|      | WEEK 1                            | MEAT MONDAY                                     | TUESDAY   | WEDNESDAY   | THURSDAY                                   | FRIDAY                                   |
|------|-----------------------------------|---|---|---|--|--|
|      | MAIN DISH                         | Margherita pizza<br>with baked<br>potato wedges | Homemade meat<br>& potato pie with<br>mash potato | Roast beef,<br>with Yorkshire<br>pudding, roast<br>potatoes & gravy | Chicken tikka<br>masala with<br>50/50 rice | Crispy fish fingers<br>with chunky chips |
|      | /EGETARIAN<br>MAIN DISH           | Vegetarian<br>pasta bake                        | Macaroni<br>cheese                                | Vegetarian toad in<br>the hole with roast<br>potatoes & gravy       | Tomato & roasted vegetable pasta           | Quorn™<br>burger<br>with chips           |
| ACC( | OMPANIMENTS  5                    | Seasonal<br>vegetables<br>Salad bar             | Seasonal<br>vegetables<br>Salad bar               | Seasonal<br>vegetables<br>Salad bar                                 | Seasonal<br>vegetables<br>Salad bar        | Peas &<br>baked beans<br>Salad bar       |
|      | DESSERTS                          | Lemon cake                                      | Cheese & crackers with grapes                     | Flapjack  | Marble sponge<br>& custard                 | Fruit in jelly                           |
| 775  | FRESH FRUIT<br>OR YOGHURT         | Fresh<br>fruit or Yoghurt                       | Fresh<br>fruit or Yoghurt                         | Fresh<br>fruit or Yoghurt   | Fresh<br>fruit or Yoghurt                  | Fresh<br>fruit or Yoghurt                |
|      | KET POTATO AND<br>DWICH 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     |



Fuel your afternoon with a healthy school lunch from Mellors





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





