

A black, scalloped-edged circular logo with the word "Mellors" written in a white, cursive font. The background of the top of the page features a repeating pattern of various vegetables like tomatoes, corn, and mushrooms.

Mellors

Lunchtime

Week one

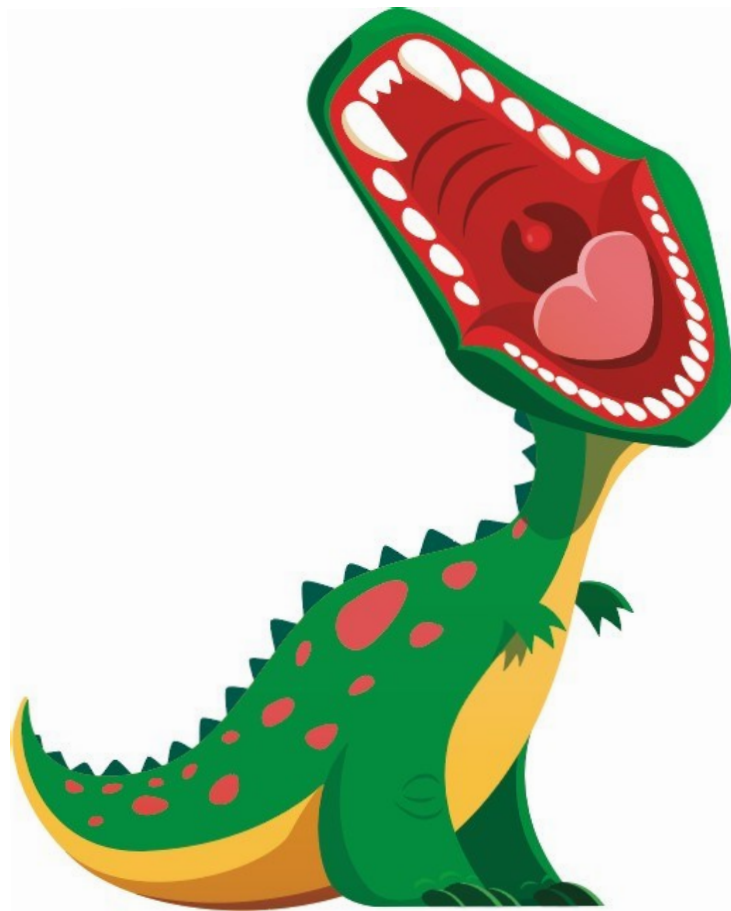
Week commencing 4/9, 25/9, 16/10, 13/11 and 4/12

Week two

Week commencing 11/9, 2/10, 30/10, 20/11 and 11/12

Week three

Week commencing 18/9, 9/10, 6/11, 27/11 and 18/12



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Stone Baked Pizza Half Jacket Potato Seasonal Vegetables	Homemade Cottage Pie Seasonal Vegetables	Roast Chicken Roast Potatoes Seasonal Vegetables Gravy	Turkey Curry Rice	Fish Fingers Chips Garden Peas
Halal Choice	Stone Baked Pizza Half Jacket Potato Seasonal Vegetables	Homemade Halal Shepherds Pie Seasonal Vegetables	Roast Halal Chicken Roast Potatoes Seasonal Vegetables Gravy	Halal Turkey Curry Rice	Fish Fingers Chips Garden Peas
Vegetarian choice	Quorn and Vegetable Stir Fry Noodles	Macaroni Cheese Crusty Bread	Vegetable Sausage Mashed Potatoes Seasonal Vegetables Gravy	Cheese and Potato Pie Seasonal Vegetables	Vegetable Burger Chucky Chips Baked Beans
Jacket Potato	Cheese Baked Beans Tuna Mayonnaise	Cheese Baked Beans Tuna Mayonnaise	Cheese Baked Beans Tuna Mayonnaise	Cheese Baked Beans Tuna Mayonnaise	Cheese Baked Beans Tuna Mayonnaise
Sandwich or Cold Pasta Grab Bag	Ham, Turkey, Tuna, Cheese or Egg Sandwich or Cold Pasta Pot Piece of Fresh Fruit Cookie	Ham, Turkey, Tuna, Cheese or Egg Sandwich or Cold Pasta Pot Piece of Fresh Fruit Flapjack	Ham, Turkey, Tuna, Cheese or Egg Sandwich or Cold Pasta Pot Fruit Pot Shortbread	Ham, Turkey, Tuna, Cheese or Egg Sandwich or Cold Pasta Pot Cheese & Biscuits Melon Bag	Ham, Turkey, Tuna, Cheese or Egg Sandwich or Cold Pasta Pot Piece of Fresh Fruit Krispy Bun
Pudding	Apple Pie Vanilla Sauce	Chocolate Sponge Chocolate Sauce	Strawberry Whip	Apple Crumble Custard	Oat Crunch Cookie
Additional Items	Fresh Fruit, Unlimited Salad, Bread, Yoghurts	Fresh Fruit, Unlimited Salad, Bread, Yoghurts	Fresh Fruit, Unlimited Salad, Bread, Yoghurts	Fresh Fruit, Unlimited Salad, Bread, Yoghurts	Fresh Fruit, Unlimited Salad, Bread, Yoghurts



