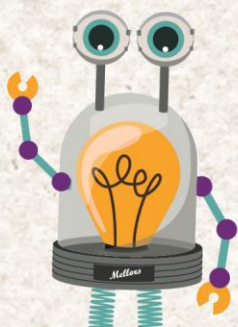


WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Beef burger served with diced potatoes	Homemade chicken hotpot	Roast chicken Yorkshire pudding served with roast potatoes	Spaghetti bolognese served with garlic bread	Fish of the day served with chips & ketchup
VEGETARIAN MAIN DISH	Quorn burger served with diced potatoes	BBQ bean & cheese wrap served with wholemeal rice	Quorn fillet & Yorkshire pudding served with roast potatoes	Tomato and vegetable pasta bake served with garlic bread	Quiche served with chips & ketchup
ACCOMPANIMENTS	Seasonal vegetables Salad bar ^{5 A DAY} Fresh bread	Seasonal vegetables Salad bar ^{5 A DAY} Fresh bread	Seasonal vegetables Salad bar ^{5 A DAY} Fresh bread	Seasonal vegetables Salad bar ^{5 A DAY} Fresh bread	Seasonal vegetables Salad bar ^{5 A DAY} Fresh bread
DESSERTS	Chocolate & orange brownie Homemade tray bake	Eton mess served with fruit ^{5 A DAY} Homemade tray bake	Apple crumble with custard ^{5 A DAY} Homemade tray bake	Carrot cake Homemade tray bake	Lemon cookie Homemade tray bake
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 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