


| WEEK 1 | MONDAY <small>MEAT FREE</small> | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------|--|---|--------------------------------------|---|--------------------------------------|
| MAIN DISH | Sausage And Mash | All Day Breakfast | Roast Beef With Trimmings | Chicken Tikka With Rice | Fish And Chips |
| VEGETARIAN MAIN DISH | Vegetarian Sausage and Mash | Quorn Cottage Pie  | Quorn Roast With Trimmings | Vegetarian Curry With Rice <small>5 A DAY</small> | Quorn Nuggets With Chips |
| ACCOMPANIMENTS <small>5 A DAY</small> | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar  | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar |
| DESSERTS | Jam Sponge With Custard <small>5 A DAY</small> | Chocolate Cake With Mint Custard <small>5 A DAY</small> | Apple Crumble Cake | Chocolate Brownie | Ice Cream <small>5 A DAY</small> |
| 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 & SANDWICH SELECTION | Jacket potato and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection |



MENU

Fuel your afternoon with a healthy school lunch from Mellors



KEY 5 A DAY - 1 OF YOUR 5 A DAY MEAT FREE - MEAT-FREE MONDAY  - CHEF'S CHOICE Pb - PLANT-BASED (VEGAN)