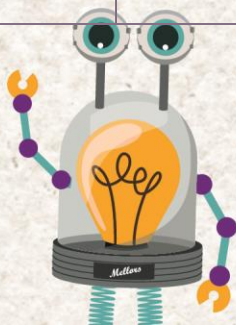


WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Quorn chicken dippers or cheese wraps 5 A DAY	Quorn chicken curry or tomato pasta bake	Sausage	Pasta with cheese or tomato and basil sauce	Cheese and tomato pizza
VEGETARIAN MAIN DISH	See above	See above	Quorn sausage	See above	Fish cakes
ACCOMPANIMENTS 5 A DAY	Potato wedges & seasonal vegetabales Salad bar	Rice, naan or garlic bread & Seasonal vegetables Salad bar	Mashed potato, Yorkshire puddings, Seasonal vegetables Salad bar	garlic bread Seasonal vegetables Salad bar	Chips, beans and salad bar
DESSERTS	Victoria sponge & custard	Biscuit & juice	Cake or muffins	Rice pudding or mousse	Ice cream or jelly
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	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



MENU



Fuel your afternoon with
a healthy school lunch
from Mellors



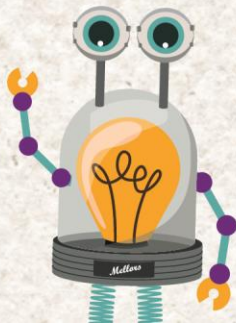
- 1 OF YOUR 5 A DAY



- HEALTHY OPTION



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- 1 OF YOUR 5 A DAY



- HEALTHY OPTION