

NUTRITIONIST
APPROVED ✓

5
A DAY



GLUTEN FREE WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YELLOW OPTION	Pasta Bolognese	Pizza of the day Cheese & Ham	Roast Chicken and Gravy	Chicken & Vegetable Curry	Fish
PINK OPTION	Cheese and Broccoli Bake	Sweet Tomato Pasta	Fish Fillet	Vegetable Chilli	Cheese and Ham Potato Boats
ACCOMPANIMENTS	Mixed Vegetables	Baked Potato Wedges Sweetcorn	Mashed Potato Carrots	Rice	Chips Garden Peas
BLUE OPTION	Jacket Potato with Cheese	Jacket Potato with Tuna Mayo	Jacket Potato with Baked Beans	Jacket Potato with Tuna mayo	Jacket Potato with Cheese
DESSERTS	Muffins	Shortbread	Strawberry whip	Shortbread	Muffin
FRESH FRUIT	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