

WEEK 3	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN DISH</b>	Quorn Chicken Curry	Burgers and herby diced potatoes	Roast turkey with mashed potatoes & gravy	BBQ chicken with baked potato wedges	Fish fingers & chunky chips
<b>VEGETARIAN MAIN DISH</b>	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
<b>ACCOMPANIMENTS</b>	Beans or Peas & carrots Salad Bar	Baked beans & broccoli Salad bar	Green beans with cauliflower Salad bar	Roasted Vegetables Salad Bar	Peas & Sweetcorn Salad Bar
<b>DESSERTS</b>	Oaty biscuit	Jam & coconut sponge	Banana Bread	Spiced apple cake	Fresh Fruit Friday
<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/PASTA</b>	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