

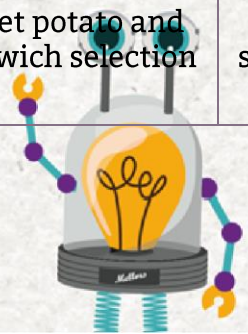
NUTRITIONIST APPROVED ✓



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Italian Meatballs in a rich tomato sauce on a bed of spaghetti	Chinese Chicken noodles with spring roll	Roast Gammon & pineapple with crispy roast potatoes	Cheesy Chicken and tomato pasta bake	Crispy Fish served with chunky chips
VEGETARIAN MAIN DISH/ HALAL DISHES	Vegetarian/ or Halal shepherd's pi	Vegetable tikka/ or Halal chicken tikka with r	Vegetable/ or Halal cobbler and crispy roast potatoe	Mac 'N' Cheese With garlic slice	Veggie Burger served on a brioche bun/ Halal Chicken burger
ACCOMPANIMENTS	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Peach and raspberry cobbler and custard	Chocolate crunch	Creamy Rice Pudding with fruit compote	Oat and apricot crunch	Fruit and ice cream
FRESH FRUIT & YOGHURT	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt
JACKET POTATO & SANDWICH SELECTION	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



MENU



Fuel your afternoon with a healthy school lunch from Mellors

- MEAT FREE MONDAY
- 1 OF YOUR 5 A DAY
- CHEF'S CHOICE