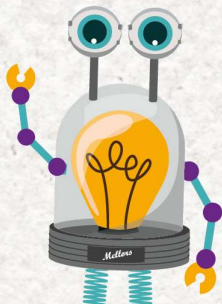




WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Spaghetti Bolognese with garlic bread	Chicken & dumplings	Roast of the day served with roast potatoes & gravy	Hand battered fish with chips	Sausages served with mash
VEGETARIAN MAIN DISH	Pizza wrap	Macaroni cheese with garlic bread	Cheese and tomato pizza	Cheese pastry	Vegetable samosa
ACCOMPANIMENTS	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Apple crumble with custard	Rice pudding	Chocolate chip sponge with custard	Pear cobbler with custard	Crispy Slice
FRESH FRUIT & YOGHURT	Fresh fruit & yoghurt	Fresh fruit & yoghurt	Fresh fruit & yoghurt	Fresh fruit & yoghurt	Fresh fruit & yoghurt
SANDWICH SELECTION	Ham, tuna or cheese sandwich	Ham, tuna or cheese sandwich	Ham, tuna or cheese sandwich	Ham, tuna or cheese sandwich	Ham, tuna or cheese sandwich
JACKET POTATO	Jacket potato with tuna, beans or cheese	Jacket potato with tuna, beans or cheese	Jacket potato with tuna, beans or cheese	Jacket potato with tuna, beans or cheese	Jacket potato with tuna, beans or cheese



MENU



Fuel your afternoon with a healthy school lunch from Mellors



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION