WEEK1	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Veggie sausage hotdog with baked wedges	Italian pasta bolognese	Roast beef, with Yorkshire pudding, roast potatoes & gravy	Chicken korma with 50/50 rice	Crispy fish fingers with chunky chips
VEGETARIAN MAIN DISH	BBQ bean & cheese wrap with 50/50 rice	Vegetarian bolognese	Vegetable wellington with mash potato & gravy	Vegetable stir fry with chicken style pieces and 50/50 rice	Quorn™ nuggets with chunky chips
ACCOMPANIMENTS 5 A DAY	Peas & sweetcorn Salad bar	Green beans & cauliflower Salad bar	Peas & carrots Salad bar	Sweetcorn & broccoli Salad bar	Peas 8 baked beans Salad bar
DESSERTS	Fruit in jelly	Carrot cake	Chocolate sponge	Fruit crumble & custard	Flapjack
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 SALAD	Jacket potato & todays choice of filling	Jacket potato & todays choice of filling	Jacket potato & todays choice of filling	Jacket potato & todays choice of filling	Jacket potato 8 todays choice of filling

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Fuel your afternoon with a healthy school lunch from Mellors







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



