









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 		5 A DAY	s
VEGETARIAN MAIN DISH		5 A DAY			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



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