













WEEK 1	MONDAY 	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Quorn spaghetti bolognaise & Garlic bread 	Chicken Curry & rice with naan bread 	Cottage Pie & gravy	Beef Burger in a bun with cube potatoes	Fish of the day with oven baked chips
VEGETARIAN DISH	Quorn Chilli & brown rice 	Cheese Pizza & potato wedges 	Vegetarian sausages with Mash & gravy 	Quorn Burger with cube potatoes	Tomato pasta bake & garlic bread
ACCOMPANIMENTS 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Iced Sponge 	Flapjack 	Banana Muffin	Rice Pudding	Fruit and ice cream 
FRESH FRUIT & YOGHURTS	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
MAIN MEALS	Cheese Pizza & potato wedges	Chicken Tikka with rice & naan Bread 	Roast Turkey & Stuffing with Mash with Gravy	Spaghetti Bolognaise with Garlic Bread 	Fish of the day & salmon fish cake with chips
VEGETARIAN MEALS	Vegetarian Lasagne & Garlic Bread	Tomato Pasta Bake with Garlic bread 	Cheese Swirl with roast potatoes	B-B-Q Quorn Fillet with rice & pitta	Omelette & Chips
ACCOMPANIMENTS 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERT	Chocolate Muffins	Bakewell Tart	Lemon Sponge	chocolate crunch 	Strawberry Whip & lemon Biscuit 
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
MAIN DISH	Cheese Pizza & potato wedges 	Meat & Potato pie & Gravy	Pork Sausage With Mash & Gravy	Chicken Tikka Curry & Rice with naan bread	Fish of the day with oven baked chips
VEGETARIAN DISH	Tomato Pasta Bake & Garlic Bread	Quorn Curry & Brown Rice with Naan bread 	Cheese Quiche & new potatoes	Macaroni Cheese & Garlic Bread	Quorn Crispy Nuggets & 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	Chocolate Fudge Cake	Fruit Jelly 	Cornflake cake 	Iced buns
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