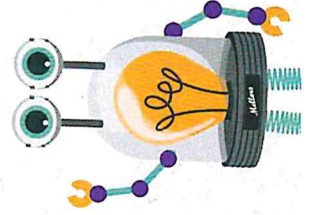




WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEAT MAIN DISH</b>	Chicken Fillet on a Roll	Savoury Mince	Roast Gammon with Pineapple and Roast Potatoes	Toad in the Hole	Fish of the Day with Chips
<b>VEGETARIAN MAIN DISH</b>	Vegetarian Fajitas	Margarita Pizza	Cheese Roll	Tomato Pasta	Quorn Nuggets
<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>	Apple Crumble and Custard	Chocolate Muffin	Sponge Cake & Custard	Ice Cream Roll & Fruit	Fruit Flapjack
<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; FILLING PASTA &amp; SAUCE</b>	Jacket Potato with Beans, Cheese & Tuna Pasta & Sauce	Jacket Potato with Beans, Cheese & Tuna Pasta & Sauce	Jacket Potato with Beans, Cheese & Tuna Pasta & Sauce	Jacket Potato with Beans, Cheese & Tuna Pasta & Sauce	Jacket Potato with Beans, Cheese & Tuna Pasta & Sauce



# MENU



Fuel your afternoon with a healthy school lunch from Mellors



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION

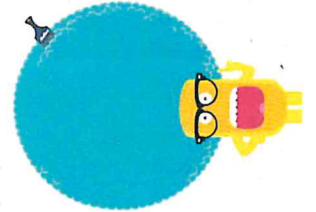




WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEAT MAIN DISH</b>	Chicken & Vegetable Cobbler	Spaghetti Bolognese with Crusty Bread	Roast Pork with Yorkshire Pudding	Beef Burger in a Bun	Salmon Fishcake / Fish Fingers with Chips
<b>VEGETARIAN MAIN DISH</b>	Tomato & Cheese Pizza	Hot Cheese Wrap	Shepherdess Pie	Quorn Sweet & Sour with Rice	Vegetable Stir-Fry with Noodles
<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	Rice Pudding & Peaches	Shortbread and Mandarins	Sticky Toffee Muffin	Homemade Cookie
<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; FILLING PASTA &amp; SAUCE</b>	Jacket Potato with Beans, Cheese & Tuna Pasta & Sauce	Jacket Potato with Beans, Cheese & Tuna Pasta & Sauce	Jacket Potato with Beans, Cheese & Tuna Pasta & Sauce	Jacket Potato with Beans, Cheese & Tuna Pasta & Sauce	Jacket Potato with Beans, Cheese & Tuna Pasta & Sauce



# MENU



Variety is the key to a healthy diet. try something new today!



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION

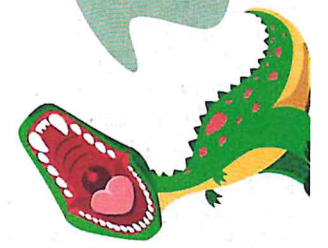




WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEAT MAIN DISH</b>	Steak Pie	Pork & Vegetable Casserole	Mid-Week Chicken Dinner with Yorkshire Pudding	Riverside Sausages	Fish of the Day with Chips
<b>VEGETARIAN MAIN DISH</b>	Vegetarian Curry with Rice	Margarita Pizza	Quorn Mince Cobbler	Macaroni Cheese	Quorn Sausage
<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>	Eve's Pudding & Custard	Sweet Pancakes	Fruit & Jelly	Chocolate Cake & Custard	Fruit Muffin
<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; FILLING &amp; PASTA &amp; SAUCE</b>	Jacket Potato with Beans, Cheese & Tuna Pasta & Sauce	Jacket Potato with Beans, Cheese & Tuna Pasta & Sauce	Jacket Potato with Beans, Cheese & Tuna Pasta & Sauce	Jacket Potato with Beans, Cheese & Tuna Pasta & Sauce	Jacket Potato with Beans, Cheese & Tuna Pasta & Sauce



# MENU



Quench your thirst with free fresh drinking water available daily



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION