

WEEK 3	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Mac & Cheese	Chicken Tikka Masala with Rice	Large Sausage Roll with Oven Baked Wedges	Mexican Chilli with Rice	Fish of the day with Chips
VEGETARIAN MAIN DISH	Jacket Potato with Cheese / Beans / Tuna ^{5 A DAY}	Veggie Tikka Masala with Rice ^{5 A DAY}	Large Cheese Roll with Oven Baked Wedges	Quorn Mexican Chilli with Rice	Cheese Whirl with Chips
ACCOMPANIMENTS ^{5 A DAY}	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad bar	Seasonal Vegetables Salad bar	Seasonal Vegetables Salad bar	Seasonal Vegetables Salad Bar
DESSERTS	Ginger Biscuit	Banana Cake ^{5 A DAY}	Arctic Roll	Strawberry Mousse ^{5 A DAY}	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
SANDWICH/PASTA	Tomato & Basil Pasta	Sandwich with Cheese / Ham / Tuna	Tomato & Basil Pasta	Sandwich with Cheese / Ham / 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