

WEEK 2

Monday

Main Meal

All of our fresh vegetables are steamed to maximise their nutritional benefit
Vegetables help your hair to grow, nails to stay strong and your skin to be spot free

Vegetarian choice

Beans, pulses and Quorn contain high levels of protein essential for the growth and repair of your body. It's essential you eat these for a healthy body and mind

Daily Grab and Go

Selecting a different choice from the menu each day will help you to nourish your body, aiding your academic performance



Wednesday

Main Meal

Italian Meatballs with Tagliatelle
Roast dinner day

Vegetarian choice

Roasted vegetable bake

Daily Grab and Go

Pasta king
Jacket potatoes (sweet & white)
Pizza
Hot chicken wraps
Sandwiches (specialty breads)
Fuller for longer salad pots

Seasonal fresh fruit, fruit pots and homemade low fat yoghurt

Summer fruit salad

Dessert

Crunchy fruit crumble with custard

Thursday

Main Meal

Chicken curry served with fluffy rice
Beef burger served in a seeded bun

Vegetarian choice

Vegetable spring rolls

Daily Grab and Go

Pasta king
Jacket potatoes (sweet & white)
Pizza
Hot chicken wraps
Sandwiches (specialty breads)
Fuller for longer salad pots

Seasonal fresh fruit, fruit pots and homemade low fat yoghurt

Summer fruit salad

Dessert

Marble cake with vanilla sauce

Friday

Main Meal

Chicken & Chips
Vegetarian potato skins

Vegetarian choice

Fishcake & Chips

Daily Grab and Go

Pasta king
Jacket potatoes (sweet & white)
Pizza
Hot chicken wraps
Sandwiches (specialty breads)
Fuller for longer salad pots

Seasonal fresh fruit, fruit pots and homemade low fat yoghurt

Summer fruit salad

Dessert

Chocolate sponge with chocolate custard

Wednesday

Tuesday

Thursday

Friday

Vegetarian choice

Roasted vegetable bake

Daily Grab and Go

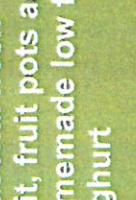
Pasta king
Jacket potatoes (sweet & white)
Pizza
Hot chicken wraps
Sandwiches (specialty breads)
Fuller for longer salad pots

Seasonal fresh fruit, fruit pots and homemade low fat yoghurt

Summer fruit salad

Dessert

Vanilla and coconut rice pudding



Apple pie with vanilla sauce

Chocolate sponge with chocolate custard

Vanilla and coconut rice pudding



THE
What's on

MENU
mm...delicious



www.mellorscatering.co.uk

WEEK 3

Monday

Main Meal

All of the eggs we use are free range, and our milk is organic.

Vegetarian choice

Beans, pulses and Quorn contain high levels of protein essential for the growth and repair of your body. It is essential you eat these for a healthy body and mind

Daily Grab and Go

Selecting a different choice from the menu each day will help you to nourish your body, aiding your academic performance

Seasonal fresh fruit, fruit pots and homemade low fat yoghurt

Dessert

Never replace a main meal for dessert. Food is used as fuel for the body; it is important that your body is nourished.

Friday

Tuesday

Wednesday

Thursday

Main Meal

Leek & Ham pasta bake

Vegetarian choice

Spanish omelette served with salad

Daily Grab and Go

Pasta king

Seasonal fresh fruit, fruit pots and homemade low fat yoghurt

Dessert

Main Meal

Hunters Chicken served with potatoes

Vegetarian choice

Quorn fillet served with roast potatoes, seasonal fresh vegetables and gravy

Daily Grab and Go

Pasta king

Seasonal fresh fruit, fruit pots and homemade low fat yoghurt

Dessert

Crunchy fruit crumble with custard

Main Meal

Chicken & Chips

Vegetarian choice

Jumbo Fish Finger & Chips

Daily Grab and Go

Pasta king

Seasonal fresh fruit, fruit pots and homemade low fat yoghurt

Dessert

Poached pears with vanilla sauce

Main Meal

Burger day

Vegetarian choice

Vegetarian Pizza

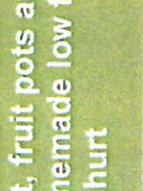
Daily Grab and Go

Pasta king

Seasonal fresh fruit, fruit pots and homemade low fat yoghurt

Dessert

Lemon drizzle cake with custard



THE MENU

mm...delicious

www.mellorscatering.co.uk

