NUTRITIONIST APPROVED

Swan Stars	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	Cheesy Crumpet	Ham Wrap	Sausage Bap	Sausage Roll	Beans on Toast
Vegetarian Option	Buttered Crumpet	Cheese Wrap	Veggie Sausage Bap	Cheese and Onion Roll	Jam on Toast
Accompaniments	Fresh Mixed Salad	Fresh Mixed Salad	Fresh Mixed Salad	Fresh Mixed Salad	Fresh Mixed Salad
Dessert	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

Mellors

MENU



Fuel your afternoon with a healthy school lunch from Mellors

5 A DAY - 1 OF YOUR 5 A DAY

- HEALTHY OPTION