

Flitwick Lower School

Where good ideas are nourished!

SCHOOL LUNCH MENU

w/c - 12/11/18, 03/12/18, 31/12/18, 21/01/19, 18/02/19, 11/03/19, 01/04/19

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

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Meatballs in Tomato Sauce with Pasta	Chilli Con Carne With Rice	Roast Gammon with Pineapple, Roast Potatoes And Gravy	Chicken Korma With Rice	Traditional Battered Fish and Chips
Choice 2	Veggie Balls in Tomato Sauce With Pasta	Jacket Potato with Tuna and Sweetcorn	Quorn Fillet With Roast Potatoes Gravy	Classic Macaroni Cheese	3 Cheese Pizza With Chips
Seasonal Vegetables	Carrots And Curly Kale	Mini Corn on the Cob And Peas	Savoy Cabbage And Carrots	Sweetcorn And Broccoli	Baked Beans And Peas
Dessert	Creamy Cheesecake	Cornflake Tart With Custard	Fruit Smoothie	Carrot Cake And Custard	Apricot Flapjack
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

