

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Ham & Cheese Flan with Oven Baked Wedges	Chicken Tikka Masala with Rice	Cottage Pie	Sausage, Mash & Gravy	Fish of the day with Chips
VEGETARIAN MAIN DISH	Cheese Flan with Oven Baked Wedges	Veggie Tikka Masala with Rice ^{5 A DAY}	Vegetarian Cottage Pie	Quorn Sausage, Mash & Gravy	Quorn Dippers with Chips
ACCOMPANIMENTS ^{5 A DAY}	Beans Salad Bar	Garlic Slice Salad bar	Seasonal Vegetables Salad bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar
DESSERTS	Arctic Roll	Banana Cake ^{5 A DAY}	Ginger Biscuit	Marble Sponge & Custard	Fresh Fruit Friday ^{5 A DAY}
FRESH FRUIT OR YOGHURT ^{5 A DAY}	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt
JACKET POTATO/PASTA/WRAP	Tomato & Basil Pasta	Jacket potato with cheese / beans / Tuna	Tomato & Basil Pasta	Jacket potato with cheese / beans / Tuna	Vegetarian Pasta Bake



MENU



Fuel your afternoon with a healthy school lunch from Mellors

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