

| <i>WEEK 3</i> | <i>MONDAY</i> <small>MEAT FREE</small> | <i>TUESDAY</i> | <i>WEDNESDAY</i> | <i>THURSDAY</i> | <i>FRIDAY</i> |
|--|--|----------------------------------|--|-----------------------------------|-----------------------------------|
| MAIN DISH | Tomato and basil pasta bake | All day breakfast | Roast Gammon and Yorkshire Pudding With roast Potatoes | Pasta bolognese | Fish Fingers And Chips |
| VEGETARIAN MAIN DISH | | Vegetarian all day breakfast | Quorn Fillet and Yorkshire Pudding With Roast potatoes | Quorn pasta bolognese | Quorn Nuggets And Chips |
| ACCOMPANIMENTS | Seasonal Vegetables Salad Bar | Seasonal Vegetables Salad Bar | Seasonal Vegetables Salad Bar | Seasonal Vegetables Salad Bar | Seasonal Vegetables Salad Bar |
| DESSERTS <small>5 A DAY</small> | Shortbread | Chocolate and pear sponge | Sticky toffee muffin | Chocolate crunch | Watermelon lolly |
| FRESH FRUIT OR YOGURT | Fresh Fruit Or Yoghurt | Fresh Fruit Or Yoghurt | Fresh Fruit or Yoghurt | Fresh Fruit or Yoghurt | Fresh Fruit Or Yoghurt |
| JACKET POTATO OR SANDWICH | 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