








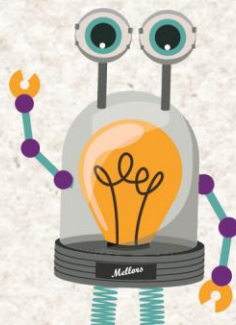


**NUTRITIONIST APPROVED** ✓

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEAT MAIN DISH</b>	Sausage with onion gravy and mashed potatoes 	Cheese pizza with potato cubes	Roast gammon and roast potatoes	Cajun chicken with rice	Fish cake with chips
<b>VEGETARIAN MAIN DISH</b>	Vegetarian mince in a tomato sauce with mashed potato 	Vegetable curry with rice 	Vegetable cobbler with roast potatoes 	Macaroni cheese with garlic bread 	Veggie burger with chips
<b>ACCOMPANIMENTS</b> 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
<b>DESSERTS</b>	Fruit crumble with custard, fresh fruit or Yoghurt 	Chocolate crunch, fresh fruit or yoghurt	Rice pudding with fruit compote, fresh fruit or yoghurt 	Apple flapjack, fresh fruit or yoghurt	Fruit and ice cream fresh fruit or yoghurt
<b>JACKET POTATOES</b> 	Cheese, beans or tuna	Cheese, beans or tuna	Cheese, beans or tuna	Cheese, beans or tuna	Cheese, beans or tuna
<b>GRAB BAG</b>	Cheese sandwich vegetable crudities cookie	Ham baguette fruit pot flapjack	Tuna Bread cake fruit pot shortbread	Cheese Sandwich melon bag cheesed & biscuits	Ham baguette vegetable crudities crispy bun



# MENU










Fuel your afternoon with a healthy school lunch from Mellors



- 1 OF YOUR 5 A DAY

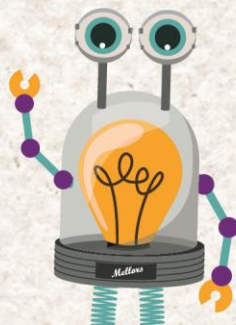


- HEALTHY OPTION

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEAT MAIN DISH</b>	Chicken curry with rice and nan bread 	Chicken pasta bake 	Roast beef with Yorkshire pudding, gravy and mashed potato	Spaghetti bolognese with garlic bread 	Fish in batter with chips
<b>VEGETARIAN MAIN DISH</b>	Cheese Pizza potato cubes 	Homemade vegetable chilli	Vegetarian cottage pie	Macaroni cheese with garlic bread	Vegetarian sausage with onion gravy and mash potato
<b>ACCOMPANIMENTS</b> 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
<b>DESSERTS</b>	Marble sponge, fresh fruit or yoghurt	Sticky toffee muffins, fresh fruit or yoghurt	Fruit pie, fresh fruit or yoghurt 	Fruit crumble and custard, fresh fruit or yoghurt 	Oat biscuit, fresh fruit or yoghurt
<b>JACKET POTATOES</b>	Cheese, beans or tuna	Cheese, beans or tuna	Cheese, beans or tuna	Cheese, beans or tuna	Cheese, beans or tuna
<b>GRAB BAG</b>	Cheese sandwich vegetable crudities shortbread	Ham baguette grape bag crispy bun	Tuna bread cake fruit pot flapjack	Cheese sandwich melon bag cheese & biscuits	Ham baguette vegetable crudities chocolate muffin



# MENU



Fuel your afternoon with a healthy school lunch from Mellors




- 1 OF YOUR 5 A DAY



- HEALTHY OPTION

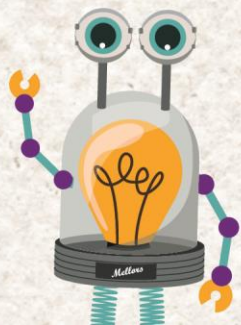
**NUTRITIONIST APPROVED** ✓

**5**  
A DAY

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEAT MAIN DISH</b>	All day breakfast	Chicken pie with mashed potato	Roast pork with gravy, apple sauce and roast potatoes	Pepperoni pizza with wedges	Fish fingers with chips
<b>VEGETARIAN MAIN DISH</b>	Vegetarian bolognese with garlic bread <b>5</b> A DAY	Cheese and onion quiche with mash <b>5</b> A DAY	Cauliflower and broccoli bake with roast potatoes <b>5</b> A DAY	Vegetable biryani with brown rice 	Quorn nuggets with chips
<b>ACCOMPANIMENTS</b>	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
<b>DESSERTS</b>	Oat and apple squares, fresh fruit or yoghurt <b>5</b> A DAY	Cornflake tart, fresh fruit or yoghurt	Fruity oat bar, fresh fruit or yoghurt <b>5</b> A DAY	Syrup sponge, fresh fruit or yoghurt <b>5</b> A DAY	Shortbread biscuits and mandarins, fresh fruit or yoghurt <b>5</b> A DAY
<b>JACKET POTATOES</b>	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna
<b>GRAB BAG</b>	Cheese sandwich vegetable crudities shortbread	Ham baguette grape bag crispy bun	Tuna bread cake fruit pot flapjack	Cheese sandwich melon bag cheese & biscuits	Ham baguette vegetable crudities cookie



# MENU



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**5**  
A DAY

- 1 OF YOUR 5 A DAY



- HEALTHY OPTION



# MENU



Fuel your afternoon with  
a healthy school lunch  
from Mellors



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION