


NUTRITIONIST APPROVED ✓

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Sausages in Onion Gravy with Creamy Mash Potato	Pizza of the Day Margarita Pizza with Wedges 	Roast Chicken and Stuffing with Roast Potatoes and Gravy	Chicken and Tomato Pasta Bake 	Fish of the Day Crispy Battered Fish with Chips
ACCOMPANIMENTS	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
DESSERTS	Apple Crumble & Custard 	Strawberry Whip	Chocolate crunch	Blueberry and Banana Muffins	Fruit and Ice Cream 
FRESH FRUIT & YOGHURT	Fresh Fruit and Yoghurt	Fresh Fruit and Yoghurt	Fresh Fruit and Yoghurt	Fresh Fruit and Yoghurt	Fresh Fruit and Yoghurt
JACKET POTATO	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings	Jacket Potato with Various Fillings



MENU



Fuel your afternoon with a healthy school lunch from Mellors

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