	WEEK1	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MAIN DISH	Sausage pasta bake	Traditional chicken pie with creamy mash potato	Ham & mushroom pizza with wedges	Roast turkey with Yorkshire pudding, roast potatoes & gravy	Fish fingers or salmon fingers with chunky chips
	VEGETARIAN MAIN DISH	Vegetarian pasta bake	Quorn™ pie	Margherita pizza with baked potato wedges	Quorn™ fillet with roast potatoes & gravy	Quorn™ nuggets with chunky chips
	ACCOMPANIMENTS  5  A DAY	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
	DESSERTS	Fruit crumble & custard	Lemon cake	Flapjack	Marble sponge & custard	Fruit in jelly
18 Contract   18	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 8 todays choice of filling	Jacket potato & todays choice of filling	Jacket potato & todays choice of filling	Jacket potato & todays choice of filling	Jacket potato 8 todays choice of filling



Fuel your afternoon with a healthy school lunch from Mellors







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





WEEK	.2	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIND	ISH	Chicken loaded naan served with crisp salad	Traditional cottage pie	Roasted vegetable pizza	Roast chicken with stuffing, roast potatoes & gravy	Crispy battered fish & chunky chips
VEGETA MAIN D		Quorn™ loaded naan served with crisp salad	Vegetarian cottage pie	Margherita pizza with baked potato wedges	Quorn™ fillet with roast potatoes & gravy	Quorn™ nuggets with chunky chips
ACCOMPAN 5 A DAY	IMENTS	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSER	RTS	Rice pudding with fruit compote	Ginger biscuit	Chocolate & orange muffins	Fruit sponge & custard	Chocolate brownie
FRESH F OR YOGH		Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
JACKET POT SANDWICH SE		Jacket potato & todays choice of filling	Jacket potato & todays choice of filling	Jacket potato & todays choice of filling	Jacket potato & todays choice of filling	Jacket potato 8 todays choice of filling



Try something NEW today... Variety is key to a healthy diet.















KEY 5 - 10F YOUR 5 A DAY MEAT-FREE MONDAY - CHEF'S CHOICE PB - PLANT-BASED (VEGAN)

	WEEK 3	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MAIN DISH	Chicken fillet burger with baked wedges	Homemade lasagne with garlic bread	Ham & mushroom pizza with wedges	Roast gammon with creamy mash potato & gravy	Crispy battered fish & chunky chips
	VEGETARIAN MAIN DISH	Quorn™ burger with wedges	Quorn™ lasagne with garlic bread	Margherita pizza with baked potato wedges	Quorn™ fillet with roast potatoes & gravy	Quorn™ nuggets with chunky chips
A	CCOMPANIMENTS 5	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
	DESSERTS	Oaty jam squares	Chocolate sponge	Lemon cake	Sticky toffee pudding with custard	Shortbread
	FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
	ACKET POTATO AND ANDWICH SELECTION	Jacket potato & todays choice of filling	Jacket potato & todays choice of filling	Jacket potato 8 todays choice of filling	Jacket potato & todays choice of filling	Jacket potato 8 todays choice of filling



Eating all your fruit & veg will help you grow BIG and STRONG (like me!)







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



