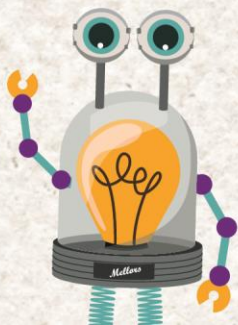




Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Main Dish	Meatballs in a tomato sauce with Spaghetti	Pizza with Wedges	Sliced Beef with Yorkshire Pudding and Gravy	Chicken Burger with Mini Jacket Potato	Fish and Chips
Vegetarian Main Dish	Vegetarian mince in tomato Sauce with Spaghetti	Spanish Quorn and Rice One Pot	Roast Quorn with Gravy	Macaroni Cheese	Loaded Potato skins
Accompaniments	Seasonal vegetables Salad bar and Sliced Baguettes	Seasonal vegetables Salad bar and Sliced Baguettes	Seasonal vegetables Salad bar and Sliced Baguettes	Seasonal vegetables Salad bar and Sliced Baguettes	Seasonal vegetables Salad bar and Sliced Baguettes
Desserts	Fruit Crumble with Custard	Shortbread with Mandarins	Chocolate Crunch	Flapjack	Ice cream Selection
Fresh Fruit & Yoghurt	Fresh fruit and yoghurt Selection	Fresh fruit and yoghurt Selection	Fresh fruit and yoghurt Selection	Fresh fruit and yoghurt Selection	Fresh fruit and yoghurt Selection
Jacket Potato & Sandwich selection	Jacket potatoes Cheese Sandwiches	Jacket potatoes Ham Sandwiches	Jacket potatoes Turkey Sandwiches	Jacket potatoes Egg and Cress or Cheese Sandwiches	Jacket potatoes Tuna Sandwiches



MENU



Fuel your afternoon with a healthy school lunch from Mellors



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION