NUTRITIONIST APPROVED

WEEK 1	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Vegetarian meatballs and sauce	Chicken strips with rice	Mince and mash with gravy	Chicken tikka masala with rice	Fish fingers with chunky Chips
VEGETARIAN MAIN DISH	Cheese and Onion roll with wedges	Quorn nuggets with rice	Quorn mince and mash with gravy	Quorn chicken tikka masala curry with rice	Crispy vegetable fingers with chunky chips
ACCOMPANIMENTS	Cauliflower & broccoli Salad bar	Peas & carrots Salad bar	Green beans & cabbage Salad bar	Sweetcorn & broccoli Salad Bar	Peas & baked beans Salad Bar
DESSERTS	Ginger biscuit	Apple crumble & custard	Flapjack	Chocolate and beetroot 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	Jacket potato with cheese / beans / tuna	Tomato & basil pasta	Cheese and Bean wrap	Tomato & basil pasta	Sandwiches and jacket potato with cheese / ham / tuna

Mellors

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