








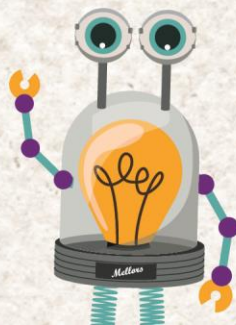


NUTRITIONIST APPROVED ✓

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Meatballs in a tomato sauce with spaghetti 	Pizza of the day	Roast chicken, stuffing, gravy and roast potatoes	Cajun chicken in a bun	Fish fingers with chips
MEAT MAIN DISH HALAL	Meatballs in a tomato sauce with spaghetti 	Pizza of the day	Roast chicken, stuffing, gravy and roast potatoes	Cajun chicken in a bun	Fish fingers with chips
VEGETARIAN MAIN DISH	Vegetarian sausage with onion gravy 	Quorn and vegetable paella 	Vegetable strudel and roast potatoes 	Macaroni Cheese 	Veggie burgers with chips
DESSERTS	Peach and raspberry cobbler and custard or fresh fruit or Yoghurt 	Pineapple upside-down cake or fresh fruit or yoghurt	Rice pudding with fruit compote or fresh fruit or yoghurt 	Gingerbread loaf or fresh fruit or yoghurt	Fruit and ice cream or fresh fruit or yoghurt
JACKET POTATOES 	Jacket potato with Cheese, Beans or Tuna	Jacket potato with Cheese, Beans or Tuna	Jacket potato with Cheese, Beans or Tuna	Jacket potato with Cheese, Beans or Tuna	Jacket potato with Cheese, Beans or Tuna
GRAB BAG	A selection of fillings on a wrap or cold pasta pot	A selection of fillings on sliced bread or cold pasta pot	A selection of fillings on bread cake or cold pasta pot	A selection of fillings on ½ a baguette or cold pasta pot	A selection of fillings on sliced bread or cold pasta pot



MENU



Fuel your afternoon with a healthy school lunch from Mellors



- 1 OF YOUR 5 A DAY

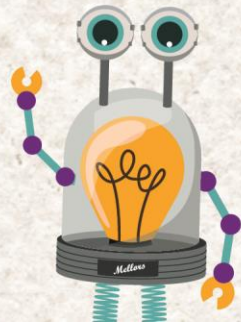


- HEALTHY OPTION

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	BBQ chicken with rice 5 A DAY	Chicken Curry ♥	Roast beef with Yorkshire pudding, gravy and mashed potato	Spaghetti bolognaise 5 A DAY	Fish of the day with chips
MEAT MAIN DISH HALAL	BBQ chicken with rice 5 A DAY	Chicken Curry ♥	Roast beef with Yorkshire pudding, gravy and mashed potato	Spaghetti bolognaise 5 A DAY	Fish of the day with chips
VEGETARIAN MAIN DISH	Pizza of the day 5 A DAY	Cheese and sweet potato pie	Vegetarian cottage pie	Vegetarian chilli	Vegetarian sausage with onion gravy and mash potato
DESSERTS	Chocolate muffin surprise or fresh fruit or yoghurt	Sticky toffee muffins or fresh fruit or yoghurt	Fruit pie and custard or fresh fruit or yoghurt 5 A DAY	Pear and chocolate sponge or fresh fruit or yoghurt 5 A DAY	Lemon cookie or fresh fruit or yoghurt
JACKET POTATOES	Jacket potato with Cheese, Beans or Tuna	Jacket potato with Cheese, Beans or Tuna	Jacket potato with Cheese, Beans or Tuna	Jacket potato with Cheese, Beans or Tuna	Jacket potato with Cheese, Beans or Tuna
GRAB BAG	A selection of fillings on a wrap or cold pasta pot	A selection of fillings on sliced bread or cold pasta pot	A selection of fillings on bread cake or cold pasta pot	A selection of fillings on ½ a baguette or cold pasta pot	A selection of fillings on sliced bread or cold pasta pot



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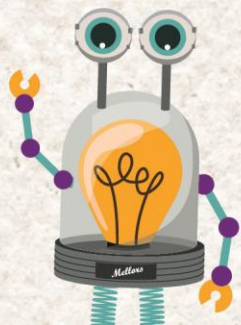


- HEALTHY OPTION

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	All day breakfast	Hot dog	Roast pork with gravy, apple sauce and roast potatoes	Chicken tikka masala with brown rice	Fish fingers with chips
MEAT MAIN DISH HALAL	All day breakfast	Hot dog	Roast chicken with gravy sauce and roast potatoes	Chicken tikka masala with brown rice	Fish fingers with chips
VEGETARIAN MAIN DISH	Vegetable pasta bake 	Cheese and onion quiche 	Cauliflower and broccoli bake with roast potatoes 	Spicy vegetable and bean pittas with brown rice 	Quorn nuggets with chips
DESSERTS	Apple and sultana roll or fresh fruit or yoghurt 	Marble sponge or fresh fruit or yoghurt	Chocolate sponge or fresh fruit or yoghurt dust 	Fruit in jelly or fresh fruit or yoghurt 	Shortbread biscuits and fresh fruit or fresh fruit or yoghurt 
JACKET POTATOES	Jacket potato with Cheese, Beans or Tuna	Jacket potato with Cheese, Beans or Tuna	Jacket potato with Cheese, Beans or Tuna	Jacket potato with Cheese, Beans or Tuna	Jacket potato with Cheese, Beans or Tuna
GRAB BAG	A selection of fillings on a wrap or cold pasta pot	A selection of fillings on sliced bread or cold pasta pot	A selection of fillings on bread cake or cold pasta pot	A selection of fillings on ½ a baguette or cold pasta pot	A selection of fillings on sliced bread or cold pasta pot



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- 1 OF YOUR 5 A DAY



- HEALTHY OPTION