



5  
A DAY

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN DISH</b>	Pepperoni pizza and crispy cubes	Chicken korma and fluffy rice	Roast beef and Yorkshire pudding with roast potatoes and gravy	Succulent pork sausages and creamy mashed potatoes	Battered fish with chips
<b>VEGETARIAN MAIN DISH</b>	Tomato and basil pasta	Quorn dippers and savoury rice	Quorn roast and Yorkshire pudding with roast potatoes and gravy	Stir fry vegetables and noodles	Veggie hotdog with chips
<b>ACCOMPANIMENTS</b> 	Baked beans Sweetcorn Salad bar	Carrot batons Broccoli Salad bar	Green cabbage Roundel carrots Salad bar	Cauliflower Green beans Salad bar	Baked beans Garden peas Salad bar
<b>DESSERTS</b>	Shortbread and mandarins	Fruity flapjack	Chocolate crunch and chocolate sauce	Sticky toffee muffin	Fruit and ice cream
<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</b>	Jacket potatoes with various fillings	Jacket potatoes with various fillings	Jacket potatoes with various fillings	Jacket potatoes with various fillings	Jacket potatoes with various fillings



# MENU



Fuel your afternoon with a healthy school lunch from Mellors

MEAT FREE

- MEAT FREE MONDAY

5  
A DAY

- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE