

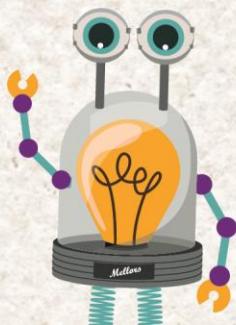


WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Quorn Lasagne (Meat Free Monday)	Oven Baked Sausages	Roast Chicken Dinner	Cottage Pie	Cod in Batter
VEGETARIAN / FISH MAIN DISH	Tomato and Basil Pasta	Margarita Pizza	Quorn Roast Dinner	Vegetarian Bolognaise	Bean Burrito
ACCOMPANIMENTS 	Sweetcorn Garlic Slice Salad bar	Garden Peas Mash Potato Salad Bar	Broccoli Roast Potatoes Salad Bar	French Beans Garlic Bread Salad Bar	Garden Peas Chips Salad Bar
DESSERTS	Syrup Sponge with Custard	Cocoa Cookie	Carrot Cake	Oat & Apple Cake	Apple Crumble with Custard
FRESH FRUIT & YOGHURT 	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt
ADDITIONAL OPTIONS	Sandwich Selection	Selection of Sandwiches ~ Filled Baked Jacket Potato	Sandwich Selection	Selection of Sandwiches ~ Filled Baked Jacket Potato	Sandwich Selection



MENU



Fuel your afternoon with
a healthy school lunch
from Mellors



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION