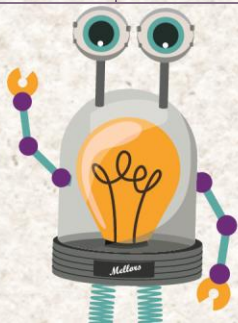


WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN MEAL	Freshly baked pizza served with potato wedges	Chicken curry served with wholemeal rice and naan bread	Roast chicken with sage & onion stuffing, Roast potatoes & gravy	Homemade spaghetti Bolognese served with garlic bread	Fish of the day or salmon bites with chips & ketchup
MEAT MAIN HALAL	Freshly baked pizza served with potato wedges	Chicken curry served with wholemeal rice and naan bread	Roast chicken with sage & onion stuffing, Roast potatoes & gravy	Homemade spaghetti Bolognese served with garlic bread	Fish of the day or salmon bites with chips & ketchup
VEGETARIAN MEAL	Freshly baked pizza served with potato wedges	Tomato And mascarpone pasta	Quorn roast with Yorkshire pudding, roast potatoes & gravy	Quorn Curry served with wholemeal rice	Quorn nuggets served with chips & ketchup
ACCOMPANIMENTS	Seasonal vegetables Salad Fresh Bread	Seasonal vegetables Salad Fresh Bread	Seasonal vegetables Salad Fresh Bread	Seasonal vegetables Salad Fresh Bread	Seasonal vegetables Salad Fresh Bread
DESSERT	Shortbread served with mandarins. Homemade tray bake	Chocolate fudge served with custard. Homemade tray bake	Rice pudding with fruit compote Homemade tray bake	Apple crumble served with custard. Homemade tray bake	Chocolate and cherry cookies Homemade tray bake
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 with a choice of fillings	Jacket Potato with a choice of fillings	Jacket Potato with a choice of fillings	Jacket Potato with a choice of fillings	Jacket Potato with a choice of fillings



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 MEAL	Beef burgers in a bun served with diced potato	Beef lasagne served with garlic bread	Roast chicken served with mash potato	Chicken hot pot	Fish of the day served with chips & ketchup
MEAT MAIN HALAL	Beef burgers in a bun served with diced potato	Beef lasagne served with garlic bread	Roast chicken served with mash potato	Chicken hot pot	Fish of the day served with chips & ketchup
VEGETARIAN MEAL	Quorn burgers served with diced potato	Macaroni cheese served with crusty bread	Quorn fillet served with mash potato	Cheese whirl served with new potato	Quorn hotdog served with chips & ketchup
ACCOMPANIMENTS	Seasonal vegetables Salad Fresh Bread	Seasonal vegetables Salad Fresh Bread	Seasonal vegetables Salad Fresh Bread	Seasonal vegetables Salad Fresh Bread	Seasonal vegetables Salad Fresh Bread
DESSERT	Mango & Banana Cake Served with custard Homemade tray bake	Fruit sponge Served with custard Homemade tray bake	Orange Muffin Homemade tray bake	Cornflake Tart Served with custard Homemade tray bake	Chocolate Crunch Homemade tray bake
FRESH FRUIT AND YOGHURT	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt
JACKET POTATO AND SANDWICH SELECTION	Jacket Potato with a choice of fillings	Jacket Potato with a choice of fillings	Jacket Potato with a choice of fillings	Jacket Potato with a choice of fillings	Jacket Potato with a choice of fillings



MENU



Variety is the key to a healthy diet. try something new today!



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN MEAL	All day breakfast	Homemade Chicken Enchiladas served with rice	Roast chicken served with roast potato	Homemade meat & potato pie	Fish of the day served with chips & ketchup
MEAT MAIN HALAL	All day breakfast	Homemade Chicken Enchiladas served with rice	Roast chicken served with roast potato	Homemade meat & potato pie	Fish of the day served with chips & ketchup
VEGETARIAN MEAL	All Day breakfast	Quorn chilli served with wholemeal rice	Quorn fillet served with Roast Potato	Tomato and vegetable pasta bake	Cheese & onion quiche served with chips & ketchup
ACCOMPANIMENTS	Seasonal vegetables Salad Fresh Bread	Seasonal vegetables Salad Fresh Bread	Seasonal vegetables Salad Fresh Bread	Seasonal vegetables Salad Fresh Bread	Seasonal vegetables Salad Fresh Bread
DESSERT	Ginger biscuits with fresh fruit Homemade tray bake	Chocolate & pear sponge served with custard Homemade tray bake	Fruit jelly Homemade tray bake	Apple Flapjack Served with custard Homemade tray bake	Chocolate orange Brownie Homemade tray bake
FRESH FRUIT AND YOGHURT	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt
JACKET POTATO AND SANDWICH SELECTION	Jacket Potato with a choice of fillings	Jacket Potato with a choice of fillings	Jacket Potato with a choice of fillings	Jacket Potato with a choice of fillings	Jacket Potato with a choice of fillings



MENU



Quench your thirst with free fresh drinking water available daily



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION