

WEEK 3	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Cheese whirl with Roast potato's	BBQ chicken with jacket potato	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	BBQ Quorn chicken with jacket potato	Large Cheese Roll with Oven Baked Wedges	Quorn Mexican Chilli with Rice	Vegetable fingers with Chips
ACCOMPANIMENTS	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad bar	Seasonal Vegetables Salad bar	Seasonal Vegetables Salad bar	Seasonal Vegetables Salad Bar
DESSERTS	Jam and coconut. Cake	Jelly	Arctic Roll	Beetroot and chocolate muffin	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
SANDWICH/PASTA	Tomato & Basil Pasta	Sandwich with Cheese / Ham / Tuna	Tomato & Basil Pasta	Sandwich with Cheese / Ham / Tuna	Jacket potato. Cheese/beans



MENU



Fuel your afternoon with a healthy school lunch from Mellors

MEAT FREE

- MEAT FREE MONDAY

5
A DAY

- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE