







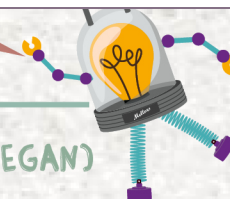


WEEK 1	 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Beef burger with baked potato wedges	Chicken sausage with creamy mash potato & gravy	Roast of the Day With Yorkshire pudding, Roast potatoes & gravy	Crispy battered fish & chunky chips	Chicken wrap With 50/50 rice
Vegetarian Option	Vegetarian burger With baked potato wedges	 Macaroni cheese	 Quorn™ fillet with roast potatoes & gravy	 Crispy vegetable fingers with chunky chips	 Tomato & basil pasta
Accompaniments 	Seasonal vegetables ..... Salad bar	Seasonal vegetables ..... Salad bar	Seasonal vegetables ..... Salad bar	Seasonal vegetables ..... Salad bar	Seasonal vegetables ..... Salad bar
Dessert	 Chocolate & pear sponge with custard	Butterscotch mousse	 Flapjack	Carrot cake	Chocolate & orange cookie
Fresh Fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



# MENU

healthy school lunch from Mellors



KEY



- 1 OF YOUR 5 A DAY



- MEAT-FREE MONDAY












- CHEF'S CHOICE



- PLANT-BASED (VEGAN)

**\*Allergens and intolerances\*** All of our food is lovingly hand crafted and prepared on site daily. We have an allergen procedure in place, so please ensure you make our catering team aware of your allergens/ your child's allergens prior to using the restaurant. Our kitchens are used for multi-purpose production so we cannot guarantee the above dishes are completely free from allergenic ingredients or traces of these.

WEEK 2	 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Margherita pizza with baked potato wedges	 Homemade lasagne with herb dough balls	Roast chicken with creamy mash potato & gravy	Crispy battered fish & chunky chips	Chicken chow mein
Vegetarian Option	 Sweet potato & vegetable masala with 50/50 rice	 Chinese stir fry with chicken style pieces & noodles	 Quorn™ & tomato bake with new potatoes	 Vegan sausage & chunky chips	 Tomato & basil pasta
Accompaniments 	Seasonal vegetables ..... Salad bar	Seasonal vegetables ..... Salad bar	Seasonal vegetables ..... Salad bar	Seasonal vegetables ..... Salad bar	Seasonal vegetables ..... Salad bar
Dessert	Shortbread	 Chocolate & banana slice	Zesty lemon muffin	Ginger cake & custard	Ice cream
Fresh Fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Lamb shish Kebab served with rice	 Italian pasta bolognese	Roast chicken with creamy mash potato & gravy	Crispy battered fish & chunky chips	Turkey Koftas in tomato sauce with pasta
Vegetarian Option	Cheese pinwheels with half a jacket potato	Vegetable Biryani	Vegetable wellington with mash potato & gravy	 Quorn™ nuggets with chunky chips	Samosas served with Spiced potatoes
Accompaniments 	Seasonal vegetables ..... Salad bar	Seasonal vegetables ..... Salad bar	Seasonal vegetables ..... Salad bar	Seasonal vegetables ..... Salad bar	Seasonal vegetables ..... Salad bar
Dessert	Chocolate crunch with chocolate sauce	Jam & coconut sponge	Fruit jelly	Spiced apple cake	 Oaty biscuit with fresh fruit 
Fresh Fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



# MENU

Eating all your fruit & veg will help you grow BIG and STRONG (like me!)



KEY



- 1 OF YOUR 5 A DAY



- MEAT-FREE MONDAY



- CHEF'S CHOICE



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