



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Sausage Pasta Bake & Garlic Slice	Pizza & Wedges	Roast Beef served with Yorkshire Pudding, Roast Potato & Gravy	Lasagne & Garlic Slice With Diced Pot's	Fish fingers Or Salmon Bites Served with Chips
VEGETARIAN MAIN DISH	Veggie Mince Bolognaise	Quorn Curry served with Wholemeal rice	Quorn Fillet, Roast Potato & Gravy	Macaroni cheese Served with Crusty bread	Veggie Burger Served with Chips
ACCOMPANIMENT	Seasonal vegetables Salad bar Fresh Bread	Seasonal vegetables Salad bar Fresh Bread	Seasonal vegetables Salad bar Fresh Bread	Seasonal vegetables Salad bar Fresh Bread	Seasonal vegetables Salad bar Fresh Bread
DESSERT	Ice Cream	Fruit Flapjack	Eton Mess Served with Fresh Fruit	Gingerbread loaf	Cake
FRESH FRUIT & YOGHURT	Fresh fruit and yoghurt- Jelly	Fresh fruit and yoghurt-Jelly	Fresh fruit and yoghurt- Jelly	Fresh fruit and yoghurt- Jelly	Fresh fruit and yoghurt- Jelly
JACKET POTATO & SANDWICH OPTION	Jacket pot Cheese, Beans, Tuna Ham or Cheese Sandwich	Jacket Pot Cheese,Beans,Tuna Cheese or Tuna Wrap	Jacket Pot Cheese,Beans,Tuna Tuna or Ham Sandwich	Jacket Pot Cheese,Beans,Tuna Turkey or Cheese Wrap	Jacket Pot Cheese,Beans,Tuna Ham or Cheese Sandwich

W/C 15/11, 6/12



MENU



Fuel your afternoon with a healthy school lunch from Mellors



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION



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- 1 OF YOUR 5 A DAY



- HEALTHY OPTION