




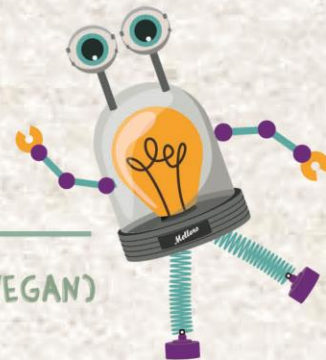


Week 3	MONDAY 	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 	Cheese pinwheels with diced potatoes	All day breakfast	Roast turkey with mashed potato & gravy	BBQ chicken pizza	Fish cake served with chips
PASTA 	Macaroni cheese	Chicken Italiano	Pomodoro	Chicken Balti	Quorn nuggets with chunky chips
ACCOMPANIMENTS 	Peas & carrots Salad bar	Baked beans & broccoli Salad bar	Green beans & cauliflower Salad bar	Roasted vegetables Salad bar	Peas & sweetcorn
JACKET POTATO	Jacket potato; tuna mayo, cheese and beans, coleslaw	Jacket potato; tuna mayo, cheese and beans, coleslaw	Jacket potato; tuna mayo, cheese and beans, coleslaw	Jacket potato; tuna mayo, cheese and beans, coleslaw	Jacket potato; tuna mayo, cheese and beans, coleslaw
DESERT	Fruit in jelly	Jam and coconut sponge	Chocolate brownie	Blueberry & banana muffin	Oaty biscuit with fresh fruit
FRESH FRUIT AND YOGHURT 	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt



MENU

Fuel your afternoon with a healthy school lunch from Mellors



KEY



- 1 OF YOUR 5 A DAY



- MEAT-FREE MONDAY



- CHEF'S CHOICE



- PLANT-BASED (VEGAN)