

# Menu Will Be Running – W/C 7<sup>th</sup>, 28<sup>th</sup> September, 19<sup>th</sup> October

| Week 1                                                                                                     | Monday                                             | Tuesday                                                        | Wednesday                                          | Thursday                                           | Friday                                     |
|------------------------------------------------------------------------------------------------------------|----------------------------------------------------|----------------------------------------------------------------|----------------------------------------------------|----------------------------------------------------|--------------------------------------------|
| <b>Main Dish</b>                                                                                           | Cheese and tomato pasta with Garlic Bread          | Beef mince Taco served cheese, salad and herby diced potatoes  | Sausage, mash, Yorkshire pudding and gravy         | Chicken Korma and rice with Naan bread             | Battered fish served with chips            |
| <b>Vegetarian Dish</b>                                                                                     | Roasted vegetable tomato pasta with Garlic Bread   | Quorn mince Taco served cheese, salad and herby diced potatoes | Quorn Sausage, mash, Yorkshire pudding and gravy   | Veggie Korma and rice with Naan bread              | Vegan Dippers served with chips            |
| <b>Jacket Potato</b>                                                                                       | Jacket Potato Cheese, Tuna or Beans                | Jacket Potato Cheese, Tuna or Beans                            | Jacket Potato Cheese, Tuna or Beans                | Jacket Potato Cheese, Tuna or Beans                | Jacket Potato Cheese, Tuna or Beans        |
| <b>Sandwich</b>                                                                                            | Tuna roll                                          | Ham roll                                                       | Cheese roll                                        | Egg mayonnaise roll                                | Ham roll                                   |
| <b>Accompaniments</b><br> | Seasonal vegetables<br>Salad Bar<br>Homemade bread | Seasonal vegetables<br>Salad Bar<br>Homemade bread             | Seasonal vegetables<br>Salad Bar<br>Homemade bread | Seasonal vegetables<br>Salad Bar<br>Homemade bread | Baked Beans<br>Salad Bar<br>Homemade bread |
| <b>Dessert</b>                                                                                             | Lemon shortbread                                   | Jam Sponge and custard                                         | Flapjack                                           | Chocolate sponge                                   | Ice cream and fruit                        |
| <b>Fresh Fruit Or Yoghurt</b>                                                                              | Fruit pot<br>Yogurt<br>Jelly                       | Fruit pot<br>Yogurt<br>Jelly                                   | Fruit pot<br>Yogurt<br>Jelly                       | Fruit pot<br>Yogurt<br>Jelly                       | Fruit pot<br>Yogurt<br>Jelly               |



# MENU



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- 1 OF YOUR 5 A DAY



- HEALTHY OPTION

# Menu Will Be Running – W/C 14<sup>th</sup> September, 5<sup>th</sup> October

| Week 2                                                                                                     | Monday                                             | Tuesday                                                                                                            | Wednesday                                                 | Thursday                                            | Friday                                     |
|------------------------------------------------------------------------------------------------------------|----------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------|--------------------------------------------|
| <b>Main Dish</b>                                                                                           | Macaroni Cheese served with Garlic Bread           | Ham & Cheese Pizza with Wedges  | Roast Gammon, roast potatoes, Yorkshire pudding and gravy | Beef burger in a bun with seasoned diced potatoes   | Fish fingers served with chips             |
| <b>Vegetarian Dish</b>                                                                                     | Roasted vegetable tomato pasta with Garlic Bread   | Cheese Pizza with Wedges                                                                                           | Quorn fillet, roast potatoes, Yorkshire pudding and gravy | Veggie Burger in a bun with seasoned diced potatoes | Vegetable fingers served with Chips        |
| <b>Jacket Potato</b>                                                                                       | Jacket Potato Cheese, Tuna or Beans                | Jacket Potato Cheese, Tuna or Beans                                                                                | Jacket Potato Cheese, Tuna or Beans                       | Jacket Potato Cheese, Tuna or Beans                 | Jacket Potato Cheese, Tuna or Beans        |
| <b>Sandwich</b>                                                                                            | Tuna roll                                          | Egg mayonnaise roll                                                                                                | Cheese roll                                               | Ham roll                                            | Cheese roll                                |
| <b>Accompaniments</b><br> | Seasonal vegetables<br>Salad bar<br>Homemade bread | Seasonal vegetables<br>Salad bar<br>Homemade bread                                                                 | Seasonal vegetables<br>Salad bar<br>Homemade bread        | Seasonal vegetables<br>Salad bar<br>Homemade bread  | Baked beans<br>Salad bar<br>Homemade bread |
| <b>Dessert</b>                                                                                             | Chocolate Crispy                                   | Ginger Cookie                                                                                                      | Shortbread                                                | Fruit crumble & Custard                             | Ice Cream and fruit                        |
| <b>Fresh Fruit Or Yoghurt</b>                                                                              | Fruit pot<br>Yogurt<br>Jelly                       | Fruit pot<br>Yogurt<br>Jelly                                                                                       | Fruit pot<br>Yogurt<br>Jelly                              | Fruit pot<br>Yogurt<br>Jelly                        | Fruit pot<br>Yogurt<br>Jelly               |



