

**NUTRITIONIST
APPROVED** ✓

HOT/ COLD LUNCH BAG	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT CHOICE	Tomato pasta with meatballs	Hot chicken or Quorn wrap	Jacket potato with tuna mayo or cheese	Chicken and bacon pasta	Beef burger in a bun Veggie burger in a bun
COLD CHOICE	Roast chicken, cheese, or tuna sandwich	Roast turkey, roast beef, or cheese roll	Tuna mayonnaise, cheese savoury or egg mayo wrap	Ham, tuna mayo or egg mayo baguette	Roast turkey, ham 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 brownie or Yoghurt
FRESH FRUIT	Fresh fruit pot or Piece of fruit	Fresh fruit pot or Piece of fruit	Fresh fruit pot or Piece of fruit	Fresh fruit pot or Piece of fruit	Fresh fruit pot or 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