



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Main Dish	Vegetarian Bolognese with spaghetti & Garlic Bread 	B-B-Q Chicken & Rice 	Sausages with Mashed Potatoes & Gravy	Chicken Curry & Pilau Rice with Naan Bread	Fish of the day with chips
Vegetarian Main Dish	Quorn curry & Rice with Naan Bread 	Cheese Pizza & Sweet Potato Fries  	Quorn Sausages & mashed Potatoes 	Tomato & vegetable Bake with Wholemeal Pasta & Garlic Bread	Quorn Nuggets with chips
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 	Banana Muffin & Custard 	Cheese & Crackers with Grapes	Flapjack & Custard	Fruit and ice cream 
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 and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



# MENU



Fuel your afternoon with  
a healthy school lunch  
from Mellors



- MEAT FREE MONDAY










- 1 OF YOUR 5 A DAY



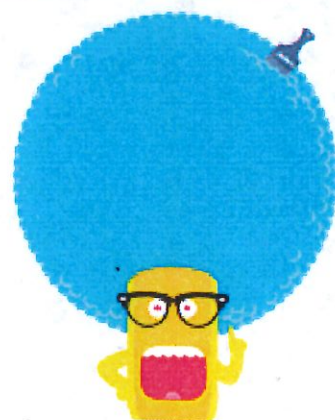
- CHEF'S CHOICE



Week 2	Monday 	Tuesday	Wednesday	Thursday	Friday
Meat Main Dish	Vegetarian Lasagne & Garlic Bread	Chicken wraps with Savoury Rice 	Roast Turkey and Stuffing with mashed potato & Gravy	Pepperoni Pizza & Potato Wedges 	Fish of the day or Salmon Fishcake with chips
Vegetarian Main Dish	Vegetable Meatballs & Spaghetti with Garlic Bread	Cheese Quiche & Savoury Rice 	Quorn Sausages with mashed potato & Gravy	Tomato & Vegetable bake with Wholemeal Pasta & Garlic Bread	Omelette & Chips
Accompaniments 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
Desserts	Carrot Cake & Custard	Cheesecake	Iced Buns	Fruit Crumble & Custard 	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 and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



# MENU



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



- MEAT FREE MONDAY








- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE





Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Main Dish	Quorn Paella & Crusty Bread 	Chicken Curry with Rice & Naan Bread	Chicken Fillet & Mashed potatoes and gravy	Beef Burger in a Bun with Herbie Diced Potatoes	Fish of the day with chips
Vegetarian Main Dish	Cheese Pizza & New Potatoes	Macaroni Cheese & Garlic Bread 	Quorn fillet with Mashed potatoes & Gravy	Quorn Burger in a bun with Herbie Diced Potatoes	Quorn Chilli & Brown Rice with Garlic Bread
Accompaniments 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
Desserts	Bakewell Tart & Custard	Eaton Mess	Fruit Muffin 	Banoffee Cake & Custard 	Strawberry Whip with fresh Strawberry's
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 and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



# MENU



Quench your thirst with  
free fresh drinking water  
available daily



- MEAT FREE MONDAY



- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE