

**NUTRITIONIST
APPROVED** ✓

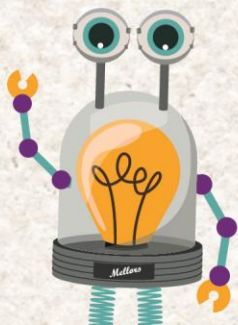
5
A DAY



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Sausage & Mash Potato	Pizza of the Day & Wedges	Roast Turkey & Roast Potatoes	Chicken & Tomato Pasta Bake & Garlic Bread	Fish of the Day with Chips
VEGETARIAN MAIN DISH	Quorn Sausage & Mash Potato	Cheese & Onion Quiche	Vegetable Curry	Macaroni Cheese & Garlic Bread	Quorn Nuggets
ACCOMPANIMENTS	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar	Seasonal Vegetables Salad Bar
DESSERTS	Apple Crumble & Custard	Lemon & Lime Drizzle Cake	Fruit and Ice Cream	Cheese, Crackers & Grapes	Ginger Biscuits
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 & 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

5
A DAY

- 1 OF YOUR 5 A DAY



- HEALTHY OPTION