











WEEK 1	MONDAY 	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Macaroni cheese with garlic and herb bread	Chicken curry with 50/50 rice 	Roast chicken and stuffing with roast potatoes and gravy	Spaghetti bolognese	Fish fingers with chips
VEGETARIAN MAIN DISH	Vegetarian shepherd's pie 	Vegetable stir-fry with noodles  	Roast Quorn™ fillet with roast potatoes and gravy 	Vegetarian meatballs in a tomato sauce with spaghetti 	Quorn nuggets with chips
ACCOMPANIMENTS	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Fruit cobbler and custard 	Shortbread biscuits and mandarins 	Chocolate crunch	Apple flapjack	Fruit and ice cream 
FRESH FRUIT & YOGHURT	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt



# 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	Margherita pizza with baked potato wedges	Chicken tikka masala with 50/50 rice 	Roast pork and apple sauce with gravy and mashed potato	Sausage with mashed potato and gravy	Battered fish with chips
VEGETARIAN MAIN DISH	Marinated Quorn™ wrap with baked potato wedges	Vegetarian pasta bake 	Quorn roast with gravy and mashed potato	Vegetarian chilli with mixed rice	Quorn burger with chips
ACCOMPANIMENTS 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Fruit sponge and custard 	Carrot and orange muffins	Fruit and ice cream 	Fruit pie and custard 	Chocolate orange cookies
FRESH FRUIT & YOGHURT	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt



# 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	Salmon and broccoli pasta bake 	Chicken and vegetable pie with mashed potato	Roast beef with Yorkshire puddings, roast potatoes and gravy	BBQ chicken with 50/50 rice	Fish fingers with chips
VEGETARIAN MAIN DISH	Margherita pizza with baked potato wedges	Sweet potato and vegetable hotpot	Vegetarian toad in the hole with roast potatoes and gravy	Quorn™ lasagne with crusty bread	BBQ bean and cheese wrap with chips
ACCOMPANIMENTS 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Lemon drizzle cake	Fruit in jelly 	Ginger biscuit with fresh fruit 	Oaty apple crumble and custard 	Fresh fruit scone
FRESH FRUIT & YOGHURT	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt



# MENU



Quench your thirst with  
free fresh drinking water  
available daily



- MEAT FREE MONDAY



- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE