WEEK1	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Margherita pizza with baked potato wedges	Mexican chilli with 50/50 rice	Roast chicken with roast potatoes & gravy	Hot dog served with wedges	Crispy battered fish & chunky chips
VEGETARIAN MAIN DISH	Tomato & basil pasta	Vegetarian cottage pie	Cheese & onion pie served with new potatoes	Chinese stir fry with chicken style pieces & noodles	Quorn™ burger with chips
ACCOMPANIMENTS 5	Peas & broccoli Salad bar	Sweetcorn & carrots Salad bar	Green beans & cauliflower Salad bar	Peas & coleslaw Salad bar	Peas & baked beans Salad bar
DESSERTS	Fruit crumble & custard	Cheese & crackers with grapes	Lemon drizzle cake	Marble sponge & custard	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 & beans, cheese or tuna mayo OR cheese or ham sandwich	Jacket potato & beans, cheese or tuna mayo OR cheese panini	Jacket potato & beans, cheese or tuna mayo OR cheese or ham sandwich	Jacket potato & beans, cheese or tuna mayo OR cheese panini	Jacket potato & beans, cheese or tuna mayo OR cheese or ham sandwich



Fuel your afternoon with a healthy school lunch from Mellors





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





