










NUTRITIONIST APPROVED ✓






WEEK 1	MONDAY 	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Vegetable spaghetti bolognese with garlic bread	Sweet n Sour pork with 50/50 rice 	Roast Beef with Yorkshire pudding, roast potatoes and gravy	Chicken fillet burger served on a bun with salad	Fish of the day with chips
VEGETARIAN MAIN DISH	Vegetable Tikka Masala with 50/50 rice 	Homemade pizza of the day with potato wedges 	Vegetable toad in the hole with roast potatoes and gravy	Jacket potato day with choice of fillings	Quorn nuggets with chips
ACCOMPANIMENTS 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Shortbread biscuit with mandarins 	Chocolate crunch 	Apple flapjack	Cracker and cheese with grapes	Fruit and ice cream 
FRESH FRUIT OR YOGHURT	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt
JACKET POTATO & SANDWICH SELECTION	Jacket potato with beans cheese or tuna mayo	Jacket potato with beans cheese or tuna mayo	Jacket potato with beans cheese or tuna mayo	Jacket potato with beans cheese or tuna mayo	Jacket potato with beans cheese or tuna mayo








MENU



Fuel your afternoon with a healthy school lunch from Mellors

-  - MEAT FREE MONDAY
-  - 1 OF YOUR 5 A DAY
-  - CHEF'S CHOICE

WEEK 2	MONDAY 	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	BBQ quorn wrap with potato wedges	Sausage and mash potato with gravy	Roast turkey with stuffing gravy and roast potato	Spaghetti bolognese with garlic bread 	Fish of the day with chips
VEGETARIAN MAIN DISH	Pizza of the day with baked potato wedges	Vegetable lasagne with crusty bread	Quorn roast with gravy and mashed potato	Jacket potato Day with choice of fillings	Vegetable burger with chips
ACCOMPANIMENTS 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Chocolate and beetroot muffins	Lemon drizzle cake	Strawberry whip 	Apple sponge with custard 	Chocolate orange cookies
FRESH FRUIT OR YOGHURT	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt
JACKET POTATO & SANDWICH SELECTION	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



MENU



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



- MEAT FREE MONDAY



- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Quorn pasta bake in a tomato sauce	Homemade pizza of the day	Roast chicken with stuffing roast potatoes and gravy	All day breakfast	Fish of the day with chips
VEGETARIAN MAIN DISH	Vegetable curry with 50/50 rice and naan bread	Vegetarian chilli with 50/50 rice	Vegetable cottage pie	Jacket potato day with choice of fillings	Vegetable burger with chips
ACCOMPANIMENTS	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Banana and custard	Homemade ginger biscuit	Apple and oat biscuit	Fruit and jelly	Chocolate orange brownie
FRESH FRUIT OR YOGHURT	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt
JACKET POTATO & SANDWICH SELECTION	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



MENU



Quench your thirst with free fresh drinking water available daily

- MEAT FREE MONDAY
- 1 OF YOUR 5 A DAY
- CHEF'S CHOICE