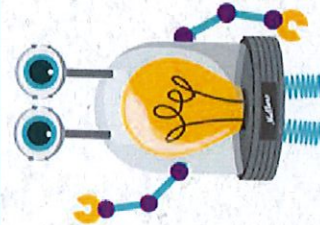




WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Quorn Nuggets & Potato Wedges	Chicken Wraps & Savoury Rice 	Beef Baguette & Fresh Crisp Salad	Pepperoni Pizza	Fish of the Day with Chips
VEGETARIAN MAIN DISH	Tomato & Vegetable Bake with Garlic Bread 	Cheese Quiche & Savoury Rice 	Vegetable All Day Breakfast	Vegetarian Meatballs & Pasta with Garlic Bread	Quorn Curry & Rice
ACCOMPANIMENTS	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Marble sponge cupcake	Chocolate & Banana Muffin	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



Fuel your afternoon with a healthy school lunch from Mellors



- MEAT FREE MONDAY

- 1 OF YOUR 5 A DAY

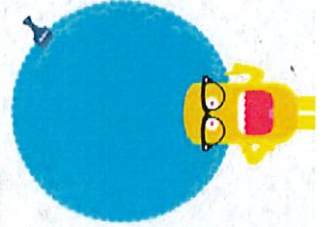
- CHEF'S CHOICE



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Vegetarian Bolognese & Pasta	B-B-Q Chicken with Savoury Rice	Sausage in a Roll with Diced Potatoes	Chicken fillet on a roll with salad	Fish of the day with chips
VEGETARIAN MAIN DISH	Quorn Curry & Naan Bread	Macaroni Cheese & Garlic Bread	Quorn Sausages in a Roll & Diced potatoes	Cheese Pizza & 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	Carrot Cake Cupcake	Cheesecake	Iced Buns	Fruit Mousse	Fruit in Jelly
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 & Salad	Chicken Curry with Rice & Naan Bread	Beef Burger in a Bun &	Beef Lasagne & Garlic Bread	Fish of the day with chips
VEGETARIAN MAIN DISH	Quorn Paella & Crusty Bread	Vegetable Sausage with Mashed Potatoes	Quorn Burger in a Bun	Macaroni Cheese	Omelette & Chips
ACCOMPANIMENTS	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Shortbread Biscuits with fruit	Eton Mess	Iced cupcake	Banoffee Cake	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



Quench your thirst with
free fresh drinking water
available daily



- MEAT FREE MONDAY



- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE