WEEK 1	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Vegetarian korma with chicken style pieces and 50/50 rice	Pork sausage with creamy mash potato & gravy	Roast beef with Yorkshire puddings, roast potatoes & gravy	Spanish chicken in a tomato sauce with 50/50 rice	Crispy fish fingers with chunky chips
VEGETARIAN MAIN DISH	Quorn™ pie	Vegan sausage & mash potato with gravy	Quorn™ fillet with roast potatoes & gravy	Tomato & roasted vegetable pasta	Quorn™ burger with chips
ACCOMPANIMENTS  5	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Peas & baked beans Salad bar
DESSERTS	Chocolate sponge	Apple crumble & custard	Flapjack	Lemon 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
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Fuel your afternoon with a healthy school lunch from Mellors







KEY 5 - 1 OF YOUR 5 A DAY MEAT-FREE MONDAY - CHEF'S CHOICE



