WEEK 1	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Macaroni cheese	Pork sausage with creamy mash potato & gravy	Roast turkey with Yorkshire pudding, roast potatoes & gravy	Chicken tikka masala with 50/50 rice	Fish fingers or salmon fingers with chunky chips
VEGETARIAN MAIN DISH	Vegetable stir fry with chicken style pieces and 50/50 rice	Vegetarian bolognese	Vegetarian toad in the hole with roast potatoes & gravy	Sweet potato, cheese & onion pie with new potatoes	Vegetarian burger with chunky chips
ACCOMPANIMENTS 5 ADAY	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Fruit crumble & custard	Chocolate brownie	Flapjack	Marble sponge & custard	Ice cream
FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
JACKET POTATO AND SANDWICH SELECTION	Jacket potato and sandwich selection	Jacket potato & beans, cheese or tuna mayo OR cheese panini	Jacket potato and sandwich selection	Jacket potato & beans, cheese or tuna mayo OR cheese panini	Jacket potato and sandwich selection



Fuel your afternoon with a healthy school lunch from Mellors





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





