

WEEK 1	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Margarita Pizza	5 A DAY chicken tikka curry with rice	Chicken Goujons with Oven Roast Wedges	Pasta Bolognese	Fish of the day with Chips
VEGETARIAN MAIN DISH	Cheese and bean wrap	5 A DAY Quorn tikka curry with rice	Quorn Nuggets with Oven Roast Wedges	Quorn pasta Bolognese	Quorn dippers with Chips
ACCOMPANIMENTS 5 A DAY	Herby Potatoes & Sweetcorn Salad bar	Garlic Slice Salad bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar
DESSERTS	Ice cream	Cherry shortbread	Jelly	Banana 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
SANDWICHES/PASTA	Tomato & Basil Pasta	Sandwich with Cheese / Ham / Tuna	Tomato & Basil Pasta	Sandwich with Cheese / Ham / Tuna	Jacket potato Beans/cheese/tuna



MENU



Fuel your afternoon with a healthy school lunch from Mellors

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