



NUTRITIONIST APPROVED ✓

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Bettered fish with chips & ketchup	Chicken tomato Pasta with garlic bread	Roast chicken, mashed potatoes & gravy	Tugo pizza with diced potatoes	Chicken wrap with savoury rice
VEGETARIAN MAIN DISH	Quorn burger with chips & ketchup	Vegetable Tomato Pasta with garlic bread	Quorn fillet, mashed potatoes & gravy	Cheese Flan with Diced Potatoes 	Vegetable chilli with 50/50 rice
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	Marble sponge and custard Fresh fruit or yoghurt	Lemon drizzle cake Fresh fruit or yoghurt	Carrot and orange muffins Fresh fruit or yoghurt	Apple flapjack Fresh fruit or yoghurt	Ginger biscuits 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