

**NUTRITIONIST
APPROVED** ✓

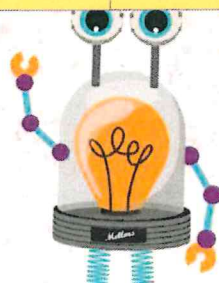
5
A DAY



week 1 Nov 3 rd , 24 th , Dec 15 th , Jan 5 th +26 th , Feb 16 th , March 9 th +30 th	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Cheese pin wheels and herby potatoes	Bbq Chicken with fluffy rice	Roast chicken, roast potatoes, Yorkshire puddings and gravy	Hot dog and wedges	Fish fingers, Chips and beans
Vegetarian Main	Meat free sausage ragu and herby potatoes	Mild chick pea and vegetable curry with fluffy	Quorn fillet, roast potatoes, Yorkshire puddings and gravy	Quorn hotdog and wedges	Quorn dippers, chips and beans
Jacket Potato	Jacket potato with cheese or tuna	Jacket potato with cheese or tuna	Jacket potato with cheese or tuna	Jacket potato with cheese or tuna	Jacket potato with cheese or tuna
Sides	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
Dessert	Flapjack	Shortbread	Marble Cake	Ice cream	Fruit and 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



MENU



Fuel your afternoon with
a healthy school lunch
from Mellors

5
A DAY

- 1 OF YOUR 5 A DAY



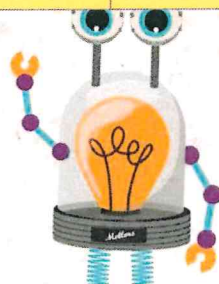
- HEALTHY OPTION



Week 2 Nov 10 th , Dec 1 st +22 nd , Jan 12 th , Feb 2 nd +23 rd , March 16 th , April 6 th	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Macaroni cheese with garlic slice	Meat and potato pie with roasted potatoes	Sausage, Yorkshire pudding and new potatoes	Ham pizza and wedges	Fish, chips and baked beans
Vegetarian Main	Roasted vegetable and bean wrap with potatoes and vegetables	Falafel with chunky salad and sauce in pitta bread	Quorn Sausage and Yorkshire pudding and new potatoes	Cheese pizza and wedges	Quorn dippers and chips
Jacket Potato, Panini or Sandwich	Jacket potato with cheese or tuna	Jacket potato with cheese or tuna	Jacket potato with cheese or tuna	Jacket potato with cheese or tuna	Jacket potato with cheese or tuna
Sides	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
Dessert	Chocolate muffin	Ginger cake with custard	Shortbread	Ice cream and fruit	Flapjack
Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt



MENU



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- 1 OF YOUR 5 A DAY



- HEALTHY OPTION



Week 3 Nov 17 th , Dec 8 th +29 th , Jan 19 th , Feb 9 th , March 2 nd +23 rd , April 13 th	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Tomato and basil pasta bake with garlic slice	Chicken chow mein	Roast chicken, Yorkshire puddings, roast potatoes and gravy	Beef burger in a bun and wedges	Fish fingers, chips and baked beans
Vegetarian Main	Sweet potato, cheddar and onion pie with ½ jacket potato	Sweet and sour quorn with fluffy rice	Quorn fillet, Yorkshire puddings, roast potatoes and gravy	Veggie burger in a bun with wedges	Quorn dippers, chips and beans
Jacket Potato, Panini or Sandwich	Jacket potato with cheese or tuna	Jacket potato with cheese or tuna	Jacket potato with cheese or tuna	Jacket potato with cheese or tuna	Jacket potato with cheese or tuna
Sides	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
Dessert	Chocolate crunch	Oaty Jam squares	Cheese and Crackers	Ice cream and fruit	Lemon 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



MENU



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- 1 OF YOUR 5 A DAY



- HEALTHY OPTION