

NUTRITIONIST APPROVED ✓

Week 2 W/C 13 th nov, 4 th dec, 8 th -29 th jan, 26 th feb, 18 th march	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Vegetable curry and rice	Burger in a bun and wedges	Chicken pie, roast potatoes and gravy	Beef pasta Bolognese	Fish fingers and chips
Option 2	Veg stir fry and rice	Quorn burger in a bun and wedges	Vegetable pie, mash, and gravy	Quorn pasta Bolognese	Quorn chicken nuggets and chips
Option 3	Jacket potato with cheese, tuna mayo or baked beans	Jacket potato with cheese, tuna mayo or baked beans		Jacket potato with cheese, tuna mayo or baked beans	Jacket potato with cheese, tuna mayo or baked beans
Option 4	Sandwich Ham, Cheese, Tuna ,mayo	Sandwich Ham, Cheese, Tuna ,mayo		Sandwich Ham, Cheese, Tuna ,mayo	Sandwich Ham, Cheese, Tuna ,mayo
Accompaniments 5 A DAY	Seasonal vegetables Salad bar bread	Seasonal vegetables Salad bar bread	Seasonal vegetables Salad bar bread	Seasonal vegetables Salad bar bread	Seasonal vegetables Salad bar bread
Desserts 5 A DAY	Carrot cake or yogurt or fruit	Beetroot chocolate brownie or yogurt or fruit	Oaty biscuit or yogurt or fruit	Rice pudding and jam or yogurt or fruit	Ice cream and fruit or yogurt or fruit



MENU



Fuel your afternoon with a healthy school lunch from Mellors

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