NUTRITIONIST APPROVED

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 fingers 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 fingers 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

Mellors

MENU

Fuel your afternoon with a healthy school lunch from Mellors

5 A DAY - 1 OF YOUR 5 A DAY

- HEALTHY OPTION