

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, 21/01/14/01/19, 04/02/04/03/2019

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

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Dishes	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
Veggie	Quorn Balls in Tomato Sauce with Pasta	Quorn korma with rice and Naan bread	Quorn fillet & roast potatoes	Classic Macaroni cheese & Garlic Bread	Three Cheese Pizza
Option 3	Tuna wrap	Jacket potato with cheese	Jacket with Tuna & Sweetcorn	Quorn burger in a bun & wedges	Veggie Hot Dog
Seasonal Vegetables	Baton Carrots Garden Peas	Sweetcorn Baby Carrots	Broccoli Florets Sweetcorn	Baton Carrots Garden Peas	Baked Beans Garden Peas
Dessert	Creamy rice pudding	Shortbread Biscuit	Fruit Smoothie	Cornflake tart & custard	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



FOOD WITH THOUGHT

A Luton Trading Service



Somerles Juniors

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SCHOOL LUNCH MENU

w/c - 05/11/18, 26/11/18, 17/12/18, 21/01/19, 11/02/19, 18/03/19

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

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Dishes	Sausage mash & onion Gravy	Traditional Chicken Pie with Potatoes	Roast Honey Glazed Gammon with Pineapple, Roast Potatoes & Gravy	Traditional Beef Lasagne & Garlic Bread	Salmon Breaded Fishfingers
Veggie 1	Vegetarian sausage mash & onion gravy	Traditional Quorn Pie with Potatoes	Quorn Fillet	Classic macaroni cheese & Garlic Bread	Three Cheese Pizza with Chips and Ketchup
Option 3	BBQ pulled pork wrap	Falafel Wrap	Jacket with cheese & sweetcorn	Jacket potato tuna crunch	Veggie hotdog
Seasonal Vegetables	Baton Carrots Garden Peas	Sweetcorn Roast Courgettes	Broccoli Florets Baby carrots	Sweetcorn Garden Peas	Baked Beans Garden Peas
Dessert	Pear & banana muffins	Lemon Drizzle cake	Fruit Smoothie	Cornflake tart & custard	Chocolate cake & custard
Organic Fruit Yoghurt & Seasonal Fresh Fruit Platter served daily.					

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

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FOOD WITH THOUGHT

- Luton Food Service



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SCHOOL LUNCH MENU

w/c - 12/11/18, 03/12/18, 07/01/19, 28/01/19, 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
Meat Dishes	Sausage & Mash with Onion Gravy	Spaghetti Bolognese	Roast Chicken with Stuffing , Roast Potatoes & Gravy	Shepherds Pie	Traditional Battered Fish & Chips with Ketchup
Veggie	Veggie Sausage & Mash with Onion Gravy	Veggie Spaghetti Bolognese	Cheese & tomato flan with Roast potatoes	Classic Macaroni Cheese & Garlic Bread	Three Cheese Pizza with Chips
Option £	Tuna Melt	Jacket with Beans	Jacket with Tuna & Sweetcorn	Chicken wrap	Veggie hotdog
Seasonal Vegetables	Sliced Carrots Garden Peas	Cauliflower Garden Peas	Sliced Carrots Broccoli	Sweetcorn Green Beans	Baked Beans Garden Peas
Dessert	Key Lime Cheesecake	Bakewell tart & custard	Fruit Smoothie	Carrot cake	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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FOOD WITH THOUGHT

- Luton Trusted Supplier

