









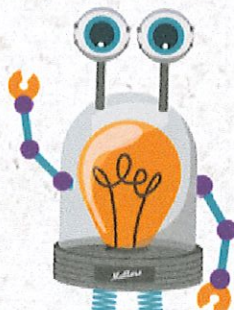


APRIL 12TH

WEEK 1	MONDAY 	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Quorn Nuggets & Savoury Rice	Pepperoni Pizza & oven baked wedges 	Chicken Fillet with Mash & Gravy	Spaghetti Bolognese & Garlic Bread	Fish of the day with oven baked chips
VEGETARIAN MAIN DISH	Quorn Chilli & Rice 	Penne Pasta Arrabbiata & Garlic Br  	Cheese swirl with Mash & veg 	Vegetarian Curry & Rice with naan Bread	Omelette with oven baked chips
ACCOMPANIMENTS 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Iced Sponge 	Ginger Biscuits 	Cheese & Crackers with Grapes	Flapjack	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

- MEAT FREE MONDAY

5  
A DAY

- 1 OF YOUR 5 A DAY










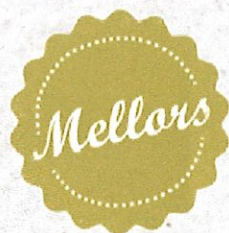
- CHEF'S CHOICE



5  
A DAY



WEEK 2	MONDAY 	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Meatless meat balls with spaghetti & Garlic Bread	Chicken Fillet in a bun with oven baked wedges 	Pork Sausage & Mash with Gravy	Chicken Tikka with Rice & Naan 	Fish of the day with chips
VEGETARIAN MAIN DISH	All day vegetable breakfast	Cheese Panini With oven baked wedges 	Quorn Sausages & Mash with Gravy	Cheese Pizza with Garlic bread & Salad	Quorn nuggets & Chips
ACCOMPANIMENTS 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Chocolate Muffins	Caramel Biscuits	Lemon Sponge	Cheesecake 	Strawberry Whip 
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

- MEAT FREE MONDAY

5  
A DAY

- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE





WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Cheese Pizza & salad with oven baked potatoe	Chicken Goujons with Rice & pitta	Roast Turkey With Mash & Gravy	Beef Burger in a bun with Herbie Diced Potatoes	Fish of the day with oven baked chips
VEGETARIAN MAIN DISH	Quorn lasagne & Garlic Bread	B-B-Q Quorn fillet with Rice & Pitta 5 A DAY	Cheese Quiche & salad with new potatoes	Quorn burger in a bun with Herbie Diced Potatoes	Tomato Pasta Bake with Garlic Bread
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	Shortbread Biscuits	Iced buns	Fruit Jelly 5 A DAY	Cornflake cake 5 A DAY	Chocolate Mousse
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

- MEAT FREE MONDAY

5  
A DAY

- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE