WEEK1	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Margherita pizza and half Jackets	Meatballs in tomato sauce served with wholemeal pasta	Roast beef with Yorkshire puddings, roast potatoes & gravy	Chicken korma with 50/50 rice	Crispy battered fish & chunky chips
VEGETARIAN MAIN DISH	Vegetable curry with chapati	Cheese quiche served with new potatoes	Quorn™ fillet with roast potatoes & gravy	Sweet potato, cheese & onion pie with new potatoes	Vegetarian burger with chunky chips
ACCOMPANIMENTS 5	Cauliflower & broccoli Salad bar	Peas & carrots Salad bar	Green beans & cabbage Salad bar	Sweetcorn & broccoli Salad bar	Peas & baked beans Salad bar
DESSERTS	Chocolate brownie	Marble sponge & custard	Strawberry mousse	Ginger biscuit	Chocolate muffin
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	Jacket potato & todays choice of filling	Jacket potato & todays choice of filling	Jacket potato & todays choice of filling	Jacket potato & todays choice of filling	Jacket potato 8 todays choice of filling



Fuel your afternoon with a healthy school lunch from Mellors





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





