

NUTRITIONIST APPROVED ✓

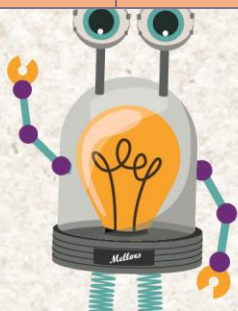
5
A DAY



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YELLOW OPTION	Chicken and bacon carbonara	Pizza of the day cheese & ham	Spaghetti bolognese	Chicken & vegetable curry	Battered fish
PINK OPTION	Vegetable bolognese	Sweet Tomato Pasta	Macaroni cheese	Vegetable chilli	Vegetable sausage
ACCOMPANIMENTS	Garlic bread Mixed vegetables	Baked potato wedges Peas	Spaghetti Sweetcorn	Rice Naan bread	Chips Mushy peas
BLUE OPTION	Jacket potato with Cheese	Jacket potato with Tuna mayo	Jacket potato with BBQ beans	Jacket potato with Tuna mayo	Jacket potato with Cheese
DESSERTS	Fruity shortbread	Yogurt	Strawberry whip	Yogurt	Fruit in jelly
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