Menu Will Be Running – W/C Nov 2nd, 23rd, Dec 14th, Jan 18th, Feb 15th, March 8th

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal 1	Cheese and tomato pasta and garlic bread	BBQ chicken and 50/50 rice	Turkey, potatoes, Yorkshire Pudding and gravy	Meat pizza and wedges	Battered Fish served with chunky chips
Main meal 2	Tuna sandwich	Ham sandwich	Quorn fillets potatoes, Yorkshire and gravy	Cheese Pizza and wedges	Cheesy pinwheel served with chunky chips
Jacket Potato	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
Accompaniments	Seasonal Vegetables Salad bar Fresh bread	Seasonal Vegetables Salad bar Fresh bread	Seasonal Vegetables Salad bar Fresh bread	Seasonal Vegetables Salad bar Fresh bread	Baked Beans Peas Salad Bar Fresh Bread
Dessert	Chocolate crispy	Jam sponge and custard	Lemon shortbread	Flapjack	Ice cream

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Fuel your afternoon with a healthy school lunch from Mellors

5 A DAY - 1 OF YOUR 5 A DAY

- HEALTHY OPTION

Menu Will Be Running – W/C Nov 9th, 30th, Jan 4th, 25th, Feb 22nd, March 15th

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal 1	Roasted vegetable Pasta and garlic bread	Chicken curry served with 50/50 rice and Naan bread	Gammon potatoes, Yorkshire Pudding and gravy	Burger in a bun and wedges	Fish Fingers and chunky chips
Main meal 2	Tuna Sandwich	Cheese sandwich	Quorn fillet, potatoes, Yorkshire pudding and gravy	Veggie burger in a bun with wedges	Quorn sausage and chips
Jacket Potato	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
Accompaniments 5 A DAY	Seasonal Vegetables Salad bar Fresh bread	Seasonal Vegetables Salad bar Fresh bread	Seasonal Vegetables Salad bar Fresh bread	Seasonal Vegetables Salad bar Fresh bread	Baked Beans Peas Salad Bar Fresh Bread
Dessert	Iced lemon cake	Chocolate orange shortbread	Ginger cookie	Marble sponge and custard	Ice cream

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5 A DAY - 1 OF YOUR 5 A DAY

- HEALTHY OPTION

Menu Will Be Running – W/C Nov 16th, Dec 7th, Jan 11th, Feb 1st, March 1st

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal 1	Vegetable Chow Mein	Spaghetti Bolognese and Garlic Bread	Roast Gammon, potatoes, Yorkshire Pudding and gravy	Meat pizza and wedges	Fish fingers and chunky chips
Main meal 2	Cheese Sandwich	Tuna sandwich	Quorn fillet, potatoes, Yorkshire Pudding and gravy	Cheese Pizza and wedges	Quorn dippers and Chunky chips
Jacket Potato	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
Accompaniments 5 A DAY	Seasonal Vegetables Salad bar Fresh bread	Seasonal Vegetables Salad bar Fresh bread	Seasonal Vegetables Salad bar Fresh bread	Seasonal Vegetables Salad bar Fresh bread	Baked Beans Peas Salad Bar Fresh Bread
Dessert	Shortbread	Chocolate sponge chocolate custard	Oaty Cookie	Sticky toffee pudding and custard	Ice cream

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Fuel your afternoon with a healthy school lunch from Mellors

5 A DAY - 1 OF YOUR 5 A DAY

- HEALTHY OPTION