

| <i>WEEK 1</i>                          | <i>MONDAY</i> <small>MEAT FREE</small> | <i>TUESDAY</i>                                  | <i>WEDNESDAY</i>  | <i>THURSDAY</i>  | <i>FRIDAY</i>                                      |
|--|--|---|---|--|--|
| <i>MAIN DISH</i>                       | Margherita pizza with potato wedges    | Chicken and tomato pasta bake with garlic slice | Roast Chicken with Yorkshire pudding and gravy, new potatoes    | Beef burger in a roll with option of onions with herby potato  | Fish Fingers served with chunky chips              |
| <i>VEGETARIAN MAIN DISH</i>            |  | Quorn and tomato pasta bake                     | Quorn Fillet with Yorkshire pudding and gravy with new potatoes | Vegetarian burger in a roll, option of onions Spanish potatoes | Breaded vegetable fingers served with chunky chips |
| <i>ACCOMPANIMENTS</i>                  | Seasonal Vegetables<br>Salad Bar       | Seasonal Vegetables<br>Salad Bar                | Seasonal Vegetables<br>Salad Bar                                | Seasonal Vegetables<br>Salad Bar                               | Garden peas<br>Baked beans<br>Salad Bar            |
| <i>DESSERTS</i> <small>5 A DAY</small> | Watermelon lolly                       | Apple flapjack                                  | Strawberry angel whip   | Chocolate and orange muffin                                    | Jelly and Ice Cream                                |
| <i>FRESH FRUIT OR YOGURT</i>           | Fresh fruit Or Yoghurt                 | Fresh fruit Or Yoghurt                          | Fresh fruit or Yoghurt  | Fresh fruit Or Yoghurt   | Fresh fruit Or Yoghurt                             |
| <i>JACKET POTATO OR SANDWICH</i>       | Jacket Potato And Cheese Sandwich      | Jacket Potato And Ham Sandwich                  | Jacket Potato And Ham Sandwich                                  | Jacket Potato And Cheese Sandwich                              | Jacket Potato And Cheese Sandwich                  |



# MENU



Fuel your afternoon with a healthy school lunch from Mellors



- MEAT FREE MONDAY



- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE