

**NUTRITIONIST
APPROVED** ✓

**5
A DAY**



GLUTEN FREE WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YELLOW OPTION	Hot chicken	Sausages	Savoury mince	Meatballs in tomato sauce served with pasta	Fish Fingers
PINK OPTION	Vegetable pasta bake	Cheese and Potato Boats	Quorn sausage with gravy	Vegetable cottage pie	Cheese & tomato quiche
ACCOMPANIMENTS	Potato wedges sweetcorn and peas	New potatoes Baked beans	Mashed potato Diced carrot & swede	Peas & carrots	Chips garden peas
BLUE OPTION	Jacket potato with Cheese	Jacket potato with Tuna	Jacket potato with Baked beans	Jacket potato with Tuna mayo	Jacket potato with Cheese
DESSERTS	Muffin	Fruit & jelly	Yogurt	Muffin	Biscuit
FRESH FRUIT & YOGHURT	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