

**NUTRITIONIST  
APPROVED** ✓

| HOT/ COLD LUNCH BAG       | MONDAY                                  | TUESDAY                                  | WEDNESDAY  | THURSDAY                            | FRIDAY   |
|---------------------------|---|--|--|-------------------------------------|--|
| <b>HOT CHOICE</b>         | Tomato pasta with meatballs             | Hot chicken or Quorn wrap                | Jacket potato with tuna mayo or cheese           | Chicken and bacon pasta             | Beef burger in a bun<br>Veggie burger in a bun |
| <b>COLD CHOICE</b>        | Roast chicken, cheese, or tuna sandwich | Roast turkey, roast beef, or cheese roll | Tuna mayonnaise, cheese savoury or egg mayo wrap | Ham, tuna mayo or egg mayo baguette | Roast turkey, ham or cheese sandwich           |
| <b>SALAD SELECTION</b>    | Cucumber sticks                         | Carrot sticks                            | Cherry tomato halves                             | Carrot sticks                       | Cucumber sticks                                |
| <b>DESSERT OF THE DAY</b> | Shortbread biscuit or Yoghurt           | Chocolate crunch or Yoghurt              | Flapjack or Yoghurt                              | Strawberry whip or Yoghurt          | Chocolate brownie or Yoghurt                   |
| <b>FRESH FRUIT</b>        | Fresh fruit pot or Piece of fruit       | Fresh fruit pot or Piece of fruit        | Fresh fruit pot or Piece of fruit                | Fresh fruit pot or Piece of fruit   | Fresh fruit pot or Piece of fruit              |



# MENU



Fuel your afternoon with a healthy school lunch from Mellors



- MEAT FREE MONDAY



- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE