












WEEK 1	MONDAY 	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Macaroni Cheese 	BBQ Chicken with 50/50 rice 	Roast chicken and stuffing with roast potatoes and gravy	Spaghetti bolognese	Fish of the day with chips
VEGETARIAN MAIN DISH	Quorn Sweet and Sour and rice 	Vegetable curry with 50/50 rice  	Roast Quorn™ fillet with roast potatoes and gravy 	Vegetarian Shepherd's pie	Quorn nuggets with chips
ACCOMPANIMENTS 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Lemon cookies 	Shortbread biscuits and mandarins 	Chocolate crunch	Apple flapjack	Fruit and 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	Jacket potato	Jacket potato	Jacket potato	Jacket potato	Jacket potato



MENU



Fuel your afternoon with
a healthy school lunch
from Mellors



- MEAT FREE MONDAY



- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE