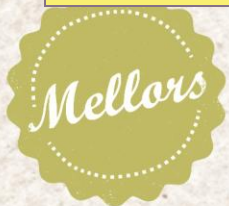


week 1 W/C April 13th, May 4th, June 1st, 22nd, July 13th, Sept 7th, 28th, Oct 19th	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Veggie meatballs and rice	Spaghetti bolognese and garlic bread	Roast chicken, Yorkshire pudding, roast potatoes and gravy	Sausage in a bun and wedges	Fish fingers with chips
Vegetarian Main	Lentil and chickpea curry and rice	Quorn Spaghetti Bolognese and garlic bread	Quorn fillet, Yorkshire pudding, roast potatoes and gravy	Quorn Sausage in a bun and wedges	Quorn dippers with chips
Jacket Potato or sandwich option	Jacket potato with cheese, tuna or baked beans Or A selection of sandwiches	Jacket potato with cheese, tuna or baked beans Or A selection of sandwiches	Jacket potato with cheese, tuna or baked beans Or A selection of sandwiches	Jacket potato with cheese, tuna or baked beans Or A selection of sandwiches	Jacket potato with cheese, tuna or baked beans Or A selection of sandwiches
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	Baked beans Salad bar Homemade Bread
Dessert	Vanilla muffin	Apple crumble and custard	Lemon cake	Ice cream and fruit	Chocolate brownie
Fresh fruit or yoghurt available everyday	Fresh fruit, jelly or yoghurt	Fresh fruit, jelly or yoghurt	Fresh fruit, jelly or yoghurt	Fresh fruit, jelly or yoghurt	Fresh fruit, jelly or yoghurt



MENU



Fuel your afternoon with a healthy school lunch from Mellors



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION