


NUTRITIONIST APPROVED ✓

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Battered fish with chips & ketchup	Chicken biriyani with pitta bread	Roast chicken, mashed potatoes & gravy	Cheese quiche with Spanish style potatoes	Pizza wrap with baked wedges
VEGETARIAN MAIN DISH	Veggie Nuggets with chips & ketchup	Vegetable biriyani with pitta bread	Quorn fillet, mashed potatoes & gravy	BBQ bean wraps with 50/50 savoury rice	Quorn hotdog with baked wedges
ACCOMPANIMENTS 	Seasonal vegetables Fresh salad Fresh 50/50 bread	Seasonal vegetables Fresh salad Fresh 50/50 bread	Seasonal vegetables Fresh salad Fresh 50/50 bread	Seasonal vegetables Fresh salad Fresh 50/50 bread	Seasonal vegetables Fresh salad Fresh 50/50 bread
SANDWICH	Cheese, Tuna mayo or Egg mayo	Cheese, Tuna mayo or Egg mayo	Cheese, Tuna mayo or Egg mayo	Cheese, Tuna mayo or Egg mayo	Cheese, Tuna mayo or Egg mayo
JACKET POTATO	Beans, Cheese or tuna	Beans, Cheese or tuna	Beans, Cheese or tuna	Beans, cheese or tuna	Beans, Cheese and tuna
DESSERT	Chocolate crunch Fresh fruit or yoghurt	Shortbread biscuit Fresh fruit or yoghurt	Sticky toffee muffins Fresh fruit or yoghurt	Apple flapjack Fresh fruit or yoghurt	Ice cream served with fruit fresh fruit or yoghurt



MENU



Fuel your afternoon with a healthy school lunch from Mellors

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