

**NUTRITIONIST  
APPROVED** ✓

HOT/ COLD LUNCH BAG WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>HOT CHOICE</b>	Chicken pizza panini or Margarita pizza panini with rice	Macaroni cheese with garlic bread	Breaded chicken wrap or Quorn wrap with crisp salad & wedges	Sweet tomato pasta with crusty bread	Fish Finger Roll or Quorn hot dog with chips
<b>COLD CHOICE</b>	Roast chicken, Cheese or Tuna sandwich	Cheese Tuna mayo or Chicken roll	Tuna mayo, cheese savoury or egg mayo wrap	Egg mayo or Tuna Mayo baguette	Cheese or Turkey roll
<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	Oaty Biscuit or Yoghurt	Chocolate cake or Yoghurt
<b>FRESH FRUIT</b>	Piece of fruit	Piece of fruit	Piece of fruit	Piece of fruit	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