WEEK1	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Margherita pizza with baked potato wedges	Pork sausage with creamy mash potato & gravy	Roast beef, with Yorkshire pudding, roast potatoes & gravy	Chicken korma with 50/50 rice	Crispy fish fingers with chunky chips
VEGETARIAN MAIN DISH	Vegetarian pasta bake	Vegan sausage & mash potato with gravy	BBQ Quorn™ & bean stew with new potatoes	Vegetarian bolognese	Breaded vegetable fingers served with chips
ACCOMPANIMENTS  5  A DAY	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Peas & baked beans Salad bar
DESSERTS	Lemon drizzle cake	Chocolate & orange cookie	Oaty biscuit with fresh fruit	Sticky toffee pudding with custard	Fruit in jelly
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 AND 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



Fuel your afternoon with a healthy school lunch from Mellors





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





