



**NUTRITIONIST APPROVED** ✓

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN DISH</b>	Fish figers or salmon fishcake with chips & ketchup	Lamb keema, 50/50 rice with naan bread 	Roast chicken, mashed potatoes & gravy	Falafel in a pitta with spicy rice	Cajun chicken pasta in tomato sauce with garlic bread
<b>VEGETARIAN MAIN DISH</b>	Quorn sausage with chips & ketchup	Vegetable keema, 50/50 rice with naan bread	Quorn fillet, mashed potatoes & gravy	Veggie Burrito with spicy rice	Vegetable pasta bake with garlic bread
<b>ACCOMPANIMENTS</b> 	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
<b>SANDWICH</b>	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
<b>JACKET POTATO</b>	Beans, Cheese or tuna	Beans, Cheese or tuna	Beans, Cheese or tuna	Beans, cheese or tuna	Beans, Cheese and tuna
<b>DESSERT</b>	Crunchy oat & apple square Fresh fruit or yoghurt	Homemade muffin Fresh fruit or yoghurt	Fruit pie & custard Fresh fruit or yoghurt	Jelly & fruit Fresh fruit or yoghurt	Shortbread biscuit 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