

Week 3 w/c 18 th Nov, 9 th Dec, 20 th Jan, 10 th Feb, 10 th March, 31 st Mar	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Macaroni cheese	Beef lasagne and garlic bread	Roast chicken, Yorkshire puddings, roast potatoes and gravy	Beef burger in a bun and wedges	Fish fingers, chips and baked beans
Vegetarian Main	Quorn fajitas	Vegetable chow mein	Quorn fillet, Yorkshire puddings, roast potatoes and gravy	Veggie burger in a bun with wedges	Quorn dippers, chips and beans
Jacket Potato, Panini or Sandwich	Jacket potato with cheese or tuna	Jacket potato with cheese or tuna	Jacket potato with cheese or tuna	Jacket potato with cheese or tuna	Jacket potato with cheese or tuna
Sides	Seasonal vegetables Salad bar Homemade Bread	Seasonal vegetables Salad bar Homemade Bread	Seasonal vegetables Salad bar Homemade Bread	Seasonal vegetables Salad bar Homemade Bread	Seasonal vegetables Salad bar Homemade Bread
Dessert	Spiced apple cake	Ginger biscuit	Cheese and Crackers	Ice cream and fruit	Flapjack
Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt



MENU



Fuel your afternoon with a healthy school lunch from Mellors



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION