NUTRITIONIST



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Dish	Sausages with Gravy served with Mash Potatoes	Pizza of the day Served with Wedges	Roast Chicken with Yorkshire Pudding & Roast Potato's	Cajun Chicken Fillet on a roll	Battered Fish Served with chips & Ketchup
Vegetarian Dish	Vegetarian Shephard's Pie	Quorn Curry Served with Rice	Mixed Bean Casserole	Macaroni Cheese	Veggie Burger Served with Chips & Ketchup
Accompaniments	Seasonal vegetables Salad Bar Fresh Bread	Seasonal vegetables Salad Bar Fresh Bread	Seasonal vegetables Salad Bar Fresh Bread	Seasonal vegetables Salad Bar Fresh Bread	Seasonal vegetables Salad Bar Fresh Bread
Jacket Potatoes Sandwich Selection	Jacket Potatoes And Sandwich Selection	Jacket Potatoes And Sandwich Selection	Jacket Potatoes And Sandwich Selection	Jacket Potatoes And Sandwich Selection	Jacket Potatoes And Sandwich Selection
Dessert	Peach Cobbler And Custard	Chocolate Crunch	Rice Pudding with Fruit Compote	Flapjack	Fruit and Ice Cream
Fruit and Yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt







Fuel your afternoon with a healthy school lunch from Mellors -1 OF YOUR 5 A DAY

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- HEALTHY OPTION