

| WEEK 3 | MEAT FREE MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------|--|--|---|--|---|
| MAIN DISH | Vegetable stir fry | Burgers and herby diced potatoes | Roast turkey with mashed potatoes & gravy | BBQ chicken with baked potato wedges | Fish fingers & chunky chips |
| VEGETARIAN MAIN DISH | Cheese pinwheels with half jacket potato | Veggie burger with herby diced potatoes | Quorn sausage with mashed potato & gravy | BBQ Quorn with baked potato wedges | Quorn nuggets with chunky chips |
| ACCOMPANIMENTS | Peas & carrots Salad Bar | Baked beans & broccoli Salad bar | Green beans with cauliflower Salad bar | Roasted Vegetables Salad Bar | Peas & Sweetcorn Salad Bar |
| DESSERTS | Oaty biscuit | Jam & coconut sponge | Fruit cobbler & custard | Spiced apple cake | Fresh Fruit Friday |
| 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/PASTA | Tomato & Basil Pasta | Jacket potato with cheese / beans / tuna | Jacket potato with cheese / beans / tuna | Jacket potato with cheese / beans / tuna | Sandwiches with chips 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