

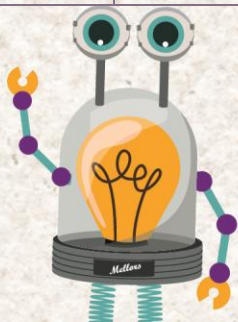


**NUTRITIONIST  
APPROVED** ✓

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEAT MAIN DISH</b>	Pizza served with jacket wedges	Sausages served with mash potato	Roast chicken served with new potatoes	Beef lasagne served with garlic bread	Fish of the Day served with chips. & Ketchup
<b>VEGETARIAN MAIN DISH</b>	Macaroni cheese served with garlic bread	Quorn sausage served with mash potato	Quorn roast served with new potatoes	Tomato & vegetable tortilla served with savoury rice	Veggie burger served with chips & ketchup
<b>ACCOMPANIMENTS</b>	Seasonal vegetables Salad bar Fresh Bread	Seasonal vegetables Salad bar Fresh bread	Seasonal vegetables Salad bar Fresh bread	Seasonal vegetables Salad bar Fresh bread	Seasonal vegetables Salad bar Fresh bread
<b>DESSERTS</b>	Pineapple upside down with custard  Homemade tray bake	Fruit in jelly   Homemade tray bake	Jam swirl served with custard  Homemade tray bake	Sticky toffee muffins  Homemade tray bake	Fruit & ice cream   Homemade tray bake
<b>FRESH FRUIT &amp; YOGHURT</b>	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt
<b>JACKET POTATO &amp; SANDWICH SELECTION</b>	Jacket potato or Ham, cheese, or tuna mayo sandwich	Jacket potato or Ham, cheese, or tuna mayo sandwich	Jacket potato or Ham, cheese, or tuna mayo sandwich	Jacket potato or Ham, cheese, or tuna mayo sandwich	Jacket potato or Ham, cheese, or tuna mayo sandwich



# MENU



Fuel your afternoon with a healthy school lunch from Mellors



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION