





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 5	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Iced Sponge	Flapjack 5	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







Fuel your afternoon with a healthy school lunch from Mellors



- MEAT FREE MONDAY



-1 OF YOUR 5 A DAY



- CHEF'S CHOICE

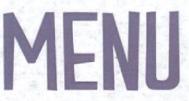






WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEALS	Cheese Pizza & potato wedges	Chicken Tikka with rice & naan Bread	Roast Turkey & Stuffing with Mash with Gravy	Spaghetti Bolognaise with Garlic Bread	Fish of the day & salmon fish cake with chips
VEGETARIAN MEALS	Vegetarian Lasagne & Garlic Bread	Tomato Pasta Bake with Garlic bread	Cheese Swirl with roast potatoes	B-B-Q Quorn Fillet with rice & pitta	Omelette & Chips
ACCOMPANIMENTS 5	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







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



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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 5	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







Ouench your thirst with free fresh drinking water available daily



- MEAT FREE MONDAY



-1 OF YOUR 5 A DAY



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