














THE CYC GROUP of Maintained Schools MENUS



NUTRITIONIST APPROVED ✓

5 A DAY 

WEEK 1	MONDAY 	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Macaroni cheese 	BBQ chicken with 50/50 rice 	Roast chicken and stuffing with roast potatoes and gravy	Spaghetti bolognaise	Fish of the day with chips
VEGETARIAN MAIN DISH	Quorn bake with crusty bread 	Vegetable curry with 50/50 rice  	Roast Quorn™ fillet with roast potatoes and gravy 	Vegetarian shepherd's pie	Quorn nuggets with chips
ACCOMPANIMENTS 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Fruit cobbler and custard 	Shortbread biscuits and mandarins 	Chocolate crunch	Apple flapjack	Fruit and ice cream 
FRESH FRUIT OR YOGHURT	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or 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

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

NUTRITIONIST APPROVED ✓

5 A DAY 

WEEK 2	MONDAY 	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Vegetarian sausage with mashed potato and gravy	Chicken lasagne 	Roast pork and apple sauce with gravy and mashed potato	Sweet and sour chicken with mixed rice 	Fish of the day or salmon fishcakes with chips
VEGETARIAN MAIN DISH	Marinated Quorn™ wrap with baked potato wedges	Vegetarian meatballs in a tomato sauce with spaghetti	Quorn roast with gravy and mashed potato	Vegetarian chilli with mixed rice	BBQ bean burger with chips
ACCOMPANIMENTS 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Spiced apple loaf	Carrot and orange muffins	Fruit and ice cream 	Fruit crumble and custard 	Chocolate orange cookies
FRESH FRUIT OR YOGHURT	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or 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









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 ✓

5 A DAY 

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Salmon and broccoli pasta bake 	Chicken and vegetable pie with mashed potato	Roast beef with Yorkshire puddings, roast potatoes and gravy	Chicken tikka masala with brown rice	Fish of the day with chips
VEGETARIAN MAIN DISH	Vegetarian bolognese with wholemeal pasta	Sweet potato and vegetable hot pot 	Vegetarian toad in the hole with roast potatoes and gravy	Quorn™ lasagne with crusty bread	BBQ bean and cheese wrap with chips
ACCOMPANIMENTS 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Plum yoghurt cake 	Mango and banana muffin	Ginger biscuit with fresh fruit 	Oaty apple crumble and custard 	Fresh fruit scone
FRESH FRUIT OR YOGHURT	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or 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

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Ask the Nutritionist

Visit ...

www.mellorscatering.co.uk/food

