WEEK 1	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MENU	Margherita pizza with baked potato wedges	Meatballs in tomato sauce served with wholemeal pasta	Hot dog served with wedges	Chicken chow mein	Fish fingers or salmon fingers with chunky chips
VEGETARIAN MAIN DISH	Potato 8 cauliflower curry with 50/50 rice	Sweet & sour Quorn™ with 50/50 rice	Veggie sausage hotdog with baked wedges	Vegetarian bolognese	Vegetarian burger with chips
ACCOMPANIMENTS 5	Seasonal vegetables Salad bar	Sweetcorn & broccoli Salad bar	Seasonal vegetables Salad bar	Carrots & green beans Salad bar	Peas & baked beans Salad bar
DESSERTS	Vanilla muffin	Chocolate & banana slice	Sticky toffee muffins	5 Fruit in jelly	Fresh fruit & ice cream
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, pasta & sandwich selection	Jacket potato or Hot Tomato Pasta	Jacket potato or filled roll	Jacket potato or panini with a choice of fillings	Jacket potato or filled roll	Jacket potato or Hot Tomato Pasta



Fuel your afternoon with a healthy school lunch from Mellors







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



