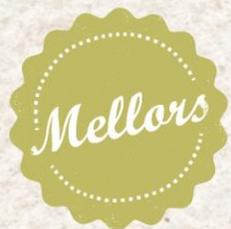
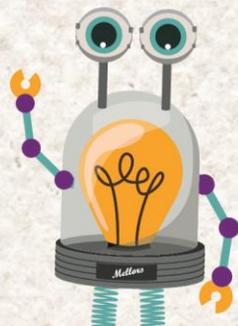


WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST CLUB	Selection of cereals Toast or pancake Fresh fruit Fruit juice, milk or water	Selection of cereals Toast or bagel Fresh fruit Fruit juice, milk or water	Selection of cereals Toast or crumpet Fresh fruit Fruit juice, milk or water	Selection of cereals Toast or pancake Fresh fruit Fruit juice, milk or water	Selection of cereals Toast or bagel Fresh fruit Fruit juice, milk or water
AFTER - SCHOOL SNACK	Sausage Roll	Pizza Slice	Ham Wraps	Cheese and Crackers	Turkey Sandwich
VEGETARIAN OPTION	Cheese and onion roll	Pizza Slice	Cheese Wrap	Hummus and Pitta	Cheese Roll
ACCOMPINIMENTS	Fresh mixed salad	Fresh mixed salad	Fresh mixed salad	Fresh mixed salad	Fresh mixed salad
NUTRITIONIST APPROVED ✓	Freshly cut fruit or yoghurt	Freshly cut fruit or yoghurt	Freshly cut fruit or yoghurt	Freshly cut fruit or yoghurt	Freshly cut fruit or yoghurt  



MENU



Fuel your afternoon with a healthy school lunch from Mellors



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION