

week 1 W/C 2 nd , 23 rd Nov, 14 th Dec, 18 th Jan, 15 th Feb, 8 th March	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Macaroni cheese and garlic bread	Mild chilli beef tacos and savoury rice	Roast chicken, roast potatoes, Yorkshire puddings and gravy	Ham pizza and wedges	Fish fingers and chunky Chips
Vegetarian Main	Potato and vegetable curry and rice	Vegetable chilli tacos and rice	Quorn fillet, roast potatoes, Yorkshire puddings and gravy	Cheese pizza and wedges	Quorn dippers, and chunky 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	Chocolate muffin	Flapjack	Chocolate crunch	Ice cream	Shortbread
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