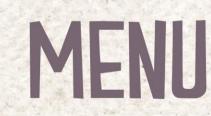
NUTRITIONIST



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Dish	Chicken Enchiladas Served with Rice	Fish Pie Served with Mash Potatoes	Roast Turkey Served with Roast Potatoes	Spaghetti Bolognaise	Beef Burger Served With chips & Ketchup
Vegetarian Dish	Vegetable Pasta Bake	Vegetable Frittata	Quorn Roast Served With Roast potatoes	Sweet and Sour Quorn Served with Rice	Vegetarian Dippers Served with Chips & Ketchup
Accompaniments	Seasonal vegetables Salad Bar Fresh Bread				
Jacket Potatoes Sandwich Selection	Jacket Potatoes And Sandwich Selection				
Dessert	Marble Sponge With Custard	Lemon Drizzle Cake	Eton Mess	Chocolate sponge with custard	Ginger Biscuits
Fruit and Yoghurt	Fresh fruit and yoghurt				







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

5

- HEALTHY OPTION