

Week 1 <i>w/c</i>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Tomato pizza with potato wedges	Beef burger with herby potatoes	Roast chicken with creamed potatoes and gravy	Chicken korma with 50/50 rice	Fish fingers with chips
Option 2	Vegetable pizza with potato wedges	Potato and cauliflower curry with 50/50 rice	Tomato and basil pasta bake	Cheese quiche with new potatoes	Quorn nuggets with chips
Option 3	Cheese panini Jacket potato	Tuna sandwich Jacket potato	Cheese panini Jacket potato	Ham sandwich Jacket potato	Cheese panini Jacket potato
Accompaniments 5 A DAY	Seasonal vegetables Salad bar Homemade bread	Seasonal vegetables Salad bar Homemade bread	Seasonal vegetables Salad bar Homemade bread	Seasonal vegetables Salad bar Homemade bread	Seasonal vegetables Salad bar Homemade bread
Desserts 5 A DAY	Apple crumble with custard	Cheese and crackers	flapjack	Marble sponge with custard	Chocolate brownie



MENU



Fuel your afternoon with a healthy school lunch from Mellors

- MEAT FREE MONDAY
- 1 OF YOUR 5 A DAY
- CHEF'S CHOICE

Week 2 w/c	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Tomato pizza with potato wedges	Cajun chicken and 50/50 rice	Sausage with creamed potato and gravy	Pasta bolognese	Baked fish with chips
Option 2	Vegetable pizza with potato wedges	Cheese pinwheels	Vegan sausage with creamed potatoes and gravy	Vegetable pasta bake	Quorn nuggets and chips
Option 3	Cheese panini Jacket potato	Tuna sandwich Jacket potato	Cheese panini Jacket potato	Ham sandwich Jacket potato	Cheese panini Jacket potato
Accompaniments 5 A DAY	Seasonal vegetables Salad bar Homemade bread	Seasonal vegetables Salad bar Homemade bread	Seasonal vegetables Salad bar Homemade bread	Seasonal vegetables Salad bar Homemade bread	Seasonal vegetables Salad bar Homemade bread
Desserts 5 A DAY	Rice pudding and jam	Ginger biscuits	flapjack	Sticky toffee pudding and custard	Fresh fruit and whip



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Week 3 w/c	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Tomato pizza with potato wedges	All day breakfast	Roast turkey with creamed potatoes and gravy	Hotdogs with herby potatoes	Fish fingers and chips
Option 2	Veggie fingers with potato wedges	Tomato and vegetable pasta bake	Vegetarian toad in the hole with creamed potatoes and gravy	Bbq bean and cheese wrap	Cheese and bean bake with chips
Option 3	Cheese panini Jacket potato	Tuna sandwich Jacket potato	Cheese panini Jacket potato	Ham sandwich Jacket potato	Cheese panini Jacket potato
Accompaniments 5 A DAY	Seasonal vegetables Salad bar Homemade bread	Seasonal vegetables Salad bar Homemade bread	Seasonal vegetables Salad bar Homemade bread	Seasonal vegetables Salad bar Homemade bread	Seasonal vegetables Salad bar Homemade bread
Desserts 5 A DAY	Oaty biscuits	Chocolate crunch	Jam and coconut sponge with custard	flapjack	Chocolate brownie



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