WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Chicken Korma with Rice and Naan Bread	Ham, Cheese or Tuna Cold Wraps with Salad Sticks	Roast Gammon served with All the Trimmings	Crispy Chicken or Southern Fried Wrap	Pork Sausage and Chunky Chips
MAIN DISH 2	Cheese and Ham Pizza Slice	Tomato and Basil Spaghetti	Breaded Fish Cake	Quorn Wrap	Chinese Chip Shop Curry served with Rice
ACCOMPANIMENTS 5	Sweetcorn Potato Wedges	Mixed Salad New Potato 	Seasonal Vegetables	Diced Potato Sweetcorn	Garden Peas Baked Beans
A DAY	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
DESSERTS	Traybake Cake	Gingerbread	Iced Bun	Jam Thumbprint Biscuit	Ice Cream
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



