WEEK 1	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Macaroni cheese (v)	Tandoor chicken wrap with savoury rice (h) or (t)	Roast Chicken dinner with Yorkshire pudding, crispy roast potatoes and gravy (h) or (t)	Pepperoni pizza With Spicy wedges (h) or (t)	Crispy battered fish fingers with chunky chips
VEGETARIAN MAIN DISH	Potato and cauliflower curry with 50/50 rice (v)	Sausage ragu With wholemeal pasta (v)	Veggie sausage With Yorkshire pudding crispy roast potatoes and gravy (v)	Margherita pizza With Spicy wedges (v)	Falafel pitta, crunchy slaw and chunky chips (v)
ACCOMPANIMENTS	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Peas
5 A DRY	Beans	Beans	Beans	Beans	Beans
A DAY	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
DESSERTS	Ginger sponge and custard	Lemon drizzle cake With Custard	Vanilla sponge and custard	Chocolate muffin With Custard	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

KEY

(h) Halal

(t) Traditional

(v) vegetarian



Fuel your afternoon with a healthy school lunch from Mellors





KEY 5 - 1 OF YOUR 5 A DAY MEAT FREE



- MEAT-FREE MONDAY



- CHEF'S CHOICE



	WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PRINTS NAMED OF PERSONS	MAIN DISH	Keema with 50/50 rice (h) or (t)	Sheesh kebab in a pitta with baked potato wedges (h) or (t)	Roast Turkey new potatoes with gravy (h) or (t)	Meat pizza with Spicy wedges (h) or (t)	Crispy battered fish with chunky chips
	VEGETARIAN MAIN DISH	Cheese quiche with Spanish potatoes (v)	Veggie sausage hotdog with sauté potatoes (v)	Veggie cottage pie with New Potatoes (v)	Margherita pizza with Spicy wedges (v)	Veggie nuggets with chunky chips (v)
	ACCOMPANIMENTS 5	Seasonal vegetables Beans Salad Pot	Seasonal vegetables Beans Salad Pot	Seasonal vegetables Beans Salad Pot	Seasonal vegetables Beans Salad pot	Peas Beans Salad pot
New York Collection	DESSERTS	Raspberry buns With custard	Marble cake With custard	Sticky toffee pudding With custard	Chocolate sponge With custard	Fresh fruit And Ice -cream
The state of the s	FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
The second second	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

KEY

(h) Halal Mellow (t) Traditional

(v) vegetarian



Fuel your afternoon with a healthy school lunch from Mellors







-10F YOUR 5 A DAY MEAT - MEAT-FREE MONDAY



- CHEF'S CHOICE



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Italian Pasta Bolognaise With Garlic Bread Slice (h) or (t)	Chicken tikka masala with 50/50 rice (h) or (t)	Roast turkey & stuffing with crispy roast potatoes And Gravy (h) or (t)	Spicy chicken pizza with Spicy wedges (h) or (t)	fish fingers served with chunky chips
VEGETARIAN MAIN DISH	Sweet Potato and lentil curry with 50/50 rice (v)	Vegetable lasagne with herby dough balls (v)	Creamy Veg pie with roast potatoes and gravy (v)	Margherita Pizza With Spicy wedges (v)	Vegetarian burger With chunky chips (v)
ACCOMPANIMENTS 5	Seasonal Vegetables Beans Salad pot	Seasonal Vegetables Beans Salad pot	Seasonal Vegetables Beans Salad pot	Seasonal Vegetables Beans Salad pot	Peas Beans Salad pot
DESSERTS	Lemon shortbread With Custard	Sprinkle Cake With Custard	Flapjack With Custard	Fresh fruit and ice cream	Fruit and jelly
FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh 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

KEY

(h) Halal

(t) Traditional

(v) vegetarian



Fuel your afternoon with a healthy school lunch from Mellors





KEY 5 - 1 OF YOUR 5 A DAY MEAT FREE



- MEAT-FREE MONDAY



- CHEF'S CHOICE

