



Luton St Nicholas Primary School Menu Week Three

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Wholemeal Quorn Bolognese with Garlic Bread and Sweetcorn	Beef Cottage Pie with Mixed Vegetables and Gravy	Roast Pork, Roast Potatoes, Peas, Carrots and Gravy	Chicken Tikka with Wholemeal Rice and Sweetcorn	Sausages, Hash Browns and Baked Beans
Main 2	Macaroni Cheese with Garlic Bread and Sweetcorn	Cheese and Potato Pie with Mixed Vegetables and Gravy	Quorn Fillet, Roast Potatoes, Peas, Carrots and Gravy	Vegetable Tikka with Wholemeal Rice and Sweetcorn	Free Range Omelette, Hash Browns and Baked Beans
Main 3	Jacket Potato with Baked Beans and Salad	Wholemeal Cheese Sandwich and Salad	Jacket Potato with Cheese and Salad	Wholemeal Egg Mayonnaise Sandwich with Salad	Jacket Potato with Baked Beans and Salad
Dessert	Yoghurt and Watermelon	Bananas and Custard	Ice Cream and Fresh Fruit	Oaty Apple Crumble with Custard	Cheese, Crackers and Apple
Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Drinks	Water	Water	Water	Water	Water
Extra bread	Wholemeal Bread	Wholemeal Bread	Wholemeal Bread	Wholemeal Bread	Wholemeal Bread

Weeks Commencing 17th November, 8th December, 19th January, 9th February



