










**NUTRITIONIST APPROVED** ✓

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEAT MAIN DISH</b>	Sausage with gravy and mashed potato	Pizza of the day with homemade potato wedges	Roast turkey with stuffing & mash or roast potatoes	Marinated Chicken fillet served in a bread roll	Fish of the day with chips
<b>VEGETARIAN MAIN DISH</b>	Vegetarian sausage with gravy and mashed potato	 Vegetable curry with rice 	Roast Quorn with stuffing, gravy & mash or roast potatoes 	Vegetarian Bolognese with garlic bread	Veggie burger with chips
<b>ACCOMPANIMENTS</b>	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
<b>DESSERTS</b>	Fruit crumble and custard  Shortbread biscuit with fruit	Chocolate Crunch Jelly and fruit 	Oaty biscuits  Cheese & crackers with fruit	Fruit flap jack  Gingerbread loaf	Fruit and ice cream 
<b>FRESH FRUIT &amp; YOGHURT</b> 	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt
<b>JACKET POTATO &amp; SANDWICH SELECTION</b>	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



Fuel your afternoon with a healthy school lunch from Mellors



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION