

**NUTRITIONIST
APPROVED** ✓

| HOT/ COLD LUNCH BAG | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------|---|-----------------------------------|--|--|--|
| HOT CHOICE | Tomato pasta with meatballs or Veggie Sausage | Hot chicken or Quorn wrap | Jacket potato with tuna mayo or cheese | Chicken and bacon pasta or Quorn Pasta | Beef burger in a bun Veggie burger in a bun |
| COLD CHOICE | Tuna Sandwich | Cheese Roll | Ham Bun | Tuna Mayo Baguette | Roast Turkey Sandwich |
| SALAD SELECTION | Cucumber sticks | Carrot sticks | Cherry tomato halves | Carrot sticks | Cucumber sticks |
| DESSERT OF THE DAY | Shortbread biscuit or Yoghurt | Chocolate crunch or Yoghurt | Flapjack or Yoghurt | Strawberry whip or Yoghurt | Chocolate brownie or Yoghurt |
| FRESH FRUIT | Fresh fruit pot or Piece of fruit | Fresh fruit pot or Piece of fruit | Fresh fruit pot or Piece of fruit | Fresh fruit pot or Piece of fruit | Fresh fruit pot or Piece of fruit |



MENU



Fuel your afternoon with a healthy school lunch from Mellors

-  - MEAT FREE MONDAY
-  - 1 OF YOUR 5 A DAY
-  - CHEF'S CHOICE