| WEEK 1 | MEAT MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------------------|---|---|---|---|--|
| MAIN DISH | Margherita pizza with baked potato wedges | Homemade meat & potato pie with mash potato | Roast beef, with Yorkshire pudding, roast potatoes & gravy | Chicken korma with 50/50 rice | Fish fingers or salmon fingers with chunky chips |
| VEGETARIAN MAIN DISH | Vegetable stir fry with chicken style pieces and 50/50 rice | Vegetarian bolognese | Vegetarian toad in the hole with roast potatoes & gravy | Sweet potato, cheese & onion pie with new potatoes | Vegetarian burger with chunky chips |
| ACCOMPANIMENTS 5 | Seasonal vegetables | Seasonal vegetables | Seasonal vegetables | Seasonal vegetables | Seasonal vegetables |
| DESSERTS | Chocolate crunch | Lemon shortbread | Flapjack | Marble sponge & 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 & beans, cheese or tuna mayo OR cheese panini | Jacket potato and sandwich selection | Jacket potato & beans, cheese or tuna mayo OR cheese panini | 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





