

**NUTRITIONIST
APPROVED** ✓

HOT/ COLD LUNCH BAG	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT CHOICE	Tomato pasta bake	Hot chicken or Quorn wrap	Jacket potato With various fillings	Chip shop Fish and Potato wedges	Cheese Pizza or Pepperoni Pizza
COLD CHOICE	Ham, cheese, or tuna sandwich	Ham, Cheese, Tuna Baguette	Ham, Beef, cheese Sandwich	Ham, tuna mayo or Tuna 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