












NUTRITIONIST APPROVED ✓

Menu will be running – w/c 15th Nov, 6th Dec, 27th Dec, 17th Jan, 7th Feb, 28th Feb, 21st March, 11th April

5
A DAY



WEEK 1	MONDAY 	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Macaroni Cheese 	BBQ Chicken with 50/50 rice 	Roast chicken and stuffing with roast potatoes and gravy	Spaghetti bolognaise	Fish of the day with chips
VEGETARIAN MAIN DISH	Quorn bake with crusty bread 	Vegetable curry with 50/50 rice  	Roast Quorn™ fillet with roast potatoes and gravy 	Vegetarian Shepherd's pie	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 OR YOGHURT	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt
JACKET POTATO	Jacket potato	Jacket potato	Jacket potato	Jacket potato	Jacket potato



MENU



Fuel your afternoon with a healthy school lunch from Mellors

MEAT FREE

- MEAT FREE MONDAY

5
A DAY

- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE