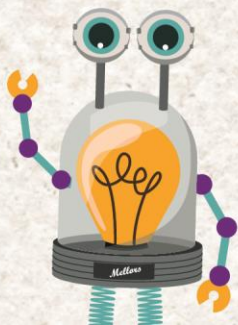




| Week 1                                      | Monday                                   | Tuesday                              | Wednesday                              | Thursday   | Friday                               |
|---|--|--------------------------------------|--|--|--------------------------------------|
| <b>Main Meat Dish</b>                       | Sausage, eggs, baked beans & hash browns | Meat keema curry & rice              | Roast chicken with seasonal vegetables | Toasted ham or tuna panini herb potatoes                       | Fish of the day with chips           |
| <b>Vegetarian Main Dish</b>                 | Quorn sausage, baked beans & hash brown  | Quorn vegetable curry & naan bread   | Quorn roast with seasonal vegetables   | Toasted cheese & tomato panini served with diced herb potatoes | Selection of vegetarian pizzas       |
| <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>                             | Chocolate sponge & custard               | Raspberry buns                       | Homemade flapjack                      | Fresh fruit jelly  | Doughnuts                            |
| <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 and Sandwich Selection</b> | 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 OPTION