



NUTRITIONIST APPROVED ✓

WEEK 3 SUMMER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HALAL CHOICE	Margherita pizza served with potato wedges	Chicken lasagne served with garlic bread 	Roast chicken, mashed potatoes, Yorkshire pudding and gravy	BBQ chicken served with 50/50 rice	Fish fingers served with chunky chips and tomato ketchup
VEGAN CHOICE	Margherita pizza served with potato wedges	Potato and cauliflower curry served with a naan bread	Quorn roast, mashed potatoes, Yorkshire pudding and gravy	Creamy butternut squash pasta	Veggie burger in a bun 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 sandwich	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	Peas and carrots	Green beans and cauliflower	Broccoli and sweetcorn	Beans and peas
DESSERT FRESH FRUIT & YOGHURT	Peach sponge and custard Fresh fruit and yoghurt	Fruit meringue Fresh fruit and yoghurt	Lemon cake Fresh fruit and yoghurt	Shortbread biscuit Fresh fruit and yoghurt	Ice cream 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