

NUTRITIONIST
APPROVED ✓

5
A DAY



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YELLOW OPTION	Breaded Chicken	Sausage & Gravy	Savoury Mince	Meatballs in Tomato Sauce	Fish cake
PINK OPTION	Vegetable Pasta Bake	Cheese and Tomato Quiche	Vegetable Sausage with Gravy	Vegetable Meatballs	Vegetable Fingers
ACCOMPANIMENTS	Potato Wedges Sweetcorn	Mashed Potato Carrots	New Potatoes Broccoli	Pasta Garden Peas	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	Shortbread	Fruity Flapjack	Jelly	Muffin	Homemade 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

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- 1 OF YOUR 5 A DAY



- HEALTHY OPTION