












| WEEK 1  | MONDAY                         | TUESDAY   | WEDNESDAY   | THURSDAY                      | FRIDAY  |
|---|---|---|---|-------------------------------|---|
| <b>MAIN DISH</b>  | 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  |
| <b>VEGETARIAN MAIN DISH</b>   | Quorn Sweet and Sour and rice  | Vegetable curry with 50/50 rice   | Roast Quorn™ fillet with roast potatoes and gravy  | Vegetarian Shepherd's pie     | Quorn nuggets with chips  |
| <b>ACCOMPANIMENTS</b>  | Seasonal vegetables Salad bar   | Seasonal vegetables Salad bar   | Seasonal vegetables Salad bar   | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar   |
| <b>DESSERTS</b>   | Lemon cookies                  | Shortbread biscuits and mandarins    | Chocolate crunch  | Apple flapjack                | Fruit and ice cream  |
| <b>FRESH FRUIT OR YOGHURT</b>   | Fresh fruit or yoghurt  | Fresh fruit or yoghurt  | Fresh fruit or yoghurt  | Fresh fruit or yoghurt        | Fresh fruit or yoghurt  |
| <b>JACKET POTATO</b>  | Jacket potato   | Jacket potato   | Jacket potato   | Jacket potato                 | Jacket potato   |



# MENU



Fuel your afternoon with a healthy school lunch from Mellors

-  - MEAT FREE MONDAY
-  - 1 OF YOUR 5 A DAY
-  - CHEF'S CHOICE