



NUTRITIONIST APPROVED ✓

| WEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|--|--|
| MEAT MAIN DISH | Meatballs in a Tomato Sauce with Spaghetti | Stone Baked Pizza of the Day | Roast Gammon with Pineapple and Roast Potatoes | Chicken Curry and Rice | Fish of the Day with Chips |
| VEGETARIAN MAIN DISH | Cheese Pasty | Quorn Sausage | Shepherdess Pie and Roast Potatoes | Vegetable Bolognese with Crusty Bread | Quorn Nibbles |
| ACCOMPANIMENTS  | Baby Boiled Potatoes Carrots / Sweet Corn Salad Bar | Potato Wedges Beans / Peas Salad Bar | Roast Potatoes Carrots / Broccoli Salad Bar | Rice / Crusty Bread Green Beans / Corn Salad Bar | Chips Mushy Peas / Beans Salad Bar |
| DESSERTS | Peach & Raspberry Cobbler and Custard | Chocolate Orange Cake & Pink Custard | Rice Pudding with Sultanas | Fruit & Ice Cream | Oat & Apricot Crunch Cookie |
| 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 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



5
A DAY

- 1 OF YOUR 5 A DAY



- HEALTHY OPTION

5

| WEEK 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|---|
| MEAT MAIN DISH | Sausage & Mash | Salmon & Broccoli Pasta Bake | Roast Beef with Yorkshire Pudding, Gravy and Roast Potato | BBQ Chicken & Rice | Fish of the Day with Chips |
| VEGETARIAN MAIN DISH | Sweet & Sour Quorn with Rice | Pizza | Quorn Mince & Yorkshire Pudding | Hot Cheese Wrap | Vegetarian Sausage with Onion Gravy and Mash Potato |
| ACCOMPANIMENTS  | Mash Potato / Rice Green Beans / Carrots Battons Salad Bar | Mini Potatoes Sweet Corn / Broccoli Salad Bar | Roast Potatoes Cabbage / Mixed Vegetables Salad Bar | Rice / Boiled Potato Carrot / Sweet Corn Salad Bar | Chips Beans / Peas Salad Bar |
| DESSERTS | Apple Crumble & Custard | Fruit Muffins | Cornflake Tart & Custard | Orange Sponge and Custard | Oaty Biscuits |
| FRESH FRUIT & YOGHURT  | Fresh Fruit and Yoghurt | Fresh Fruit and Yoghurt | Fresh Fruit and Yoghurt | Fresh Fruit and Yoghurt | Fresh Fruit and Yoghurt |
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MENU



Variety is the key to a healthy diet. try something new today!


5
A DAY

- 1 OF YOUR 5 A DAY



- HEALTHY OPTION

5
A DAY

| WEEK 3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|---|
| MEAT MAIN DISH | Mince & Dumpling | Sausage Roll | Roast Chicken with Gravy and Roast Potatoes | Chicken Pie | Fish Fingers with Chips |
| VEGETARIAN MAIN DISH | Tomato & Basil Pasta | Macaroni Cheese | Quorn & Sausage Pasta Bake | Margarita Pizza | Vegetarian Burger in a Bun with chips |
| ACCOMPANIMENTS | Creamed Potato Herbie Bread Carrots / Green Beans Salad Bar | Baby Potatoes Peas / Sweet Corn Salad Bar | Roast Potatoes Carrots / Cabbage Salad Bar | Boiled Potatoes Broccoli / Sweet Corn Salad Bar | Chips Spaghetti Hoops Mushy Peas Salad Bar |
| DESSERTS | Crunchy Oat and Apple Squares | Lemon Sponge & Custard | Jam Rolly Polly & Custard | Fruit in Jelly | Shortbread Biscuits and Mandarins |
| 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 and Sandwich Selection | Jacket Potato and Sandwich Selection | Jacket Potato and Sandwich Selection | Jacket Potato and Sandwich Selection | Jacket Potato and Sandwich Selection |



MENU



Quench your thirst with free fresh drinking water available daily

5
A DAY

- 1 OF YOUR 5 A DAY



- HEALTHY OPTION