WHAT'S ON THE MENU



FOR MORE INFORMATION ON HEALTHY EATING VISIT
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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Lasagne Garlic Bread Seasonal Vegetables	Chicken Curry Rice	Roast Gammon Roast Potatoes Seasonal Vegetables Gravy	Beef Stir Fry Noodles	Fish Fingers Chunky Chips Mushy Peas
Halal Choice	Halal Lasagne Garlic Bread Seasonal Vegetables	Halal Chicken Curry Rice	Roast Halal Chicken Roast Potatoes Seasonal Vegetables Gravy	Halal Beef Stir Fry Noodles	Fish Fingers Chunky Chips Mushy Peas
Vegetarian choice	Vegetable Curry Rice	Cheese and Onion Pie Jacket Wedges Seasonal Vegetables	Savoury Quorn Mince Roast Potatoes Seasonal Vegetables Gravy	Stone baked Pizza Herby Potatoes Baked Beans	Vegetable Burger Chunky Chips Baked Beans
Jacket Potato	Cheese Baked Beans Tuna Mayonnaise	Cheese Baked Beans Tuna Mayonnaise	Cheese Baked Beans Tuna Mayonnaise	Cheese Baked Beans Tuna Mayonnaise	Cheese Baked Beans Tuna Mayonnaise
Sandwich or Cold Pasta Grab Bag	Ham, Turkey, Tuna, Cheese or Egg Sandwich or Cold Pasta Pot Piece of Fresh Fruit Cookie	Ham, Turkey, Tuna, Cheese or Egg Sandwich or Cold Pasta Pot Piece of Fresh Fruit Flapjack	Ham, Turkey, Tuna, Cheese or Egg Sandwich or Cold Pasta Pot Fruit Pot Shortbread	Ham, Turkey, Tuna, Cheese or Egg Sandwich or Cold Pasta Pot Cheese & Biscuits Melon Bag	Ham, Turkey, Tuna, Cheese or Egg Sandwich or Cold Pasta Pot Piece of Fresh Fruit Krispy Bun
Pudding	Banana Crumble Custard	Marble Sponge Custard	Fruit Salad Ice Cream	Sticky Toffee Pudding Toffee Sauce	Fruity Flapjack
Additional Items	Fresh Fruit, Unlimited Salad, Bread, Yoghurts	Fresh Fruit, Unlimited Salad, Bread, Yoghurts	Fresh Fruit, Unlimited Salad, Bread, Yoghurts	Fresh Fruit, Unlimited Salad, Bread, Yoghurts	Fresh Fruit, Unlimited Salad, Bread, Yoghurts



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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Choice	Sausage Mashed Potato Seasonal Vegetables Gravy	Burger Herby Potatoes Baked Beans	Roast Beef Roast Potatoes Seasonal Vegetables Gravy	Creamy Pasta Bake Crusty Bread	Fish Fingers Salmon Fingers Chunky Chips Garden Peas
Halal Choice	Halal Chicken Sausage Mashed Potato Seasonal Vegetables Gravy	Halal Burger Herby Potatoes Baked Beans	Roast Halal Beef Roast Potatoes Seasonal Vegetables Gravy	Creamy Pasta Bake Crusty Bread	Fish Fingers Salmon Fingers Chunky Chips Garden Peas
Vegetarian choice	Cheese and Broccoli Quiche Mini Jacket Potato	Vegetable Lasagne Herby Bread	Savoury Quorn Mince Roast Potatoes Seasonal Vegetables Gravy	Shepherdess Pie Gravy	Vegetables Burger Chunky Chips Baked Beans
Jacket Potato	Cheese Baked Beans Tuna Mayonnaise	Cheese Baked Beans Tuna Mayonnaise	Cheese Baked Beans Tuna Mayonnaise	Cheese Baked Beans Tuna Mayonnaise	Cheese Baked Beans Tuna Mayonnaise
Sandwich or Cold Pasta Grab Bag	Ham, Turkey, Tuna, Cheese or Egg Sandwich or Cold Pasta Pot Piece of Fresh Fruit Cookie	Ham, Turkey, Tuna, Cheese or Egg Sandwich or Cold Pasta Pot Piece of Fresh Fruit Flapjack	Ham, Turkey, Tuna, Cheese or Egg Sandwich or Cold Pasta Pot Fruit Pot Shortbread	Ham, Turkey, Tuna, Cheese or Egg Sandwich or Cold Pasta Pot Cheese & Biscuits Melon Bag	Ham, Turkey, Tuna, Cheese or Egg Sandwich or Cold Pasta Pot Piece of Fresh Fruit Krispy Bun
Pudding	Jam Tart	Cherry Crumble Custard	Strawberry Jelly	Chocolate Fudge Cake Ice Cream	Chocolate Crunch
Additional Items	Fresh Fruit, Unlimited Salad, Bread, Yoghurts	Fresh Fruit, Unlimited Salad, Bread, Yoghurts	Fresh Fruit, Unlimited Salad, Bread, Yoghurts	Fresh Fruit, Unlimited Salad, Bread, Yoghurts	Fresh Fruit, Unlimited Salad, Bread, Yoghurts



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