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- 1 OF YOUR 5 A DAY



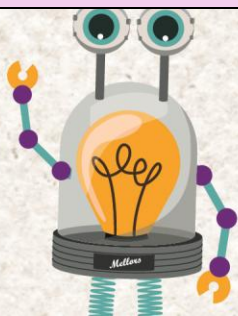
- HEALTHY OPTION

# Menu Will Be Running – W/C 21<sup>st</sup> September, 12<sup>th</sup> October

| Week 3                                                                                                     | Monday                                             | Tuesday                                            | Wednesday                                                  | Thursday                                           | Friday                                     |
|------------------------------------------------------------------------------------------------------------|----------------------------------------------------|----------------------------------------------------|------------------------------------------------------------|----------------------------------------------------|--------------------------------------------|
| <b>Main Dish</b>                                                                                           | Creamy tomato pasta bake and garlic bread          | BBQ Chicken Rice                                   | Roast chicken, Yorkshire pudding, roast potatoes and gravy | Meat Pizza served with Wedges                      | Fish Fingers served with Chips             |
| <b>Vegetarian Dish</b>                                                                                     | Roasted vegetable tomato pasta with Garlic Bread   | Cheese and tomato pinwheel with diced potatoes     | Quorn fillet, roast potatoes, Yorkshire pudding and gravy  | Cheese pizza served with wedges                    | Vegan dippers served with chips            |
| <b>Jacket Potato</b>                                                                                       | Jacket Potato Cheese, Tuna or Beans                | Jacket Potato Cheese, Tuna or Beans                | Jacket Potato Cheese, Tuna or Beans                        | Jacket Potato Cheese, Tuna or Beans                | Jacket Potato Cheese, Tuna or Beans        |
| <b>Sandwich</b>                                                                                            | Tuna roll                                          | Cheese roll                                        | Ham roll                                                   | Cheese roll                                        | Ham roll                                   |
| <b>Accompaniments</b><br> | Seasonal vegetables<br>Salad bar<br>Homemade bread | Seasonal vegetables<br>Salad bar<br>Homemade bread | Seasonal vegetables<br>Salad bar<br>Homemade bread         | Seasonal vegetables<br>Salad bar<br>Homemade bread | Baked beans<br>Salad bar<br>Homemade bread |
| <b>Dessert</b>                                                                                             | Chocolate shortbread                               | Marble sponge and custard                          | Lemon cake and icing                                       | Iced fingers                                       | Ice cream and fruit                        |
| <b>Fresh Fruit Or Yoghurt</b>                                                                              | Fruit pot<br>Yogurt<br>Jelly                       | Fruit pot<br>Yogurt<br>Jelly                       | Fruit pot<br>Yogurt<br>Jelly                               | Fruit pot<br>Yogurt<br>Jelly                       | Fruit pot<br>Yogurt<br>Jelly               |



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