NUTRITIONIST APPROVED

WEEK 3	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Cheese pinwheels with half jacket potato	Sausage & Mash	Pasta Bolognese	Sweet and sour chicken with rice	Fish fingers & chunky chips
VEGETARIAN MAIN DISH	Mac & Cheese	Quorn Sauage and Mash	Vegetarian pasta bake	BBQ Quorn chicken with rice	Quorn nuggets with chunky chips
ACCOMPANIMENTS 5 A DAY	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
DESSERTS	Jam & coconut sponge	Jelly 5 A DAY	Marble cake & custard	Banana bread	Oaty biscuit & 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
JACKET POTATO/PASTA	Tomato & Basil Pasta	Sandwiches and jacket potato with cheese / ham / tuna	Quorn meatball sub	Jacket potato with cheese / beans / tuna	Tomato & Basil Pasta

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