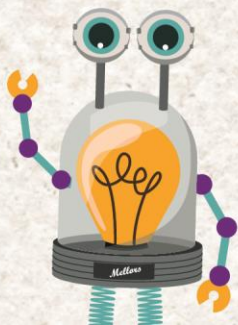


WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Ham & cheese pizza	Homemade cottage pie	Slow cooked beef served with Yorkshire pudding & gravy	Chicken korma with garlic naan bread	Fish of the day & ketchup
VEGETARIAN MAIN DISH	Vegetable pasta bake	Quorn™ Sausage	Vegetarian cottage pie	Baked macaroni cheese	Cheddar and onion quiche
ACCOMPANIMENTS	Fusilli Pasta Seasonal vegetables Salad bar Fresh Bread	Mashed Potato Seasonal vegetables Salad bar Fresh Bread	Roast Potatoes Seasonal vegetables Salad bar Fresh Bread	Wholegrain Rice Seasonal vegetables Salad bar Fresh Bread	Chips Seasonal vegetables Salad bar Fresh Bread
DESSERTS	Marble Sponge	Sticky Toffee Muffins	Apple flapjack	Rice pudding with fruit compote	Fruit in jelly
FRESH FRUIT & YOGHURT	Fresh fruit & yoghurt	Fresh fruit & yoghurt	Fresh fruit & yoghurt	Fresh fruit & yoghurt	Fresh fruit & yoghurt
SANDWICH SELECTION	Ham, Cheese or Tuna Sandwich	Ham, Cheese or Tuna Sandwich	Ham, Cheese or Tuna Sandwich	Ham, Cheese or Tuna Sandwich	Ham, Cheese or Tuna Sandwich
JACKET POTATO	Jacket potato with tuna, beans or cheese	Jacket potato with tuna, beans or cheese	Jacket potato with tuna, beans or cheese	Jacket potato with tuna, beans or cheese	Jacket potato with tuna, beans or cheese



MENU



Fuel your afternoon with a healthy school lunch from Mellors



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION