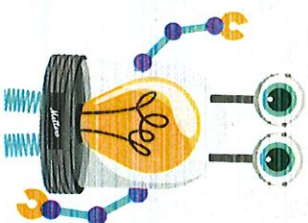


WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Tomato Cheese Pizza g Herb Diced Potatoes	Chicken Tikka g Pilau Rice	Roast Beef Yorkshire Pudding g Roast & Mash Potatoes	Cowboy Pie g	Battered Fish g Chunky Chips
VEGETARIAN MAIN DISH	Quorn Spaghetti Bolognese	Quorn & Potato Pie	Quorn Nuggets g Roast Potatoes	Tomato & Basil Pasta Bake	Vegetable Curry with steamed Rice g Naan Bread
ACCOMPANIMENTS	Seasonal Vegetables g Salad Bar	Seasonal Vegetables g Salad Bar	Seasonal Vegetables g Salad Bar	Seasonal Vegetables g Salad Bar	Garden Peas Baked Beans g Salad Bar
DESSERTS	Apple Pie g Custard 5 A DAY	Blueberry Muffin	Fruit Jelly g Lemon Cookie	Chocolate Cake	Shortbread Biscuit
FRESH FRUIT & YOGHURT	Fresh Fruit g Yoghurt	Fresh Fruit g Yoghurt	Fresh Fruit g Yoghurt	Fresh Fruit g Yoghurt	Fresh Fruit g Yoghurt
JACKET POTATO & SANDWICH SELECTION	Jacket Potato g Sandwich Selection	Jacket Potato g Sandwich Selection	Jacket Potato g Sandwich Selection	Jacket Potato g Sandwich Selection	Jacket Potato g Sandwich Selection



MENU



Fuel your afternoon with
a healthy school lunch
from Mellors



- 1 OF YOUR 5 A DAY
- HEALTHY OPTION

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Quorn Cottage Pie 8 Red Cabbage	Beef Lasagne 8 Garlic Bread	Roast Turkey Stuffing Gravy Roast & Mash Potatoes	Beef Burger in a Bun with Herb Diced Potatoes	Battered Fish 8 Chunky Chips
VEGETARIAN MAIN DISH	Macaroni Cheese	Homemade Cheese Pizza 8 Seasoned Wedges	Cheese Whirls 8 Roast Potatoes	Vegetable Burger in a Bun with Herb Diced Potatoes	Vegetable & Tomato Pasta Bake 8 Garlic Bread
ACCOMPANIMENTS	Seasonal Vegetables 8 Salad Bar	Seasonal Vegetables 8 Salad Bar	Seasonal Vegetables 8 Salad Bar	Seasonal Vegetables 8 Salad Bar	Garden Peas Baked Beans 8 Salad Bar
DESSERTS	Marble Sponge 8 Custard	Rice Pudding 8 Fruit Compote	Banana Muffin	Fruit Crumble 8 Custard	Fruit & Ice Cream
FRESH FRUIT & YOGHURT	Fresh Fruit 8 Yoghurt	Fresh Fruit 8 Yoghurt	Fresh Fruit 8 Yoghurt	Fresh Fruit 8 Yoghurt	Fresh Fruit 8 Yoghurt
JACKET POTATO & SANDWICH SELECTION	Jacket Potato 8 Sandwich Selection	Jacket Potato 8 Sandwich Selection	Jacket Potato 8 Sandwich Selection	Jacket Potato 8 Sandwich Selection	Jacket Potato 8 Sandwich Selection

Mellows

MENU



Quench your thirst with
free fresh drinking water
available daily

5
ADAY

- 1 OF YOUR 5 A DAY

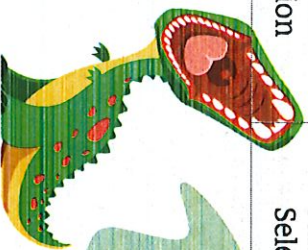
- HEALTHY OPTION



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Vegetable Meatballs with Spaghetti 8 Garlic Bread	Chicken Pie Gravy 8 Creamy Mash Potato	Toad in the Hole Gravy 8 Roast & Mash Potatoes	Homemade Cheese Pizza 8 Herb Diced Potatoes	Fish Fingers 8 Chunky Chips
VEGETABLE	Quorn curry Steamed Rice 8 Naan Bread	Vegetarian Sausages Gravy 8 Creamy Mash Potato	Quorn Fillets Gravy 8 Roast Potatoes	Vegetable Tomato Pasta Bake with Garlic Bread	Salmon Fish Cakes 8 Chunky Chips
ACCOMPANIMENTS	Seasonal Vegetables 8 Salad Bar	Seasonal Vegetables 8 Salad Bar	Seasonal Vegetables 8 Salad Bar	Seasonal Vegetables 8 Salad Bar	Garden Peas Baked Beans 8 Salad Bar
DESSERTS	Banoffee Cake	Coconut Sponge 8 Custard	Carrot Cake	Flap Jack	Iced Buns
FRESH FRUIT & YOGHURT	Fresh Fruit 8 Yoghurt	Fresh Fruit 8 Yoghurt	Fresh Fruit 8 Yoghurt	Fresh Fruit 8 Yoghurt	Fresh Fruit 8 Yoghurt
JACKET POTATO & SANDWICH SELECTION	Jacket Potato 8 Sandwich Selection	Jacket Potato 8 Sandwich Selection	Jacket Potato 8 Sandwich Selection	Jacket Potato 8 Sandwich Selection	Jacket Potato 8 Sandwich Selection

Mellows

MENU



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free fresh drinking water
available daily

5
ADV

- 10F YOUR 5 A DAY

- HEALTHY OPTION

