










NUTRITIONIST APPROVED ✓

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Sausage with gravy and mashed potato	Pizza of the day with homemade potato wedges	Roast turkey with stuffing & mash or roast potatoes	Chicken & Tomato pasta bake	Fish of the day with chips
VEGETARIAN MAIN DISH	Vegetarian sausage with gravy and mashed potato	 Vegetable curry with rice 	Roast Quorn with stuffing, gravy & mash or roast potatoes 	Vegetarian Bolognese with garlic bread	Veggie burger with chips
ACCOMPANIMENTS	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Fruit crumble and custard  Shortbread biscuit with fruit	Chocolate Crunch & custard  Jelly and fruit	Oaty biscuits  Cheese & crackers with fruit	Fruit flap jack  Rice pudding with fruit	Fruit and ice cream 
FRESH FRUIT & YOGHURT 	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt
JACKET POTATO & SANDWICH SELECTION	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



MENU



Fuel your afternoon with a healthy school lunch from Mellors



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION