

NUTRITIONIST APPROVED ✓

5  
A DAY



GLUTEN FREE WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>YELLOW OPTION</b>	Breaded Chicken	Sausage and Gravy	Savoury Mince	Meatballs in Tomato Sauce served with Pasta	Fish Fillet
<b>PINK OPTION</b>	Vegetable Pasta Bake	Cheese and Tomato Quiche	Fish Fillet	Vegetable Stew	Cheesy Potato Boats
<b>ACCOMPANIMENTS</b>	Potato Wedges Sweetcorn	Mashed Potato Carrots	New Potatoes Broccoli	Pasta Garden Peas	Chips Garden Peas
<b>BLUE OPTION</b>	Jacket Potato with Cheese	Jacket Potato with Tuna	Jacket Potato with Baked Beans	Jacket Potato with Tuna Mayo	Jacket Potato with Cheese
<b>DESSERTS</b>	Muffin	Biscuit	Jelly	Muffin	Biscuit
<b>FRESH FRUIT &amp; YOGHURT</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

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- 1 OF YOUR 5 A DAY



- HEALTHY OPTION