

Shillington Lower

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, 18/02/19, 11/03/19, 01/04/19

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

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Choice 1</b>	Sausage & Mash with Onion Gravy	Spaghetti Bolognese	Roast Beef with Yorkshires, Roast Potatoes & Gravy	Chilli Con Carne with Rice	Cod Fish Fingers with Chips & Ketchup
<b>Choice 2</b>	Veggie Sausage & Mash with Onion Gravy (v)	Jacket Potato with Chilli Beans (v)	Quorn Fillet with Roast Potatoes & Gravy (v)	Quorn Korma with Rice & Naan (v)	3 Cheese Pizza with Chips & Ketchup (v)
<b>Seasonal Vegetables</b>	Carrot Batons Curly Kale	Sweetcorn Carrot Batons	Savoy Cabbage Broccoli	Sweetcorn Green Beans	Baked Beans Garden Peas
<b>Dessert</b>	Wow Butter Cookies	Chocolate & Mandarin Sponge with Custard	Melting Moment Biscuit	Carrot Cake with 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](http://www.luton.gov.uk/schoolcatering)



**FOOD WITH THOUGHT**

A Luton Food Service



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# SCHOOL LUNCH MENU

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

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

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Choice 1</b>	BBQ Pulled Pork with Rice	Traditional Chicken Pie with Potatoes (v)	Roast Chicken with Stuffing, Roast Potatoes & Gravy	Traditional Beef Lasagne	Salmon Fish Fingers
<b>Choice 2</b>	Falafal Wrap (v)	Spicy Lentil Pasta (v)	Quorn Fillet with Roast Potatoes & Gravy (v)	Classic Macaroni Cheese (v)	3 Cheese Pizza with Chips & Ketchup (v)
<b>Seasonal Vegetables</b>	Garden Peas Green Beans	Sweetcorn Carrot Batons	Cauliflower Broccoli	Carrot Batons Garden Peas	Baked Beans Mini Corn on the Cob
<b>Dessert</b>	Pear & Banana Muffin	Chocolate & Mandarin Sponge with Custard	Chocolate Brownie	Apple Streusel Cake with Custard	Fruit Smoothie
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 - 12/11/18, 03/12/18, 31/12/18, 21/01/19, 11/02/19, 04/03/19, 25/03/19

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

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Choice 1</b>	Meat Balls with Pasta & Tomato Sauce	Chicken Jamabalaya	Roast Gammon with Pineapple, Roast Potatoes & Gravy	shepherd's Pie	Traditional Battered Fish & Chips with Ketchup
<b>Choice 2</b>	Tasty Bean Curry with Rice (v)	Jacket Potato with Tuna & Sweetcorn	Quorn Fillet with Roast Potatoes & Gravy (v)	Jacket Potato with Cheese & Sweetcorn (v)	3 Cheese Pizza with Chips & Ketchup (v)
<b>Seasonal Vegetables</b>	Carrot Batons Garden Peas	Cauliflower Curly Kale	Savoy Cabbage Broccoli	Sweetcorn Carrot Batons	Baked Beans Garden Peas
<b>Dessert</b>	Banoffee Brownie	Pineapple Upside Down Cake with Custard	Apricot Flapjack	Carrot Cake with Custard	Fruit Smoothie
Organic Fruit Yoghurt & Seasonal Fresh Fruit Platter served daily.					

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

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Luton School Services

