicken with Stuffing, Roast Potatoes and Gravy	Traditional Lasagne	Salmon Fish Fingers with Chips
Choice 2	Wow Butter Quorn Satay with Rice	Traditional Quorn Pie with Potatoes	Quorn Fillet with Roast Potatoes and Gravy	Jacket Potato with Cheese and Sweetcorn	3 Cheese Pizza with Chips
Seasonal Vegetables	Carrots and Peas	Sweetcorn And Green Beans	Carrots And Broccoli	Mini Corn on the Cob And Peas	Baked Beans And Peas
Dessert	Melting Moment Biscuit	Toffee Apple Sponge and Custard	Chocolate Brownie	Fruit Smoothie	Decorated Cupcake

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

