

Somerles Junior

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Where good ideas are nourished!

# SCHOOL LUNCH MENU

w/c – 29/10/18, 19/11/18, 10/12/18, 21/01/19, 11/02/19, 11/03/19, 01/04/18

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

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meat Dishes</b>	Meat Balls in Tomato Sauce with Pasta	Chicken korma with Rice & Naan bread	Roast Beef with Yorkshire Pudding, Roast Potatoes & Gravy	Pasta Bolognese	Cod FishFingers with Chips and Ketchup
<b>Veggie</b>	Quorn Balls in Tomato Sauce with Pasta	Spicy Lentil Pasta Bake	Cheese & Tomato Bean Pie	Classic Macaroni cheese	Three Cheese Pizza
<b>Alternative (V)</b>	Tuna wrap	Jacket potato with cheese	Jacket with Tuna & Sweetcorn	Jacket with Beans	Veggie Hot Dog
<b>Seasonal Vegetables</b>	Baton Carrots Garden Peas	Sweetcorn Baby Carrots	Broccoli Florets Sweetcorn	Baton Carrots Garden Peas	Baked Beans Garden Peas
<b>Dessert</b>	Creamy rice pudding	Shortbread Biscuit	Fruit Smoothie	Syrup Sponge	Chocolate brownie cake
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 Trading Service



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# SCHOOL LUNCH MENU

w/c - 05/11/18, 26/11/18, 17/12/18, 28/01/19, 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>Meat Dishes</b>	BBQ Pulled Pork with Braised Rice	Traditional Chicken Pie with Potatoes	Roast Honey Glazed Gammon with Pineapple, Roast Potatoes & Gravy	Traditional Beef Lasagne	Salmon Breaded Fishfingers
<b>Veggie 1</b>	BBQ Chilli Beans with Rice	Traditional Quorn Pie with Potatoes	Quorn Fillet	Classic macaroni cheese	Three Cheese Pizza with Chips and Ketchup
<b>Alternative (V)</b>	Jacket with tuna mayo	Falafel Wrap	Jacket with cheese & sweetcorn	Jacket potato tuna crunch	Veggie hotdog
<b>Seasonal Vegetables</b>	Baton Carrots Garden Peas	Sweetcorn Roast Courgettes	Broccoli Florets Baby carrots	Sweetcorn Garden Peas	Baked Beans Garden Peas
<b>Dessert</b>	Melting Moment Biscuit	Toffee & Apple Sponge	Fruit Smoothie	CornFlake Tart	Chocolate Brownie
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, 07/01/19, 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 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meat Dishes</b>	Sausage & Mash with Onion Gravy	Spaghetti Bolognese	Roast Chicken with Stuffing , Roast Potatoes & Gravy	Shepherds Pie	Traditional Battered Fish & Chips with Ketchup
<b>Veggie</b>	Veggie Sausage & Mash with Onion Gravy	Veggie Spaghetti Bolognese	Cheese & tomato flan with Roast potatoes	Classic Macaroni Cheese	Three Cheese Pizza with Chips
<b>Alternative (V)</b>	Tuna Melt	Jacket with Sweetcorn & Tuna	Jacket with beans	Vegetable bean Burrito	Veggie hotdog
<b>Seasonal Vegetables</b>	Baton Carrots Garden Peas	Cauliflower Garden Peas	Baton Carrots Broccoli	Sweetcorn Baby Carrots	Baked Beans Garden Peas
<b>Dessert</b>	Key Lime Cheesecake	Bakewell Tart with Custard	Fruit Smoothie	Apple Crumble with custard	Chocolate & Mandarin sponge & custard
Organic Fruit Yoghurt & Seasonal Fresh Fruit Platter served daily.					

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

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