





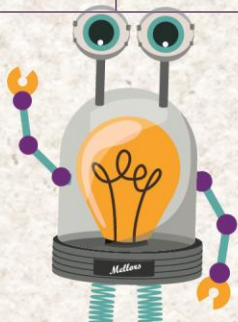




Week 1	MF Monday	Tuesday	Wednesday	Thursday	Chippy Friday
Main meal plus halal option (H) 	Homemade margherita pizza served with jacket wedges.	Chefs chicken curry served with mixed rice	Roast chicken with roast potatoes with gravy	Chicken sausage and mash with a Yorkshire pudding and gravy	MSC Certified Fish of the day with chips
Pasta bar 	Spicy Tomato Pasta with cheese	Arrabiata Pasta with cheese garlic bread	Tomato and basil pasta with cheese	Barbeque pasta with cheese	Chicken Pieces and a dip served with chips
Jacket Potato bar 	Tuna mayo Cheese & beans Coleslaw	Tuna mayo Cheese & beans Coleslaw	Tuna mayo Cheese & beans Coleslaw	Tuna mayo Cheese & beans Coleslaw	Tuna mayo Cheese & beans Coleslaw
accompaniments 	Baked Beans Salad bar	Roasted Vegetables Salad bar	Broccoli and cauliflower Salad bar	Batton Carrots Salad bar	Chunky Chips Peas Curry sauce
fresh fruit or yoghurt  	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt
Dessert	Lemon Drizzle cake	Sticky Toffee Muffin	Jelly Fruit	Vanilla shortbread	Ice cream



MENU









Fuel your afternoon with a healthy school lunch from Mellors



- 1 OF YOUR 5 A DAY

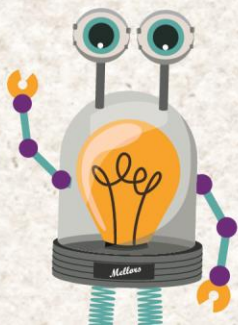


- HEALTHY OPTION

Week 2	MF Monday	Tuesday	Wednesday	Thursday	Chippy Friday
Main meal plus halal option (H) 	Homemade cheese onion pinwheels served with potatoes & beans	Roast chicken fillet and Roast potatoes	Homemade lasagne served with a garlic slice	Chicken Korma served with mixed rice and a naan bread	MSC Certified Fish fingers with chips
Pasta bar 	Spicy Tomato Pasta with cheese	Pasta with cheese and garlic bread	Mediterranean pasta served with cheese	Italian sauce and pasta served with cheese	Homemade margherita pizza served with chips
Jacket Potato bar 	Tuna mayo Cheese and beans coleslaw	Tuna mayo Cheese and beans coleslaw	Tuna mayo Cheese and beans coleslaw	Tuna mayo Cheese and beans coleslaw	Tuna mayo Cheese and beans coleslaw
accompaniments 	Baked beans Salad bar	Baton carrots and Green beans Salad bar	Sweetcorn and Peppers Salad bar	Mixed Vegetables Salad bar	Chunky chips Mushy peas Curry sauce
fresh fruit or yoghurt  	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt
Dessert	Banana cake	Homemade cookies	Chocolate and orange muffin	Apple flapjack	Strawberry mousse



MENU









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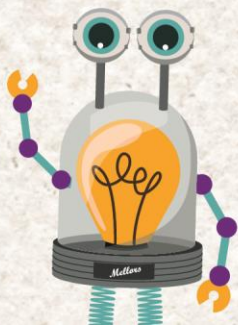


- HEALTHY OPTION

Week 3	MF Monday	Tuesday	Wednesday	Thursday	Chippy Friday
Main meal plus halal option (H) 	Vegetable Biryani served with Naan bread	Barbeque chicken served with boiled new potatoes	Spicy beef chilli and rice (No kidney beans)	Homemade chicken and leek pie served with potato	MSC Certified Fish of the day with chips
Pasta bar 	Tomato and basil Pasta with cheese	Arrabiata Pasta with cheese garlic bread	Mediterranean pasta served with cheese	Tomato pasta served with tuna and cheese	2oz Beef burger in a bap served with chips
Jacket Potato bar 	Tuna mayo Cheese and beans coleslaw	Tuna mayo Cheese and beans coleslaw	Tuna mayo Cheese and beans coleslaw	Tuna mayo Cheese and beans coleslaw	Tuna mayo Cheese and beans coleslaw
accompaniments 	Baked Beans Salad bar	Green beans Salad bar	Mexicorn Salad bar	Carrots and Peas Salad bar	Chunky chips Peas or Beans Curry sauce
fresh fruit or yoghurt  	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt
Dessert	Chocolate tray bake	Oat biscuits	Homemade muffins	Ginger Biscuits	Fruit Jelly



MENU



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- 1 OF YOUR 5 A DAY



- HEALTHY OPTION