

5
A DAY

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Homemade Margherita pizza served with a crisp garden salad	MOORSIDE WRAP STATION Select your own filling	Roast pork served with all the trimmings	Chicken curry Served with rice and naan bread	Chicken nuggets served with chunky chips
2ND CHOICE	Cheese and tomato cold pasta pots served with a garden salad	Cold fillings- Ham, tuna, cheese Chicken fajita Fish fingers	Sausage rolls served with creamy mash and baked beans	Cheese and ham Toasties served with herby diced potatoes	Hot dog Served with chunky chips
ACCOMPANIMENTS	Baked Beans Garden peas Salad bar	Crisp garden salad Sweetcorn Veggie sticks	Baton carrots Savoy cabbage Salad bar	Garden peas Salad bar	Garden peas Baked beans Salad bar
DESSERTS	Homemade chocolate muffins	Homemade flapjack	Jelly pots	Zesty lemon muffin	Ice cream Friday
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 & 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



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)

