









WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Sausage with Mash potato and peas	Butter chicken curry with rice 	Roast chicken and stuffing with roast potatoes and gravy	Chicken and tomato pasta bake	Fish of the day with chips
VEGETARIAN MAIN DISH	Vegetarian Sausage with Mash potato and peas	Filled Oatcakes	Roast Quorn™ fillet with roast potatoes and gravy  	Macaroni cheese	Vegetable Pasta Bake 
ACCOMPANIMENTS	Seasonal vegetables & salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Peach & raspberry cobbler and custard	Chocolate crunch	Rice pudding with fruit compote	Oat & Apricot crunch	Fruit and ice cream 
FRESH FRUIT & YOGHURT	Fresh fruit or yoghurt 	Fresh fruit or yoghurt 	Fresh fruit or yoghurt	Fresh fruit or yoghurt 	Fresh fruit or yoghurt
JACKET POTATO & 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



Fuel your afternoon with a healthy school lunch from Mellors



- MEAT FREE MONDAY









- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Mexican chicken enchilada Wrap with wedges	Sausage mashed potato & baked beans 	Roast beef with Yorkshire pudding gravy and roast potato	Sweet and sour chicken with mixed rice	Fish of the day with chips
Vegetarian Dish	Mexican Quorn enchilada Oatcake with wedges	Tuna Pasta bake with garlic bread	Quorn sausage with gravy and roast potato	Vegetarian filled Oatcakes	Macaroni Cheese
Accompaniments	Seasonal vegetables Salad bar 	Seasonal vegetables Salad bar 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar 	Seasonal vegetables Salad bar
Dessert	Chocolate & banana slice	Carrot and orange muffins	Apple & berry fool 	Fruit crumble and custard 	Oat biscuits
Fruit or Yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt
Baked Potatoes & 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	Sausage or Turkey sausage pasta bake with garlic slice	Chicken and sweetcorn pie with mashed potato	Roast lamb with Yorkshire pudding gravy and roast potato	Pizza day with wedges & salad	Fish of the day with chips
Vegetarian Dish	Vegetable stir fry with rice	Sweet potato & vegetable hotpot	Vegetarian filled Oatcakes	Spicy vegetable fajita With wedges	Cauliflower & Broccoli bake with roast potatoes
Accompaniments	Seasonal vegetables Salad bar 	Seasonal vegetables Salad bar 	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar 	Seasonal vegetables Salad bar
Dessert	Plum yoghurt cake	Courgette & apple muffins	Bananas & custard 	Fruit in jelly 	Shortbread biscuits and mandarins
Fruit or Yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt
Baked Potato & 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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