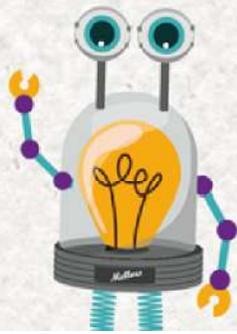


WEEK 1	MONDAY 	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	o 	nn o aRQaR 			s
VEGETARIAN MAIN DISH		aRQaR  		B	
ACCOMPANIMENTS 					
DESSERTS	s 		o	m	s 
FRESH FRUIT OR YOGHURT	s	s	s	s	s
JACKET POTATO	w	w	w	w	w



MENU



Fuel your afternoon with a healthy school lunch from Mellors

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

WEEK 2	MONDAY 	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH		o 			s
VEGETARIAN MAIN DISH					nn
ACCOMPANIMENTS 					
DESSERTS		o	s 	s 	o
FRESH FRUIT OR YOGHURT	s	s	s	s	s
JACKET POTATO & SANDWICH SELECTION	w	w	w	w	w



MENU



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

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

NUTRITIONIST APPROVED ✓

Menu will be running – w/c 20th Sept and 11th Oct

5
A DAY



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH		o	M	o	s
VEGETARIAN MAIN DISH					nn
ACCOMPANIMENTS					
DESSERTS			t		s
FRESH FRUIT OR YOGHURT	s	s	s	s	s
JACKET POTATO & SANDWICH SELECTION	w	w	w	w	w



MENU



Quench your thirst with free fresh drinking water available daily



- MEAT FREE MONDAY



- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE