WEEK1	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
main	Macaroni cheese	Tandoori chicken wrap with savoury rice	Roast beef, with Yorkshire pudding, roast potatoes & gravy	Hot dog served with wedges	Fish fingers or salmon fingers with chunky chips
VEGETARIAN	Roasted vegetable lasagne	Vegetable chow mein	Sweet potato, cheese & onion pie with new potatoes	Pizza naan with baked potato wedges	Falafel & salad pitta with chunky chips
ACCOMPANIMENT 5	Peas & coleslaw Salad bar	Corn on the cob & broccoli Salad bar	Peas & carrots Salad bar	Green beans & sweetcorn Salad bar	Peas & baked beans Salad bar
DESSERT	Upside down cheesecake	Lemon drizzle cake	Apple & oat cookie	Chocolate muffin	Chocolate crunch
FRUTT 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



