

The Meads Primary Kitchen

Where good ideas are nourished!

SCHOOL LUNCH MENU

w/c – 23.04.19/ 13.05.19/ 10.06.19/ 01.07.19/ 22.07.19/ 16.09.19/ 07.10.19

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

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Cod Fish fingers with Mash Potato & ketchup	Chicken & Sweetcorn Pie	Toad in the Hole with Roast Potatoes & Gravy	Cajun Chicken Drumsticks with Rice	Traditional Battered Fish & Chips with Ketchup
Choice 2	Egg Layered Salad	Peri Peri chicken wrap	Falafel salad Wrap	Vegetable Lasagne	Jacket Potato with Baked Beans
Choice 3	Veggie Balls & Pasta in Tomato sauce	Quorn & Sweetcorn Pie	Veggie Toad in the Hole with Roast Potatoes & Gravy	Veggie Sausage Roll	3 Cheese Pizza with Chips & Ketchup
Seasonal Vegetables	Carrot Batons Sweetcorn	Green Beans Sliced Carrots	Broccoli Swede & Carrot Mash	Carrot Batons Mini Corn on the Cob	Baked Beans Sweetcorn
Dessert	Fruity Flapjack	Toffee Waffles with Ice Cream	Yoghurt Fruit Crunch Pots 50%	Blueberry and Lemon Cake with Custard	Friday Fruit salad 50% Fruit Ice Lolly
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 FOR THOUGHT

A Luton Traded Service



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SCHOOL LUNCH MENU

w/c - 29.04.19/ 20.05.19/ 17.06.19/ 08.07.19/ 02.09.19/ 23.09.19/ 14.10.19

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

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Meat Balls with Pasta & Tomato Sauce	Chilli con Carne with Rice	Roast Chicken with Stuffing, Roast Potatoes & Gravy	Spaghetti Bolognese	Salmon Fish Fingers
Choice 2	Beef Burger in a Bun with Wedges	Jacket Potato with Tuna Mayo	Cheese & Sweetcorn Baguette	Tuna Penne Salad	Veggie Fingers
Choice 3	Quorn Burger in a bun with Wedges	Five Bean Chilli with Rice	Cheese & Red Onion Quiche	Vegetarian Bolognese	3 Cheese Pizza with Chips & Ketchup
Seasonal Vegetables	Sweetcorn Carrot Batons	Green Beans Sliced Carrots	Braised Red Cabbage Broccoli	Cauliflower Carrots	Baked Beans Mini Corn on the Cob
Dessert	Chocolate Mousse	Banana & Oat cookie with Fruit Salad	Chocolate & Date Brownie	Fruit Cheese cake	Friday Fruit Salad 50% Fruit Smoothie
Organic Fruit Yoghurt & Seasonal Fresh Fruit Platter served daily.					

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SCHOOL LUNCH MENU

w/c – 07.05.19/ 03.06.19/ 24.06.19/ 15.07.19/ 09.09.19/ 30.09.19

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

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Sausage & Mash with Onion Gravy	BBQ Chicken Burrito	Roast Beef with Yorkshire Pudding, Roast Potatoes & Gravy	Chicken Rogan Josh with Rice	Crispy Coated Fish & Chips with Tomato Ketchup
Choice 2	Pork & Apple Slice	Tuna Potato salad	Caribbean Chicken With Wedges	Jacket Potato with Cheese & Coleslaw	Sweet Chilli Chicken
Choice 3	Veggie Sausage & Mash with Onion Gravy	BBQ Bean Burrito	Quorn Roast with Roast potatoes & Gravy	Red Lentil Dhal with Rice	3 Cheese Pizza with Chips & Tomato Ketchup
Seasonal Vegetables	Savoy Cabbage Sweetcorn	Mini Corn on the Cob Carrot Batons	Parsnips Broccoli	Sliced Carrots Garden Peas	Baked beans Sweetcorn
Dessert	Cherry Shortbread with Fruit Salad 50%	Coconut Rice Pudding	Cheese & Biscuits with Fruit 50%	Coconut & raspberry cake with Ice Cream	Fruity Friday Fruit salad Fruit Jelly 50%
Organic Fruit Yoghurt & Seasonal Fresh Fruit Platter served daily.					

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

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