

NUTRITIONIST APPROVED ✓

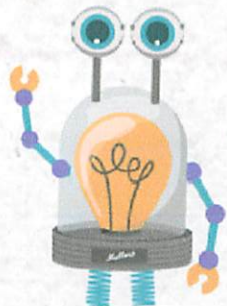
5
A DAY



WEEK 1	MONDAY <small>MEAT FREE</small>	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	3 cheese pizza & wedges <small>5 A DAY</small>	mild chicken korma with rice & naan bread <small>CHEF'S CHOICE</small>	Roast chicken and Yorkshire pudding	Chicken and tomato pasta bake	Fish of the day with chips
VEGETARIAN MAIN DISH	macaroni cheese with bread wedge <small>5 A DAY</small>	Vegetable curry with rice & Naan bread <small>CHEF'S CHOICE</small> <small>5 A DAY</small>	quorn sausage and Yorkshire pudding <small>5 A DAY</small>	Quorn sausage pasta bake	Vegetable nuggets With chips
ACCOMPANIMENTS <small>5 A DAY</small>	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Apple crumble & custard <small>5 A DAY</small>	Shortbread biscuits and orange wedge <small>5 A DAY</small>	Chocolate crunch	Apple flapjack	Fruit and ice cream <small>5 A DAY</small>
FRESH FRUIT OR YOGHURT	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or 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