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MAIN MEAL 	Cheese flan with mashed potatoes	Roast chicken fillet with roast potatoes	Lasagne with garlic bread	Meatballs and wholewheat pasta	Fish and chips
PASTA	Arrabiata Pasta bake with garlic bread	Cheese and tomato pasta bake	Tomato and basil pasta bake	Mediterranean pasta	Sausage and chips
ACCOMPANIMENTS 	Peas Salad bar	Green beans Carrots Salad bar	Broccoli Sweetcorn Salad bar	Baton Carrots Salad bar	Mushy peas Chips Gravy/Curry sauce
JACKET POTATO/ SANDWICH BAR	Choice of cold sandwiches: tuna, cheese, ham or egg Jacket potato; tuna mayo, cheese and beans, coleslaw	Hot dog sausage on a finger roll Jacket potato; tuna mayo, cheese and beans, coleslaw	Choice of cold sandwiches: tuna, cheese, ham or egg Jacket potato; tuna mayo, cheese and beans, coleslaw	Chicken burger Jacket potato; tuna mayo, cheese and beans, coleslaw	Choice of cold sandwiches: tuna, cheese, ham or egg Jacket potato; tuna mayo, cheese and beans, coleslaw
DESERT	Homemade cookie	Banana bread	Blueberry muffin	Strawberry mousse	Fresh fruit and Ice cream
FRESH FRUIT AND YOGHURT □□□□ 	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt



MENU

Fuel your afternoon with a healthy school lunch from Mellors

KEY



- 1 OF YOUR 5 A DAY



- MEAT-FREE MONDAY



- CHEF'S CHOICE



- PLANT-BASED (VEGAN)

