WEEK 1	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ΜΑΙΝ ΔΙΣΗ	Sausage pasta bake	Homemade meat & potato pie with mash potato	Chicken korma with 50/50 rice	Roast beef, with Yorkshire pudding, roast potatoes & gravy	Fish fingers or salmon fingers with chunky chips
σεγεταριαν Μαιν διση	Vegetable stir fry with chicken style pieces and 50/50 rice	Vegetarian bolognese	Vegetarian toad in the hole with roast potatoes & gravy	Cheese pinwheels with half a jacket potato	Vegetarian burger with chunky chips
AXXOMΠANIMENTΣ 5	Cauliflower & broccoli Salad bar	Peas 8 carrots Salad bar	Green beans & cabbage Salad bar	Sweetcorn 8 broccoli Salad bar	Peas & baked beans Salad bar
ΔΕΣΣΕΡΤΣ	Shortbread	Apple crumble 8 custard	Chocolate crunch	Marble sponge & custard	Fruit in jelly
ΦΡΕΣΗ ΦΡΥΙΤ ορ ΨΟΓΗΥΡΤ	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
θαχκετ ποτατο ανδ σανδωιχη σελεχτιον	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



Fuel your afternoon with a healthy school lunch from Mellors







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



