



NUTRITIONIST APPROVED ✓

WEEK 1 SUMMER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HALAL CHOICE	Margherita Pizza Served with potato wedges	Pasta bolognese served with garlic bread	Roast chicken mashed potatoes, Yorkshire pudding and gravy	Chicken tikka masala served with 50/50 rice and a naan bread 	Fishfingers served with chunky chips and tomato ketchup
VEGAN CHOICE	Margherita pizza served with potato wedges	Quorn pasta bolognese served with garlic bread	Quorn roast, mashed potatoes, Yorkshire puddings and gravy	Quorn tikka masala served with 50/50 rice and a naan bread	Quorn nuggets served with chunky chips and tomato ketchup
SANDWICH CHOICE	Cheese, tuna mayo or egg mayo wrap	Cheese, tuna mayo or egg mayo sandwich	Cheese, tuna mayo or egg mayo wrap	Cheese, tuna mayo or egg mayo sandwich	Cheese, tuna mayo or egg mayo wrap
JACKET POTATO	Beans, cheese or tuna mayo	Beans, cheese or tuna mayo	Beans, cheese or tuna mayo	Beans, cheese or tuna mayo	Beans, cheese or tuna mayo
ACCOMPANIMENTS 	Sweetcorn and baked beans	Carrots and green beans	Cauliflower and cabbage	Broccoli and sweetcorn	Baked beans and peas
DESSERT FRESH FRUIT & YOGHURT	Flapjack Fresh fruit and yoghurt	Marble cake served with custard Fresh fruit and yoghurt	Fruit in jelly Fresh fruit and yoghurt	Chocolate orange cookie Fresh fruit and yoghurt	Ice cream served with fruit Fresh fruit and yoghurt



MENU



Fuel your afternoon with a healthy school lunch from Mellors



- MEAT FREE MONDAY



- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE