

**NUTRITIONIST
APPROVED** ✓

**5
A DAY**



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Beef burger in bun	Spaghetti bolognaise	Roast pork with apple sauce and gravy	Pizza of the day with new potatoes	Salmon pasta bake or Battered fish
VEGETARIAN MAIN DISH	Macaroni cheese	Vegetarian toad in the hole	Roast Quorn™ fillet with gravy	Vegetable tikka masala 50/50 rice	Quorn™ nuggets
ACCOMPANIMENTS	Potato wedges Seasonal vegetables Salad bar	Garlic bread Seasonal vegetables Salad bar	Mashed potato Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Chips Seasonal vegetables Salad bar
DESSERTS	Carrot cake	Ginger biscuit	Flapjack with custard	Fruit and jelly	Fruit and ice cream
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