NUTRITIONIST APPROVED

WC 14th March WC 4th April WC 9th May WC 6th June WC 27th June WC 18th July

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Pizza served with jacket wedges	Sausages served with mash potato	Roast chicken served with new potatoes	Beef lasagne served with garlic bread	Fish of the Day served with chips. & ketchup
VEGETARIAN MAIN DISH	Cheese flan served with jacket wedges	Quorn sausage served with mash potato	Quorn roast served with new potatoes	Tomato & vegetable tortilla served with savoury rice	Veggie burger served with chips & ketchup
ACCOMPANIMENTS	Seasonal vegetables Salad bar Fresh Bread 5 A DAY	Seasonal vegetables Salad bar Fresh bread 5 A DAY	Seasonal vegetables Salad bar Fresh bread 5 A DAY	Seasonal vegetables Salad bar Fresh bread 5 A DAY	Seasonal vegetables Salad bar Fresh bread 5 A DAY
DESSERTS	Pineapple upside down with custard Homemade tray bake	Fruit in jelly 5 A DAY Homemade tray bake	Jam swirl served with custard Homemade tray bake	Sticky toffee muffins Homemade tray bake	Fruit & ice cream 5 A DAY Homemade tray bake
FRESH FRUIT & YOGHURT	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt
JACKET POTATO & SANDWICH SELECTION	Jacket potato or Ham or cheese baguette	Jacket potato or Tuna or cheese bap	Jacket potato or Turkey or cheese sandwich	Jacket potato or Tuna or cheese bap	Jacket potato or Ham or cheese baguette

Mellors

MENU

Fuel your afternoon with a healthy school lunch from Mellors

5 A DAY - 1 OF YOUR 5 A DAY

- HEALTHY OPTION