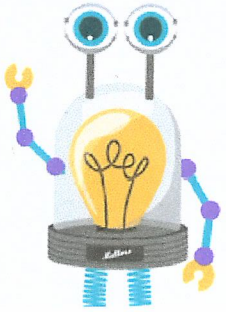
NUTRITIONIST APPROVED

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Quorn Meatballs & Pasta	Homemade Cheese Pizza & Potato Wedges	Chicken Sausage with Yorkshire Pudding	Cottage Pie (Beef)	Fish fingers with chips & beans
VEGETARIAN MAIN DISH	Cauliflower & Broccoli Bake (5 A DAY)	Quorn Fillet Burger & Potato Wedges	Cheese & Tomato Flan	Vegetable Curry & Naan Bread	Vegetable Burger & Chips
ACCOMPANIMENTS (5 A DAY)	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Chocolate Brownie (5 A DAY)	Homemade Bake	Summer Berries & Whip	Homemade Tray Bake (5 A DAY)	Ice Cream Roll
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 & Tuna, Cheese or Beans	Sandwich selection	Jacket potato & Tuna, Cheese or Beans	Sandwich selection	Jacket potato & Tuna, Cheese or Beans

Mellors

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