









**NUTRITIONIST APPROVED** ✓



WEEK 1	MONDAY 	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Macaroni Cheese	BBQ chicken wrap with 50/50 rice 	Roast of the Day with roast potatoes and gravy	Spaghetti bolognaise	Fish of the day with chips
VEGETARIAN MAIN DISH	Quorn bake with crusty bread	Vegetable curry with 50/50 rice 	Roast Quorn™ fillet with roast potatoes and gravy 	Vegetarian sausage and mash potato	Quorn nuggets with chips
ACCOMPANIMENTS 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Strawberry whip	Shortbread biscuits and mandarins 	Chocolate and orange muffins	Apple flapjack	Fruit and ice cream 
FRESH FRUIT OR YOGHURT	Fresh fruit or yoghurt 	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt
JACKET POTATO & SANDWICH SELECTION	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

-  - MEAT FREE MONDAY
-  - 1 OF YOUR 5 A DAY
-  - CHEF'S CHOICE

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WEEK 2	MONDAY 	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN DISH</b>	Homemade pizza with wedges	Chicken lasagne 	Roast of the day with gravy and roast potato	Sausage and mash potato with gravy 	Fish of the day with chips
<b>VEGETARIAN MAIN DISH</b>	Marinated Quorn™ wrap with baked potato wedges	Vegetarian meatballs in a tomato sauce with spaghetti 	Quorn roast with gravy and mashed potato	Vegetarian chilli with mixed rice	Vegetable 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>	Spiced apple loaf	Carrot and orange muffins	Fruit and ice cream 	Lemon drizzle cake 	Chocolate orange cookies
<b>FRESH FRUIT OR YOGHURT</b>	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or 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



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Variety is the key to a healthy diet. try something new today!

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN DISH</b>	Tomato pasta bake with garlic bread 	Chicken Curry with 50/50 rice with naan bread	Roast of the day with roast potatoes and gravy	All day breakfast	Fish of the day with chips
<b>VEGETARIAN MAIN DISH</b>	Salmon wholemeal pasta bake	Vegetarian chilli with 50/50 rice 	Cauliflower and broccoli bake	Vegetarian hotpot with crusty bread	BBQ bean and cheese wrap 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>	Ice cream 	Mango and banana muffin	Ginger biscuit with fresh fruit 	Fruit and jelly 	Fresh fruit scone
<b>FRESH FRUIT OR YOGHURT</b>	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or 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



Quench your thirst with free fresh drinking water available daily

-  - MEAT FREE MONDAY
-  - 1 OF YOUR 5 A DAY
-  - CHEF'S CHOICE