

**NUTRITIONIST
APPROVED** ✓

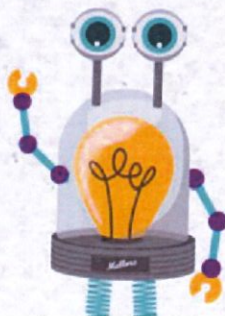
**5
A DAY**



WEEK 1	MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY
MAIN DISH	Margherita Pizza & potato wedges	Spaghetti Bolognaise & Garlic Bread	Roast Turkey/Gammon & Stuffing with Mash & Gravy	Chicken Chow Mein	Fish of the day with oven baked chips
VEGETARIAN MAIN	Omelette & Potato wedges	Cowboy Pie	Quorn Sausage in Onion Gravy with Mash	Macaroni Cheese & Garlic Bread	Vegetable Biriani with Brown Rice
ACCOMPANIMENTS	Sweetcorn Salad selection	Seasonal vegetables Salad bar	Broccoli / Carrots Salad bar	Seasonal vegetables Salad bar	Peas / Beans Salad bar
DESSERT	Fruit Sponge with Pear & cocoa	Shortbread Biscuits	Banana Bread	Sticky Toffee Muffins	Caramel 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 & SANDWICHES	Jacket potato Tuna, Beans or Cheese Sandwich selection	Jacket potato Tuna, Cheese or Beans Sandwich selection	Jacket potato Tuna, Beans or Cheese Sandwich selection	Jacket potato Tuna, Beans or Cheese Sandwich selection	Jacket potato Tuna, Cheese or Beans Sandwich selection



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

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5
A DAY



WEEK 2	MONDAY 	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Quorn Tikka Masala & 50/50 Rice	Meat & Potato Pie with Gravy 	Roast Beef with Mash with Gravy	Chicken Strips in a Wrap & Brown savoury Rice 	Fish of the day & With oven baked chips
VEGETARIAN MAIN DISH	Tomato Pasta Bake with Garlic Bread	Margherita Pizza & Potato Wedges 	Quorn Fillets in Spanish style Tomato Sauce	Quorn Meatballs & Spaghetti Garlic Bread	Vegetarian Frittata
ACCOMPANIMENTS 	Seasonal vegetables Salad bar	Sweetcorn Salad bar	Broccoli / Carrots Salad bar	Seasonal vegetables Salad bar	Peas / Beans Salad bar
DESSERTS	Fruit Sponge	Fruit Flapjack	Blueberry & Banana Muffin	Rice Pudding & Fruit 	Cheese & Crackers 
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 & SANDWICHES	Jacket potato Tuna, Beans or Cheese Sandwich selection	Jacket potato Tuna, Cheese or Beans Sandwich selection	Jacket potato Tuna, Cheese or Beans Sandwich selection	Jacket potato Tuna Cheese or Beans Sandwich selection	Jacket potato Tuna, Cheese Or beans 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

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**5
A DAY**



Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Cheese Pizza & Potato Wedges	Cottage Pie with Gravy	Chicken Fillet with Mash & Gravy	All Day Breakfast	Fish of the day / Salmon fishcake with oven baked chips
VEGETARIAN MAIN DISH	Quorn Crispy Dippers & Potato Wedges	Macaroni Cheese & Garlic Bread	Cheese Quiche & New Potatoes	Quorn Chilli with 50/50 Rice &	Quorn Burger with Oven Chips
ACCOMPANIMENTS	Sweetcorn / Beans Salad bar	Seasonal vegetables Salad bar	Broccoli / Carrots Salad bar	Seasonal vegetables Salad bar	Peas / Beans Salad bar
DESSERTS	Strawberry Whip & Fruit	Shortbread Biscuit	Raspberry & Peach Sponge	Chocolate Crunch	Fruit & 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 & SANDWICHES	Jacket potato Tuna, Cheese or Beans Sandwich selection	Jacket potato Tuna, Cheese or Beans Sandwich selection	Jacket potato Tuna, Cheese or Beans Sandwich selection	Jacket potato Tuna, Cheese or Beans Sandwich selection	Jacket potato Tuna, Cheese or Beans Sandwich selection



MENU



Quench your thirst with
free fresh drinking water
available daily

**MEAT
FREE**

- MEAT FREE MONDAY

**5
A DAY**

- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE