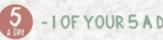
WEEK1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Margherita pizza with baked potato wedges	All day breakfast	Roast chicken with potato of the day & gravy	Italian pasta bolognese	Crispy fish fingers with chunky chips
VEGETARIAN MAIN DISH	Quorn Stir Fry	Vegetarian all day breakfast	Quorn™ fillet with roast potatoes & gravy	Vegetarian korma with chicken style pieces and 50/50 rice	Cheese & bean bake with chunky chips
ACCOMPANIMENTS 5	Peas & coleslaw Salad bar	Baked beans & broccoli Salad bar	Carrots & cauliflower Salad bar	Green beans & sweetcorn Salad bar	Peas & baked beans Salad bar
DESSERTS	Chocolate & orange cookie	Shortbread	Chocolate brownie	Oaty jam squares	Sticky toffee muffins
FRESH FRUIT OR YOGHURT	Fresh or Yoghurt	Fresh or Yoghurt	Fresh or Yoghurt	Fresh or Yoghurt	Fresh or Yoghurt
SNACK MENU	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



Fuel your afternoon with a healthy school lunch from Mellors











	WEEK 2	MENT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20 Marine Value	MAIN DISH	Margherita pizza with baked potato wedges	Chicken tikka masala with 50/50 rice	Roast gammon with roast potatoes & gravy	Beef burger with baked potato wedges	Chicken tenders & chunky chips
	VEGETARIAN MAIN DISH	Tomato & Basil Pasta	Quorn Korma	Quorn™ fillet with roast potatoes & gravy	Quorn Burger	Cheese Pin wheel
	ACCOMPANIMENTS 5	Peas & baked beans Salad bar	Green beans & sweetcorn Salad bar	Sweetcorn & carrots Salad bar	Corn on the cob & broccoli Salad bar	Peas & baked beans Salad bar
	DESSERTS	Flapjack	Chocolate crunch	Fruit in jelly	Chocolate 8 banana slice	Zesty lemon muffin
W. 305. NO.	FRESH FRUIT OR YOGHURT	Fresh or Yoghurt	Fresh or Yoghurt	Fresh or Yoghurt	Fresh or Yoghurt	Fresh or Yoghurt
	SNACK MENU	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



Fuel your afternoon with a healthy school lunch from Mellors







KEY 5 - 1 OF YOUR 5 A DAY MEAT - MEAT-FREE MONDAY



- CHEF'S CHOICE



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Margherita pizza with baked potato wedges	Chicken Jambalaya	Roast beef, with Yorkshire pudding, roast potatoes & gravy	Meat & Potato Pie	Crispy battered fish & chunky chips
VEGETARIAN MAIN DISH	BBQ bean 8 cheese wrap with 50/50 rice	Macaroni cheese	Vegetarian toad in the hole with roast potatoes & gravy	Quorn Cottage Pie	Quorn™ nuggets with chunky chips
ACCOMPANIMENTS 5	Green beans & sweetcorn Salad bar	Sweetcorn & broccoli Salad bar	Peas & carrots Salad bar	Green beans & cauliflower Salad bar	Peas & baked beans Salad bar
DESSERTS	Strawberry whip	Lemon drizzle cake	Spiced apple cake	Raspberry buns	Oaty biscuit with fresh fruit
FRESH FRUIT OR YOGHURT	Fresh or Yoghurt	Fresh or Yoghurt	Fresh or Yoghurt	Fresh or Yoghurt	Fresh or Yoghurt
SNACK MENU	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



Eating all your fruit & veg will help you grow BIG and STRONG (like me!)







KEY 5 - 1 OF YOUR 5 A DAY MEAT - MEAT-FREE MONDAY



- CHEF'S CHOICE

