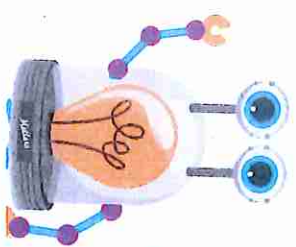




Week 1	MF Monday	Tuesday	Wednesday	Thursday	Chippy Friday
Main meal plus halal option (H)	Margarita pizza with potato wedges	Beef burger served with diced potato's	Roast chicken served with new potatoes and gravy	chicken curry served with 50/50 rice	Fish fingers with chips
Pasta bar	Pasta served with a basilica sauce	Pasta served with a veggie tikka sauce	Pasta served with a pomodoro sauce	Pasta served with a Mediterranean sauce	Breaded chicken served with chips
Jacket Potato bar or sandwiches	Jacket potatoes	Tuna mayo sandwiches	Egg mayo roll	Cheese sandwiches	Jacket potatoes
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



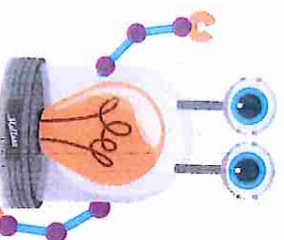
- 1 OF YOUR 5 A DAY

- HEALTHY OPTION

Week 2	MF Monday	Tuesday	Wednesday	Thursday	Chippy Friday
Main meal plus halal option (H) 	Veggie pizza wrap With wedges	Meat and potato pie	Chinese five spice chicken noodles	Chicken sausage With mashed potatoes	Breaded cod fish fingers with chips
Pasta bar 	Pasta served with pomodoro sauce	Pasta served with a Mediterranean tomato sauce	Pasta served with a spicy arrabiatta	Pasta served with a veggie bolognese sauce	Crispy chicken goujons
Jacket Potato bar 	Jackets Tuna mayo Cheese and beans coleslaw	Tuna mayo roll	Egg 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	Lemon or orange shortbread	Chocolate muffins	Whip or jelly	Fruity flapjack	Ice cream tubs



MENU



Fuel your afternoon with a healthy school lunch from Mellors



- 10F YOUR 5 A DAY

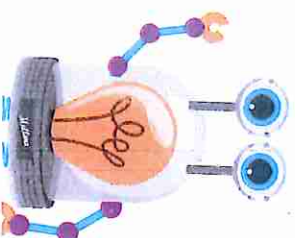


- HEALTHY OPTION

Week 3	MF Monday	Tuesday	Wednesday	Thursday	Chippy Friday
Main meal plus halal option (H)	Quorn nuggets With potato wedges	Cheese pin wheels With diced potatoes	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 pomodoro 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	Tuna mayo sandwich	Egg mayo sandwich	Cheese sandwich	Jackets Tuna mayo Cheese and beans
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



Fuel your afternoon with
a healthy school lunch
from Mellors



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION