

**NUTRITIONIST APPROVED** ✓

<b>Week 3</b> W/C 20 <sup>th</sup> nov, 11 <sup>th</sup> dec, 15 <sup>th</sup> jan, 5 <sup>th</sup> feb, 4 <sup>th</sup> march,	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Option 1</b>	Quorn and vegetable curry and rice	Ham pizza naan and wedges	Mince, mash and Yorkshire pudding	Pork meatballs in a tomato sauce and pasta	Fish fillet (battered), chips and peas
<b>Option 2</b>	Sweet potato and vegetable curry and rice	Cheese pizza naan and wedges	Quorn mince, mash and Yorkshire pudding	Quorn meat balls in a tomato sauce and pasta	Bbq bean wrap and chips
<b>Option 3</b>	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
<b>Option 4</b>	Sandwich Ham, Cheese, Tuna ,mayo	Sandwich Ham, Cheese, Tuna ,mayo		Sandwich Ham, Cheese, Tuna ,mayo	Sandwich Ham, Cheese, Tuna ,mayo
<b>Accompaniments</b> 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
<b>Desserts</b> 5 A DAY	Fruit crumble and custard or yogurt or fruit	Ginger biscuit or yogurt or fruit	Iced lemon sponge or yogurt or fruit	Banana and chocolate slice and custard or yogurt or fruit	Ice cream and fruit



# MENU



Fuel your afternoon with a healthy school lunch from Mellors



- MEAT FREE MONDAY



- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE