

5
A DAY

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Sweet & sour chicken with boiled rice	Beef lasagne with garlic bread	Creamy chicken tagliatelle	Sausage & mash potato with yorkshire pudding	Fish of the day with chips
VEGETARIAN MAIN DISH	Teriyaki Quorn chicken with boiled rice	Vegetable lasagne with garlic bread	Roast pepper tagliatelle	Quorn Sausage & Mash with yorkshire pudding	Quorn nuggets with chips
ACCOMPANIMENTS	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Fruit crumble and custard	Shortbread & Mandarins	Chocolate crunch	Apple flapjack	Fruit and Ice Cream
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 & SANDWICH SELECTION	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



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