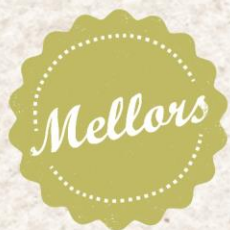
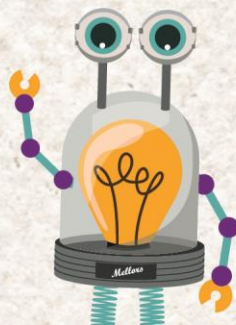


**NUTRITIONIST
APPROVED** ✓

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	All day breakfast with Hash Browns, Beans & Tomatoes	Pizza of the day	Roast Chicken, stuffing, gravy and roast potatoes	Beef burger or Cheese burger with homemade wedges	Fish fingers with chips
MEAT MAIN DISH HALAL	All day breakfast with Hash Brown, Beans & Tomatoes	Pizza of the day	Roast Chicken, stuffing, gravy and roast potatoes	Beef burger or Cheese burger with homemade wedges	Fish fingers with chips
DESSERTS	Iced sponge or fresh fruit or Yoghurt	Fruit jelly or fresh fruit or yoghurt	Victoria sponge or fresh fruit or yoghurt	Marble sponge and custard 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	A selection of fillings on sliced bread	A selection of fillings on bread cake	A selection of fillings on ½ a baguette	A selection of fillings on sliced bread



MENU



Fuel your afternoon with a healthy school lunch from Mellors



- 1 OF YOUR 5 A DAY

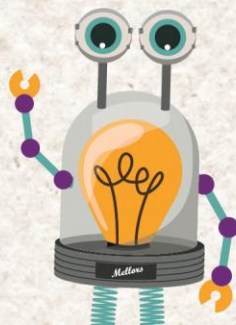


- HEALTHY OPTION

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Margaretta pizza with homemade wedges	Fish fingers with wedges	Roast chicken with Yorkshire pudding, gravy and mashed potato	Spaghetti Bolognaise with garlic bread	Fish of the day with chips
MEAT MAIN DISH HALAL	Margaretta pizza with homemade wedges	Fish fingers with wedges	Roast chicken with Yorkshire pudding, gravy and mashed potato	Spaghetti Bolognaise with garlic bread	Fish of the day with chips
DESSERTS	Flapjack with custard or fresh fruit or yoghurt	Chocolate sponge and chocolate custard or fresh fruit or yoghurt	Jelly and fruit or fresh fruit or yoghurt	Chocolate Muffins or fresh fruit or yoghurt	Homemade cookies 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	A selection of fillings on sliced bread	A selection of fillings on bread cake	A selection of fillings on ½ a baguette	A selection of fillings on sliced bread



MENU



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- 1 OF YOUR 5 A DAY



- HEALTHY OPTION

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Chicken curry with rice and nan bread	pizza with wedges	Roast Chicken & Stuffing with gravy, and roast potatoes	Sausage and mash with onion gravy	Fish fingers with chips
MEAT MAIN DISH HALAL	Chicken curry with rice and nan bread	pizza with wedges	Roast chicken with gravy and roast potatoes	Sausage and mash with onion gravy	Fish fingers with chips
DESSERTS	Jam sponge and custard or fresh fruit or yoghurt	Rice pudding or fresh fruit or yoghurt	Chocolate fudge cake or fresh fruit or yoghurt d custard	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	A selection of fillings on sliced bread	A selection of fillings on bread cake	A selection of fillings on ½ a baguette	A selection of fillings on sliced bread



MENU



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- 1 OF YOUR 5 A DAY



- HEALTHY OPTION