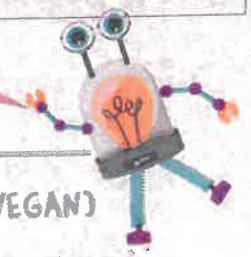
WEEK 1	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Quorn Chilli Severed with 50/50 Rice	Sausage and mash	Marinated chickenWrap Served with savoury rice	Beef Bolognese Severed pasta	Fish Fingers or Salmon Fingers with Chunky Chips
VEGETARIAN MAIN DISH	Meat Free Sausage Ragu with Wholemeal Pasta	Quorn Fillet with Roast Potatoes and Gravy	Quorn curry Served with Rice	Creamy tomato Pasta	Quorn nuggets Served with chunky chips
ACCOMPANIMENTS 5 A DAY	Seasonal vegetables ..... Salad bar	Seasonal vegetables ..... Salad bar	Seasonal vegetables ..... Salad bar	Seasonal vegetables ..... Salad bar	Seasonal vegetables ..... Salad bar
DESSERTS	Short bread Biscuits	Lemon Drizzle Cake	Cookie	5 A DAY Fruity Thursday	Chocolate Muffin
FRESH FRUIT OR YOGHURT	Fresh fruit *or* Yoghurt	Fresh fruit *or* Yoghurt	Fresh fruit *or* Yoghurt	Fresh fruit *or* Yoghurt	Fresh fruit *or* Yoghurt
JACKET POTATO AND SANDWICH SELECTION	Jacket Potato or Sandwich Selection	Jacket Potato or Sandwich Selection	Jacket Potato or Sandwich Selection	Jacket Potato or Sandwich Selection	Jacket Potato or Sandwich Selection

Mellors **MENU**

Fuel your afternoon with a healthy school lunch from Mellors



KEY 5 A DAY - 1 OF YOUR 5 A DAY MEAT FREE - MEAT-FREE MONDAY - CHEF'S CHOICE PB - PLANT-BASED (VEGAN)

Allergens and intolerances All of our food is lovingly hand crafted and prepared on site daily. We have an allergen procedure in place, so please ensure you make our catering team aware of your allergens/ your child's allergens prior to using the restaurant. Our kitchens are used for multi-purpose production so we cannot guarantee the above dishes are completely free from allergenic ingredients or traces of these.

WEEK 2	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Margherita Pizza with Baked Potato Wedges	Chicken Tikka Masala with 50/50 Rice	Meat Pie Served with creamy Mash potato	Chicken and Tomato Pasta Bake	Crispy Battered Fish & Chunky Chips
VEGETARIAN MAIN DISH	Vegetarian burger With potato wedges	Quorn style Meat balls Served with rice	Mini Cheese Roll Served with creamy Potato	Marinated Quorn Wraps	Jacket Potato
ACCOMPANIMENTS 5 A DAY	Seasonal vegetables ..... Salad bar	Seasonal vegetables ..... Salad bar	Seasonal vegetables ..... Salad bar	Seasonal vegetables ..... Salad bar	Seasonal vegetables ..... Salad bar
DESSERTS	Mini Muffin	Oaty biscuit	Fruit and Jelly	5 A DAY Fruity Thursday	Ice cream
FRESH FRUIT OR YOGHURT	Fresh fruit *or* Yoghurt	Fresh fruit *or* Yoghurt	Fresh fruit *or* Yoghurt	Fresh fruit *or* Yoghurt	Fresh fruit *or* Yoghurt
JACKET POTATO AND SANDWICH SELECTION	Jacket Potato or Sandwich Selection	Jacket Potato or Sandwich Selection	Jacket Potato or Sandwich Selection	Jacket Potato or Sandwich Selection	Jacket Potato or Sandwich Selection



Try something NEW today...
Variety is key to a healthy diet

MENU

Mellors

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WEEK 3	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Pizza Of the day	Chicken Korma Served with rice	Lamb Pie Served with mash potato	Beef Burger Served with wedges	Crispy Fish Fingers with Chunky Chips
VEGETARIAN MAIN DISH	Jacket Potato	Sweet & Sour Quorn Served with rice	Quorn sausage roll Served with mash potato	Quorn Burger On a bun With wedges	Cheese Flan With chunky chips
ACCOMPANIMENTS 5 A DAY	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Mini Muffin	Flap jack	5 A DAY Fruity Wednesday	Ginger Biscuit & Fruit	5 A DAY Fruit with Ice Cream
FRESH FRUIT OR YOGHURT	Fresh fruit *or* Yoghurt	Fresh fruit *or* Yoghurt	Fresh fruit *or* Yoghurt	Fresh fruit *or* Yoghurt	Fresh fruit *or* Yoghurt
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	Jacket potato and sandwich selection

5 A DAY Ginger biscuit & fruit

MENU

Eating all your fruit & veg will help you grow BIG and STRONG (like me!)



KEY 5 A DAY - 1 OF YOUR 5 A DAY | MEAT FREE - MEAT-FREE MONDAY | - CHEF'S CHOICE | PB - PLANT-BASED (VEGAN)

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