

NUTRITIONIST
APPROVED ✓

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAIN MEAL	Margarita pizza with diced potatoes & beans	Chicken curry with rice & sweetcorn	Sausage & mash with carrots	Tomato pasta with broccoli	Battered fish, chips & peas
JACKET POTATO CHOICE	Tuna mayonnaise Fresh crisp salad	Cheese Fresh crisp salad	Baked beans Coleslaw	Tuna mayonnaise Fresh crisp salad	Cheese Fresh crisp salad
DESSERT OF THE DAY	Shortbread biscuit Fresh fruit pot Yoghurt	Oaty biscuit Fresh fruit pot Yoghurt	Flapjack Fresh fruit pot Yoghurt	Chocolate crunch Fresh fruit pot Yoghurt	Shortbread biscuit fresh fruit pot Yoghurt



MENU



Fuel your afternoon with
a healthy school lunch
from Mellors

MEAT
FREE

- MEAT FREE MONDAY

5
A DAY

- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE