

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN DISH</b>	Cheese and Tomato Pizza & Pasta	Chicken Curry & Rice	Sausage Dinner, Roast Potatoes & Yorkshire Pudding	Chicken & Tomato Pasta	Battered Fish & Chips
<b>VEGETARIAN MAIN DISH</b>	Chow Mein	Quorn Fajita Wraps	Quorn sausage Dinner, Roast Potatoes & Yorkshire Pudding	Tomato Pasta	Veggie Fingers & Chips
<b>ACCOMPANIMENTS</b>	Seasonal Vegetables Fresh Salad	Seasonal Vegetables Fresh Salad	Seasonal Vegetables Fresh Salad	Seasonal Vegetables Fresh Salad	Seasonal Vegetables Fresh Salad
<b>DESSERTS</b>	Chocolate brownie	Oaty jam crunch	Flavoured whip	Lemon cake	Fruity Jelly
<b>FRESH FRUIT OR YOGHURT</b>	<b>FRESH FRUIT OR YOGHURT</b>	<b>FRESH FRUIT OR YOGHURT</b>	<b>FRESH FRUIT OR YOGHURT</b>	<b>FRESH FRUIT OR YOGHURT</b>	<b>FRESH FRUIT OR YOGHURT</b>
<b>JACKET POTATO AND SANDWICH SELECTION</b>	<b>JACKET POTATO AND SANDWICH SELECTION</b>	<b>JACKET POTATO AND SANDWICH SELECTION</b>	<b>JACKET POTATO AND SANDWICH SELECTION</b>	<b>JACKET POTATO AND SANDWICH SELECTION</b>	<b>JACKET POTATO AND SANDWICH SELECTION</b>



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- 1 OF YOUR 5 A DAY



- HEALTHY OPTION

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN DISH</b>	Cheese & Tomato Pizza & Pasta	Build a Burger & Baked Potato Wedges	Roast Turkey Dinner, Roast Potatoes & Yorkshire Pudding	Sausage and tomato pasta	Breaded Fish Fingers & Chips
<b>VEGETARIAN MAIN DISH</b>	Quorn Chilli & Rice	Vegetable Burger & Baked Potato Wedges	Quorn Dinner, Roast Potatoes & Yorkshire Pudding	Tomato pasta	Quorn Nuggets & Chips
<b>ACCOMPANIMENTS</b>	Seasonal Vegetables Fresh Salad	Seasonal Vegetables Fresh Salad	Seasonal Vegetables Fresh Salad	Seasonal Vegetables Fresh Salad	Seasonal Vegetables Fresh Salad
<b>DESSERTS</b>	Banana Bread	Shortbread	Fresh fruit and ice cream	Pancake and toffee sauce	Fresh Fruit & Jelly
<b>FRESH FRUIT OR YOGHURT</b>	FRESH FRUIT OR YOGHURT	FRESH FRUIT OR YOGHURT	FRESH FRUIT OR YOGHURT	FRESH FRUIT OR YOGHURT	FRESH FRUIT OR YOGHURT
<b>JACKET POTATO AND SANDWICH SELECTION</b>	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



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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN DISH</b>	Cheese & Tomato Pizza & Pasta	Chicken Burger & Baked Potato Wedges	Roast Gammon dinner & Roast Potatoes	Pork Meatball in Tomato Sauce & Pasta	Battered Fish & Chips
<b>VEGETARIAN MAIN DISH</b>	BBQ bean wrap & Pasta	Meat Free Meatball Subs & Baked Potato Wedges	BBQ Quorn stew & Roast Potatoes	Tomato Pasta	Veggie Fingers & Chips
<b>ACCOMPANIMENTS</b>	Season Vegetables Fresh Salad	Seasonal Vegetables Fresh Salad	Seasonal Vegetables Fresh Salad	Seasonal Vegetables Fresh Salad	Season Vegetables Fresh Salad
<b>DESSERTS</b>	Chocolate cake	FlapJack	Fresh fruit and Ice cream	Ginger Biscuit	Iced Raspberry Cake
<b>FRESH FRUIT OR YOGHURT</b>	FRESH FRUIT OR YOGHURT	FRESH FRUIT OR YOGHURT	FRESH FRUIT OR YOGHURT	FRESH FRUIT OR YOGHURT	FRESH FRUIT OR YOGHURT
<b>JACKET POTATO AND SANDWICH SELECTION</b>	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



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- HEALTHY OPTION