



Week 1

MF Monday

Tuesday

Wednesday

Thursday

Chippy Friday

Main meal plus halal option (H)

Margarita pizza with potato wedges

quorn burger served with new potato's

Roast chicken served with roast potatoes and gravy

chicken curry served with 50/50 rice

Crispy battered fish with chips

Pasta bar

Pasta served with a basilica sauce

Pasta served with a veggie tikka sauce

Pasta served with a tomato and mascarpone sauce

Pasta served with a barbeque and Quorn sauce

Breaded chicken served with chips

Jacket Potato bar or sandwiches

Tuna mayo And sweetcorn wrap

jacket Tuna mayo Cheese & beans Coleslaw

Cheese sandwich

Egg mayo roll

jacket Tuna mayo Cheese & beans Coleslaw

accompaniments

Seasonal veg Salad bar

Seasonal veg Salad bar

Seasonal veg Salad bar

Seasonal veg Salad bar

Seasonal veg Salad bar

fresh fruit or yoghurt

Fresh fruit or Yoghurt Pot

Fresh fruit or Yoghurt Pot

Fresh fruit or Yoghurt Pot

Fresh fruit or Yoghurt Pot

Fresh fruit or Yoghurt Pot

Dessert

Chocolate crunch

coconut buns

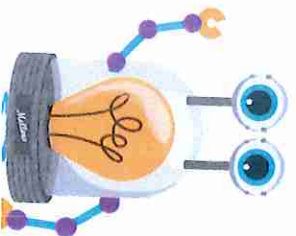
Jelly and fruit

Oaty apple squares

Ice-cream tub



MENU



Fuel your afternoon with a healthy school lunch from Mellors



-10F YOUR 5 A DAY

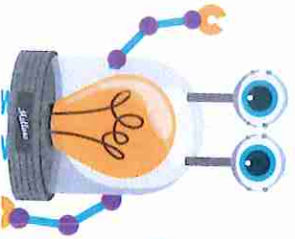


-HEALTHY OPTION

Week 2	MF Monday	Tuesday	Wednesday	Thursday	Chippy Friday
Main meal plus halal option (H)	Margherita pizza wrap With wedges	Beef burger in a bun with garlic new potato's	Diced chicken in gravy served with mash potato	Quorn curry served with 50/50 rice	Breaded cod fish fingers with chips
Pasta bar	Pasta served with pomodora sauce	Pasta served with a Mediterranean tomato sauce	Pasta served with a spicy arrabiatta	Pasta served with a veggie bolognaise sauce	Quorn nuggets
Jacket Potato bar	Jackets Tuna mayo Cheese and beans coleslaw	Tuna mayo roll	Egg mayo sandwich	Cheese sandwich	Tuna mayo Cheese and beans coleslaw
accompaniments	Seasonal veg Salad bar	Seasonal veg Salad bar	Seasonal veg Salad bar	Seasonal veg Salad bar	Seasonal veg Salad bar
fresh fruit or yoghurt	Fresh fruit or Yoghurt Pot	Fresh fruit or Yoghurt Pot	Fresh fruit or Yoghurt Pot	Fresh fruit or Yoghurt Pot	Fresh fruit or Yoghurt Pot
Dessert	Lemon or orange shortbread	Chocolate muffins	Whip or jelly	Fruity flapjack	Ice cream tubs



MENU



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-10F YOUR 5 A DAY

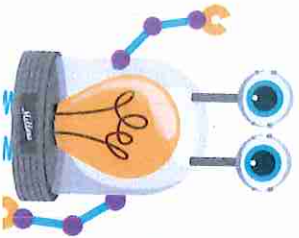


-HEALTHY OPTION

Week 3	MF Monday	Tuesday	Wednesday	Thursday	Chippy Friday
Main meal plus halal option (H)	Margarita pizza wrap with potato wedges	Turkey lasanga	Roast chicken with roast potatoes and gravy	Chicken curry served with 50/50 rice	Breaded fish fingers with chips
Pasta bar	Pasta served with a basilica sauce	Pasta served with a tomato pomodara sauce	Pasta served with a Mediterranean tomato sauce	Pasta served with a tomato and mascarpone sauce	Battered chicken strips with chips
Jacket Potato bar	Jacket Tuna mayo Cheese and beans coleslaw	Egg mayo rolls	Tuna mayo sandwich	Cheese sandwich	jackets Tuna mayo Cheese and beans coleslaw
accompaniments	Seasonal veg Salad bar	Seasonal veg Salad bar	Seasonal veg Salad bar	Seasonal veg Salad bar	Seasonal veg Salad bar
fresh fruit or yoghurt	Fresh fruit or Yoghurt Pot	Fresh fruit or Yoghurt Pot	Fresh fruit or Yoghurt Pot	Fresh fruit or Yoghurt Pot	Fresh fruit or Yoghurt Pot
Dessert	Ginger and coconut cookie	Apple and cinnamon muffin	Chocolate, banana or Strawberry whip	Oaty biscuits	Ice cream tubs



MENU



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- 10% YOUR 5 A DAY



- HEALTHY OPTION