

NUTRITIONIST APPROVED ✓

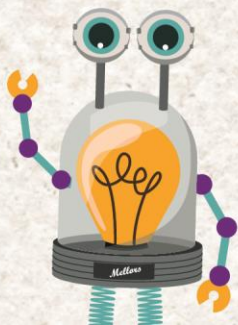
5  
A DAY



DAIRY/VEGAN MENU WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>YELLOW OPTION</b>	Vegetable Pasta	Pizza of the day Cheese	Cheese Pasty	Vegetable Curry	Breaded Vegetable Fingers
<b>PINK OPTION</b>	Cheese and Broccoli Bake	Sweet Tomato Pasta	Vegetable Sausage	Vegetable Chilli	Vegetable Grill
<b>ACCOMPANIMENTS</b>	Garlic Bread Mixed Vegetables	Baked Potato Wedges Sweetcorn	Mashed Potato Carrots	Rice Naan Bread	Chips Garden Peas
<b>BLUE OPTION</b>	Jacket Potato with Cheese	Jacket Potato with Cheese	Jacket Potato with Baked Beans	Jacket Potato with Cheese	Jacket Potato with Cheese
<b>DESSERTS</b>	Fruity Muffin	Shortbread	Jelly	Chocolate Crunch	Fruity Muffin
<b>FRESH FRUIT</b>	Freshly Cut Fruit	Freshly Cut Fruit	Freshly Cut Fruit	Freshly Cut Fruit	Freshly Cut Fruit



# MENU



Fuel your afternoon with  
a healthy school lunch  
from Mellors

5  
A DAY

- 1 OF YOUR 5 A DAY



- HEALTHY OPTION