

**NUTRITIONIST
APPROVED** ✓

HOT/ COLD LUNCH BAG	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT CHOICE	Tomato pasta with meatballs and Garlic Bread	Hot chicken wrap or Quorn wrap with wedges	Jacket potato with tuna mayo or cheese	Chicken pasta with crusty bread and salad	Beef burger or Veggie burger with chips
COLD CHOICE	Roast chicken, cheese, or tuna sandwich	Tuna mayonnaise, cheese savoury or egg mayo wrap	Tuna mayo Cheese or chicken Sandwich	Tuna mayo or egg mayo baguette	Roast turkey or cheese sandwich
SALAD SELECTION	Cucumber sticks	Carrot sticks	Cherry tomato halves	Carrot sticks	Cucumber sticks
DESSERT OF THE DAY	Shortbread biscuit or Yoghurt	Chocolate crunch or Yoghurt	Flapjack or Yoghurt	Strawberry whip or Yoghurt	Chocolate cake or Yoghurt
FRESH FRUIT	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