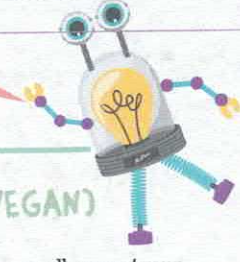
WEEK 1	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Macaroni cheese + Garlic Bread	Pepperoni pizza & wedges	Sausage & Mash Yorkshire pudding	pork meatballs & pasta	Battered fish with French fries
VEGETARIAN MAIN DISH	Vegetable Fingers & Half jacket	Margarita pizza & wedges	Quorn sausage Mash Yorkshire pudding	Quorn meatball & pasta	Vegetable burger With french fries
ACCOMPANIMENTS 5 A DAY	Seasonal vegetables ..... Salad Bar	Seasonal vegetable ..... Salad Bar	Seasonal vegetables ..... Salad Bar	Seasonal vegetable ..... Salad Bar	Seasonal vegetable ..... Salad Bar
DESSERTS	shortcake	Chocolate cookies	Iced sponge	Flapjack	Ice cream
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 Ham, Jam or Cheese sandwich	Pasta in tomato sauce Ham, Jam or Cheese sandwich	Jacket potato Ham, Jam or Cheese sandwich	Pasta in tomato sauce Ham, Jam or Cheese sandwich	Jacket potato Ham, Jam or Cheese sandwich

Jacket potato

MENU

Fuel your afternoon with a healthy school lunch from Mellors



KEY 5 A DAY - 1 OF YOUR 5 A DAY · MEAT FREE - MEAT-FREE MONDAY · - CHEF'S CHOICE · PLANT-BASED - PLANT-BASED (VEGAN)

Allergens and intolerances All of our food is lovingly hand crafted and prepared on site daily. We have an allergen procedure in place, so please ensure you make our catering team aware of your allergens/ your child's allergens prior to using the restaurant. Our kitchens are used for multi-purpose production so we cannot guarantee the above dishes are completely free from allergenic ingredients or traces of these.

WEEK 2	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Tomato and pasta bake	Ham pizza & Diced potatoes	Roast chicken Roast potatoes & gravy	All Day Breakfast	Crispy battered fish & chunky chips
VEGETARIAN MAIN DISH	Cheese roll With Half jacket potato	Veggie burger & diced Potatoes	Quorn fillet Roast potatoes & gravy	All day vegetarian breakfast	Cheese & bean bake with chunky chips
ACCOMPANIMENTS 5 A DAY	Seasonal vegetables ..... Salad Bar	Seasonal vegetables ..... Salad Bar	Seasonal vegetables ..... Salad Bar	Seasonal vegetables ..... Salad Bar	Seasonal vegetables ..... Salad Bar
DESSERTS	shortbread	Rice Krispie cake	Jelly & fruit	Choc sponge	Ice lollies
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 Ham, Jam or Cheese sandwich	Pasta in tomato sauce Ham, Jam or Cheese sandwich	Jacket Potato Ham, Jam or Cheese sandwich	Pasta in tomato sauce Ham, Jam or Cheese sandwich	Jacket potato Ham, Jam or Cheese sandwich



Try something NEW today...
Variety is key to a healthy diet.

MENU

Mellors

KEY 5 A DAY - 1 OF YOUR 5 A DAY | MEAT FREE - MEAT-FREE MONDAY | - CHEF'S CHOICE | PB - PLANT-BASED (VEGAN)

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WEEK 3	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Margherita pizza & wedges	hot dogs with new potatoes	Roast Turkey & Roast potatoes	Chicken wrap & rice	Crispy battered fish & chunky chips
VEGETARIAN MAIN DISH	Quorn in soy sauce & noodles	Quorn hot dog With new potatoes	Quorn fillet & roast potatoes	Quorn nuggets wrap & rice	Cheese toasties Chunky chips
ACCOMPANIMENTS 5 A DAY	Seasonal vegetables ..... Salad Bar	Seasonal vegetables ..... Salad Bar	Seasonal vegetables ..... Salad Bar	Seasonal vegetables ..... Salad Bar	Seasonal vegetables ..... Salad Bar
DESSERTS	muffins	Jam sponge	Cookies	Chocolate brownie	Ice cream
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 Ham, Jam or Cheese sandwich	Pasta in tomato sauce Ham, Jam or Cheese sandwich	Jacket potato Ham, Jam or Cheese sandwich	Pasta in tomato sauce Ham, Jam or Cheese sandwich	Jacket potato Ham, Jam or Cheese sandwich

Eating all your fruit & veg will help you grow BIG and STRONG (like me!)

KEY 5 A DAY - 1 OF YOUR 5 A DAY MEAT FREE - MEAT-FREE MONDAY - CHEF'S CHOICE PB - PLANT-BASED (VEGAN)

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