

WEEK 1	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Quorn lasagne	5 A DAY Pork sausage with creamy mash potato & gravy	5 A DAY Roast beef with Yorkshire pudding, roast potatoes & gravy	Chicken curry and nan bread	Fish fingers with chunky Chips
VEGETARIAN MAIN DISH	Vegetarian cottage pie	5 A DAY Quorn enchiladas with diced potatoes	Quorn fillet with, Yorkshire pudding, roast potatoes & gravy	Quorn chicken curry with nan bread	Crispy vegetable fingers with chunky chips
ACCOMPANIMENTS	Cauliflower & broccoli Salad bar	Peas & carrots Salad bar	Green beans & cabbage Salad bar	Sweetcorn & broccoli Salad Bar	Peas & baked beans Salad Bar
DESSERTS	Chocolate and pear sponge with custard	Apple crumble & custard	Flapjack	Carrot cake	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	Tomato & basil pasta	Jacket potato with cheese / beans / tuna	Jacket potato with cheese / beans / tuna	Jacket potato with cheese / beans / tuna	Sandwiches and chips with cheese / ham / tuna



MENU



Fuel your afternoon with a healthy school lunch from Mellors

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