WEEK1	MENT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Vegetarian korma with 50/50 rice	Pork sausage with creamy mash potato & gravy	Roast beef with Yorkshire puddings, roast potatoes & gravy	Spanish chicken in a tomato sauce with 50/50 rice	Crispy fish fingers with chunky chips
VEGETARIAN MAIN DISH	Vegetarian cottage pie	Quorn™ enchiladas with diced potatoes	Quorn™ fillet with roast potatoes & gravy	Tomato & roasted vegetable pasta	Crispy vegetable fingers with chunky chips
ACCOMPANIMENTS 5	Cauliflower 8 broccoli Salad bar	Peas & carrots Salad bar	Green beans & cabbage Salad bar	Sweetcorn & broccoli Salad bar	Peas 8 baked beans Salad bar
DESSERTS	Chocolate 8 pear sponge with custard	Apple crumble & custard	Flapjack	Carrot cake	Chocolate 8 orange cookie
FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
JACKET POTATO AND SANDWICH SELECTION	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



Fuel your afternoon with a healthy school lunch from Mellors







KEY 5 - 1 OF YOUR 5 A DAY FEE - MEAT-FREE MONDAY - CHEF'S CHOICE



