WEEK 1	MEAT MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Macaroni cheese	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 ADAY	Cauliflower & broccoli Salad bar	Peas & carrots Salad bar	Green beans & cabbage Salad bar	Sweetcorn & broccoli Salad bar	Peas & baked beans Salad bar
DESSERTS	Fruit crumble & custard	Cheese & crackers with grapes	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 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





