

Week 1	MF Monday	Tuesday	Wednesday	Thursday	Chippy Friday
Main meal plus halal option (H) 	Margarita pizza with potato wedges	quorn burger served with new potato's	Roast chicken served with roast potatoes and gravy	chicken curry served with 50/50 rice	Crispy battered fish with chips
Pasta bar 	Pasta served with a basilica sauce	Pasta served with a veggie tikka sauce	Pasta served with a tomato and mascarpone sauce	Pasta served with a barbeque and Quorn sauce	Breaded chicken served with chips
Jacket Potato bar or sandwiches 	Tuna mayo And sweetcorn wrap	jacket Tuna mayo Cheese & beans Coleslaw	Cheese sandwich	Egg mayo roll	jacket Tuna mayo Cheese & beans Coleslaw
accompaniments 	Seasonal veg Salad bar	Seasonal veg Salad bar	Seasonal veg Salad bar	Seasonal veg Salad bar	Seasonal veg Salad bar
fresh fruit or yoghurt  	Fresh fruit or Yoghurt Pot	Fresh fruit or Yoghurt Pot	Fresh fruit or Yoghurt Pot	Fresh fruit or Yoghurt Pot	Fresh fruit or Yoghurt Pot
Dessert	Chocolate crunch	coconut buns	Jelly and fruit	Oaty apple squares	Ice-cream tub



MENU









Fuel your afternoon with
a healthy school lunch
from Mellors



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION

Week 2	MF Monday	Tuesday	Wednesday	Thursday	Chippy Friday
Main meal plus halal option (H) 	Margherita pizza wrap With wedges	Beef burger in a bun with garlic new potato's	Diced chicken in gravy served with mash potato	Quorn curry served with 50/50 rice	Breaded cod fish fingers with chips
Pasta bar 	Pasta served with pomodora sauce	Pasta served with a Mediterranean tomato sauce	Pasta served with a spicy arrabiatta	Pasta served with a veggie bolognaise sauce	Quorn nuggets
Jacket Potato bar 	Jackets Tuna mayo Cheese and beans coleslaw	Tuna mayo roll	Egg mayo sandwich	Cheese sandwich	Tuna mayo Cheese and beans coleslaw
accompaniments 	Seasonal veg Salad bar	Seasonal veg Salad bar	Seasonal veg Salad bar	Seasonal veg Salad bar	Seasonal veg Salad bar
fresh fruit or yoghurt  	Fresh fruit or Yoghurt Pot	Fresh fruit or Yoghurt Pot	Fresh fruit or Yoghurt Pot	Fresh fruit or Yoghurt Pot	Fresh fruit or Yoghurt Pot
Dessert	Lemon or orange shortbread	Chocolate muffins	Whip or jelly	Fruity flapjack	Ice cream tubs



MENU









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- 1 OF YOUR 5 A DAY



- HEALTHY OPTION

Week 3	MF Monday	Tuesday	Wednesday	Thursday	Chippy Friday
Main meal plus halal option (H) 	Margarita pizza wrap with potato wedges	lasagne	Roast chicken with roast potatoes and gravy	Chicken curry served with 50/50 rice	Breaded fish fingers With chips
Pasta bar 	Pasta served with a basilica sauce	Pasta served with a tomato pomodara sauce	Pasta served with a Mediterranean tomato sauce	Pasta served with a tomato and mascarpone sauce	Battered chicken strips with chips
Jacket Potato bar 	Jacket Tuna mayo Cheese and beans coleslaw	Egg mayo rolls	Tuna mayo sandwich	Cheese sandwich	jacketsTuna mayo Cheese and beans coleslaw
accompaniments 	Seasonal veg Salad bar	Seasonal veg Salad bar	Seasonal veg Salad bar	Seasonal veg Salad bar	Seasonal veg Salad bar
fresh fruit or yoghurt  	Fresh fruit or Yoghurt Pot	Fresh fruit or Yoghurt Pot	Fresh fruit or Yoghurt Pot	Fresh fruit or Yoghurt Pot	Fresh fruit or Yoghurt Pot
Dessert	Ginger and coconut cookie	Apple and cinnamon muffin	Chocolate, banana or Strawberry whip	Oaty biscuits	Ice cream tubs



MENU



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- 1 OF YOUR 5 A DAY



- HEALTHY OPTION