

**NUTRITIONIST
APPROVED** ✓

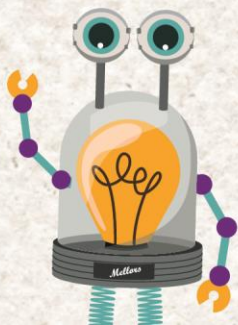
5
A DAY



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YELLOW OPTION	Hot chicken bap	Sausage roll	Savoury mince with Yorkshire pudding	Meatballs in tomato sauce served with pasta	Fish cake
PINK OPTION	Vegetable pasta bake	Cheese roll	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	Apple muffin	Fruit & jelly	Yogurt	Oat & apple square	Chocolate crunch
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