




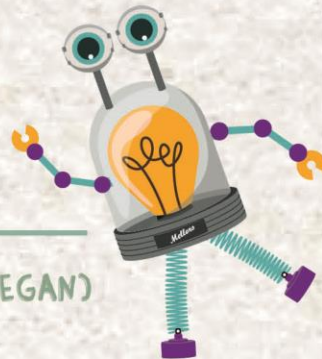


Week 1	MONDAY 	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 	Pizza naan with baked potato wedges	Chicken tikka/Quorn wrap	Roast beef/Quorn fillet with Yorkshire pudding, roast potatoes, & gravy	Beef tacos	Crispy fish fingers with chunky chips
PASTA 	Tomato and basil pasta	Pasta Arrabiata	Firecracker chicken pasta	Mac and cheese	Cristy vegetable fingers with chunky chips
ACCOMPANIMENTS 	Cauliflower & broccoli Salad bar	Peas & carrots Salad bar	Green beans & cabbage Salad bar	Sweetcorn & broccoli Salad bar	Peas & baked beans
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	Chocolate and pear sponge and custard	Shortbread	Flapjack	Carrot cake	Chocolate and orange cookie
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)