
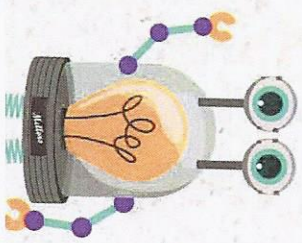




WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Meatballs in a tomato sauce with spaghetti 5 A DAY	Paprika pork with rice	Roast gammon with pineapple and roast potatoes	Chicken and tomato pasta bake	Fish of the day with chips
VEGETARIAN MAIN DISH	Vegetarian shepherd's pie 5 A DAY	Vegetable curry with rice 5 A DAY	Vegetable cobbler and roast potatoes 5 A DAY	Piri piri Quorn™ and bean pitta with a jacket potato 5 A DAY	Lentil and bean patties with chips
ACCOMPANIMENTS	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Peach and raspberry cobbler and custard 5 A DAY	Chocolate crunch	Rice pudding with fruit compote 5 A DAY	Oat and apricot crunch	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
JACKET POTATO & SANDWICH SELECTION	Jacket potato and sandwich selection	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



- 1 OF YOUR 5 A DAY

- HEALTHY OPTIC