

NUTRITIONIST APPROVED ✓

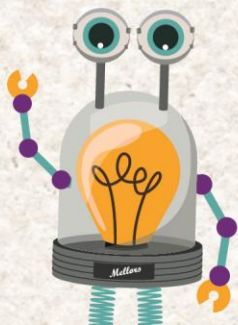
5
A DAY



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Sausages with onion gravy	Chicken curry with 50/50 rice	Roast Beef with Yorkshire pudding	Pizza of the day with new potatoes	Fish of the day
VEGETARIAN MAIN DISH	Vegetarian shepherd's pie	Vegetarian sausage with onion gravy	Vegetable stir fry and noodles	Vegetarian pasta bake	Cheese quiche
ACCOMPANIMENTS	Mashed potato Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Roast potato Seasonal vegetables Salad bar	Garlic bread Seasonal vegetables Salad bar	Chips Seasonal vegetables Salad bar
DESSERTS	Marble sponge and custard	Shortbread biscuit with mandarin	Rice pudding with fruit compote	Sticky toffee muffin	Ice cream and fruit
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 & SANDWICH SELECTION	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



MENU



Fuel your afternoon with a healthy school lunch from Mellors

5
A DAY

- 1 OF YOUR 5 A DAY



- HEALTHY OPTION