WEEK 1	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Macaroni cheese	Tandoor chicken wrap with savoury rice	Roast beef dinner with Yorkshire pudding, crispy roast potatoes and gravy	Pepperoni pizza new potatoes	Crispy battered fish fingers with chunky chips
VEGETARIAN MAIN DISH	Potato and cauliflower curry with 50/50 rice	Sausage ragu With wholemeal pasta	Veggie sausage With crispy roast potatoes and gravy	Margarita pizza With new potatoes	Falafel pitta, crunchy slaw and chunky chips
ACCOMPANIMENTS 5	Seasonal vegetables Salad Bar	Seasonal vegetables Salad Bar	Seasonal vegetables Salad Bar	Seasonal vegetables Salad Bar	Seasonal Vegetables Salad Bar
DESSERTS	Upside down cheesecake	Lemon drizzle cake	Apple and oat cookie	Chocolate muffin	Jelly with ice cream
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 AND 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



Fuel your afternoon with a healthy school lunch from Mellors







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



