WEEK 1	MENT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>MAIN DISH</u>	Margherita pizza with baked potato wedges	Chicken Tikka Massala Veg Massala with 50/50 Rice	Roast Beef/Quorn Fillet Yorkshire pudding, Roast Potatoes and gravy	Homemade Meat Pie Vegetarian Meat Pie	Crispy fish fingers with chunky chips
PASTA KING	Tomato 8 basil pasta	BBQ Quorn Pasta	Chicken/Quorn Italiano Pasta	Macaroni cheese	Crispy vegetable fingers with chunky chips
SIDES 5	Cauliflower & broccoli Salad bar	Peas & carrots Salad bar	Green beans & cabbage Salad bar	Sweetcorn & broccoli Salad bar	Peas & baked beans Salad bar
<u>DESSERT</u>	Chocolate 8 pear sponge with custard	Shortbread	Flapjack	Carrot cake	Chocolate & orange cookie
FRUIT AND YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt



Fuel your afternoon with a healthy school lunch from Mellors





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





