

NUTRITIONIST APPROVED ✓

Menu will be running w/c Oct 31st, Nov 21st, Dec 12th, Jan 16th, Feb 6th, Mar 6th, 27th

5
A DAY



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Macaroni Cheese	Homemade meat and potato pie	Roast Chicken with roast potatoes and gravy	Hot dog with wedges	Fishingers or Salmon fingers with chunky chips
VEGETARIAN MAIN DISH	Vegetable stir fry with Chicken style pieces and 50/50 rice	Vegetarian bolognese	vegetarian Toad in the hole with roast potatoes and gravy	Veggie hot dog and wedges	Veggie fingers 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	Cheese crackers with grapes	Flapjack with apples	Marble sponge pudding with custard	Fruit with Jelly
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