










**NUTRITIONIST APPROVED** ✓

Menu will be running – w/c Nov 15<sup>th</sup>, Dec 6<sup>th</sup>+27<sup>th</sup>, Jan 17<sup>th</sup>, Feb 7<sup>th</sup>+28<sup>th</sup>,  
March 28<sup>th</sup>, April 18<sup>th</sup>

5  
A DAY



WEEK 1	MONDAY 	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN DISH</b>	Macaroni Cheese 	BBQ Chicken with 50/50 rice 	Roast chicken and stuffing with potatoes and gravy	Pasta bolognaise	Fish of the day with chips
<b>VEGETARIAN MAIN DISH</b>	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
<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 sponge and custard 	Lemon Shortbread 	Chocolate crunch	Flapjack	Fruit and ice cream 
<b>FRESH FRUIT OR YOGHURT</b>	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt
<b>JACKET POTATO</b>	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**

- MEAT FREE M

**5 A DAY**

- 1 OF YOUR 5 A



- CHEF'S CHOICE