








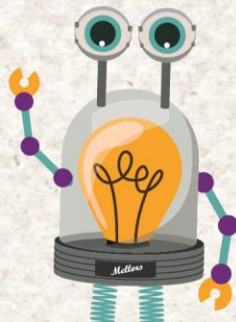


**NUTRITIONIST APPROVED** ✓

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEAT MAIN DISH</b>	Meatballs in a tomato sauce with spaghetti 	Cheese Pizza	Roast gammon with pineapple and roast potatoes	Chicken and tomato pasta bake	Fishcake with chips
<b>VEGETARIAN MAIN DISH</b>	Vegetarian shepherd's pie 	Vegetable Curry with rice 	Vegetable cobbler and roast potatoes 	Vegetarian Bolognese 	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 and custard or fresh fruit or Yoghurt 	Chocolate crunch or fresh fruit or yoghurt	Rice pudding with fruit compote or fresh fruit or yoghurt 	Apple flapjack or fresh fruit or yoghurt	Fruit and ice cream or fresh fruit or yoghurt
<b>JACKET POTATOES</b> 	Jacket potato with cheese, beans or tuna	Jacket potato with cheese, beans or tuna	Jacket potato with cheese, beans or tuna	Jacket potato with cheese, beans or tuna	Jacket potato with cheese, beans or tuna
<b>GRAB BAG</b>	Cheese or ham sandwich on Sliced bread	Cheese or Beef sandwich on baguette	Cheese or Turkey sandwich on bread cake	Cheese or tuna Sandwich on sliced bread	Cheese or egg sandwich on baguette



# MENU




Fuel your afternoon with a healthy school lunch from Mellors



- 1 OF YOUR 5 A DAY

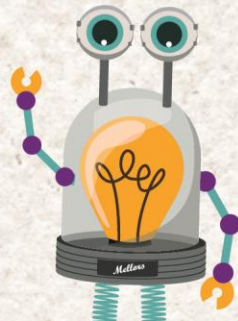


- HEALTHY OPTION

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEAT MAIN DISH</b>	Chicken curry with rice <b>5</b> A DAY	Chicken Casserole 	Roast beef with Yorkshire pudding, gravy and mashed potato	Beef Lasagne <b>5</b> A DAY	Battered Fish & chips
<b>VEGETARIAN MAIN DISH</b>	Cheese Pizza <b>5</b> A DAY	Homemade cheese whirl	Vegetarian cottage pie	Vegetable chilli	Vegetarian sausage with onion gravy and mash potato
<b>ACCOMPANIMENTS</b> <b>5</b> A DAY	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 or fresh fruit or yoghurt	Sticky toffee muffins or fresh fruit or yoghurt	Fruit pie or fresh fruit or yoghurt <b>5</b> A DAY	Pear and chocolate sponge or fresh fruit or yoghurt <b>5</b> A DAY	Oaty biscuits or fresh fruit or yoghurt
<b>JACKET POTATOES</b>	Jacket potato with cheese, beans or tuna	Jacket potato with cheese, beans or tuna	Jacket potato with cheese, beans or tuna	Jacket potato with cheese, beans or tuna	Jacket potato with cheese, beans or tuna
<b>GRAB BAG</b>	Cheese or ham sandwich on Sliced bread	Cheese or Beef sandwich on baguette	Cheese or Turkey sandwich on bread cake	Cheese or tuna Sandwich on sliced bread	Cheese or egg sandwich on baguette



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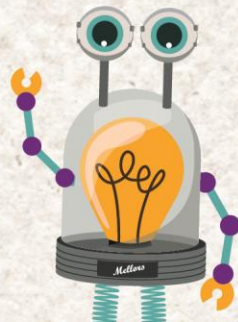
- HEALTHY OPTION



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEAT MAIN DISH</b>	All day breakfast	Beef cobbler with mashed potato	Roast pork with gravy, apple sauce and roast potatoes	Pepperoni Pizza	Battered Fish & chips
<b>VEGETARIAN MAIN DISH</b>	Vegetable quiche 	Macaroni cheese 	Cauliflower and broccoli bake with roast potatoes 	Quorn nuggets 	Vegetable Biryani
<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>	Plum yoghurt cake or fresh fruit or yoghurt 	Carrot cake or fresh fruit or yoghurt	Fruity oat bar or fresh fruit or yoghurt dust 	Fruit crumble or fresh fruit or yoghurt 	Shortbread biscuits and mandarins or fresh fruit or yoghurt 
<b>JACKET POTATOES</b>	Jacket potato with cheese, beans or tuna	Jacket potato with cheese, beans or tuna	Jacket potato with cheese, beans or tuna	Jacket potato with cheese, beans or tuna	Jacket potato with cheese, beans or tuna
<b>GRAB BAG</b>	Cheese or ham sandwich on Sliced bread	Cheese or Beef sandwich on baguette	Cheese or Turkey sandwich on bread cake	Cheese or tuna Sandwich on sliced bread	Cheese or egg sandwich on baguette



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- 1 OF YOUR 5 A DAY



- HEALTHY OPTION