

**NUTRITIONIST
APPROVED** ✓

5
A DAY



| WEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|----------------------------------|--|----------------------------------|--|
| MEAT MAIN DISH | Sausages served with Mash Potato and Gravy | Chicken & Vegetable cous cous | Roast Beef served with Yorkshire Pudding Roast potatoe | Chicken Curry Served with Rice | Fishcake served with Chips and Ketchup |
| VEGETARIAN MAIN DISH | Vegetarian Mince Served with Mash potato | Vegetable curry Served with Rice | Quorn Sausage served with Yorkshire pudding Roast potato | Quorn Spaghetti Bolognaise | Cheese Whirl served With chips and ketchup |
| ACCOMPANIMENTS | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar |
| DESSERT | Fruit Crumble and custard | Chocolate crunch | Rice pudding with fruit compote | Gingerbread Loaf | Fruit in Jelly |
| FRESH FRUIT & YOGHURT | Fresh fruit and yoghurt | Fresh fruit and yoghurt | Fresh fruit and yoghurt | Fresh fruit And yoghurt | Fresh fruit and yoghurt |
| JACKET POTATO & SANDWICH SELECTION | Jacket potato or Cheese sandwich | Jacket potato or Ham sandwich | Cheese or Tuna Sandwich | Jacket potato or Cheese sandwich | Ham Sandwich or Cheese Sandwich |



MENU



Fuel your afternoon with a healthy school lunch from Mellors

5
A DAY

- 1 OF YOUR 5 A DAY



- HEALTHY OPTION

NUTRITIONIST APPROVED ✓

5
A DAY



| WEEK 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAYS | FRIDAY |
|---|--|---|--|---|---|
| MAIN MEAT DISH | Chicken enchiladas served with Rice | Chicken Casserole Served with New potato | Roast Turkey Served with mashed potato | Spaghetti bolognaise | Battered Fish Served with chips And ketchup |
| VEGETARIAN MAIN DISH | Pizza of the day Served with Potato wedges | Cheese & Onion Pie Served with New potato | Vegetable Cottage Pie | Vegetable chilli Served with Rice | Beef burger Served with chips And ketchup |
| ACCOMPANIMENTS | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar |
| DESSERTS | Marble sponge And Custard | Lemon Drizzle Cake | Eton Mess | Pear & Chocolate Cake Served with Custard | Oaty biscuits |
| FRESH FRUIT & YOGHURT | Fresh fruit And yoghurt | Fresh fruit and yoghurt | Fresh fruit And yoghurt | Fresh fruit and yoghurt | Fresh fruit And yoghurt |
| JACKET POTATO AND SANDWICH SELECTION | Cheese Sandwich or Jacket Potato | Jacket potato or Ham Sandwich | Cheese or Tuna Sandwich | Jacket potato and sandwich selection | Jacket potato and Sandwich Selection |



MENU



Variety is the key to a healthy diet, try something new today!

5
A DAY

- 1 OF YOUR 5 A DAY



- HEALTHY OPTION

NUTRITIONIST APPROVED ✓

5
A DAY



| WEEK 3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---------------------------------------|--|--------------------------------------|---|
| MEAT MAIN DISH | All Day Breakfast | Cottage Pie | Roast Chicken served with Roast Potato | Beef Chilli Con Carne Rice | Fish Fingers served with chips And ketchup |
| VEGETARIAN MAIN DISH | Vegetable stir fry Served with noodles | Cheese Quiche served with Mash potato | Quorn Sausage served with Roast potato | Macaroni Cheese | Quorn Nuggets Served with chips And ketchup |
| ACCOMPANIMENTS | Noodles, Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Seasonal vegetables Sàlad bar | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar |
| DESSERTS | Apple & Sultana Roll | Courgette & apple muffin | Bananas & custard | Fruit & Jelly | Shortbread biscuits and mandarins |
| FRESH FRUIT & YOGURT | Fresh fruit and yoghurt | Fresh fruit and yoghurt | Fresh fruit and yoghurt | Fresh fruit And yoghurt | Fresh fruit And yoghurt |
| JACKET POTATO & SANDWICH SELECTION | Jacket potato and sandwich selection | Jacket potato and sandwich selection | Cheese or Tuna Sandwich | Jacket potato and sandwich selection | Cheese or Ham Sandwich |



MENU



Quench your thirst with free fresh drinking water available daily

5
A DAY

- 1 OF YOUR 5 A DAY



- HEALTHY OPTION