

| WEEK 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
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| Main meal | Stone baked pizza with mini jacket potatoes | Homemade Cottage Pie | Roasted chicken with Roast potatoes & gravy | Turkey curry served with rice | Fish fingers with Chunky chips |
| Vegetarian | Quorn and vegetable Stir fry | Macaroni cheese | Vegetable sausage With creamy mash and gravy | Cheese and sweet potato pie | Vegetable burger in a bun with Chunky chips |
| Jacket Potato, Salad Bar and sandwiches | Jacket potato with various fillings Salad bar Sandwich fillings include: Cheese, Tuna Mayo, Ham | Jacket potato with various fillings Salad bar Sandwich fillings include: Cheese, Tuna Mayo, Ham | Jacket potato with various fillings Salad bar Hot chicken baguette Cheese or Tuna Mayo Sandwich | Jacket potato with various fillings Salad bar Sandwich fillings include: Cheese, Tuna Mayo, Ham | Jacket potato with various fillings Salad bar Sandwich fillings include: Cheese, Tuna Mayo, Ham |
| Fresh fruit and Yoghurt | Freshly cut fruit and Yoghurt | Freshly cut fruit and Yoghurt | Freshly cut fruit and Yoghurt | Freshly cut fruit and Yoghurt | Freshly cut fruit and Yoghurt |
| Dessert | Apple pie with Vanilla sauce | Chocolate Sponge with Chocolate sauce | Strawberry whip | Fruit crumble with Custard | Oat crunch cookie |



WHAT'S ON

THE MENU



FOR MORE INFORMATION ON HEALTHY EATING VISIT
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| WEEK 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|---|
| Main meal | Lasagne with Garlic bread wedge | Chicken korma with rice | Roast gammon with Roast potatoes & gravy | Beef stir fry with Noodles | Catch of the day, Chunky tartare sauce and Chips |
| Vegetarian | Vegetable curry with rice | Cheese and onion pie with Jacket wedges | Savoury Quorn mince with roast potatoes | Stone based pizza selection | Vegetable Pattie in a bun with chunky chips |
| Jacket potato, Salad Bar and sandwiches | Jacket potato with various fillings Salad bar Sandwich fillings include: Cheese, Tuna Mayo, Ham | Jacket potato with various fillings Salad bar Sandwich fillings include: Cheese, Tuna Mayo, Ham | Jacket potato with various fillings Salad bar Hot Ham baguette Cheese or Tuna Mayo Sandwich | Jacket potato with various fillings Salad bar Sandwich fillings include: Cheese, Tuna Mayo, Ham | Jacket potato with various fillings Salad bar Sandwich fillings include: Cheese, Tuna Mayo, Ham |
| Fresh fruit and Yoghurt | Freshly cut fruit and Yoghurt | Freshly cut fruit and Yoghurt | Freshly cut fruit and Yoghurt | Freshly cut fruit and Yoghurt | Freshly cut fruit and Yoghurt |
| Dessert | Banana crumble with Custard sauce | Marble sponge with Custard | Mandarins and Ice cream | Sticky toffee pudding with Toffee sauce | Fruity flapjack |



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| WEEK 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|---|
| Main meal | Pork or Chicken sausages with Creamy mash and gravy | BBQ Salmon With rice | Roast beef with Roast potatoes & gravy | Creamy chicken pasta | Traditional Fish and Chips |
| Vegetarian | Cheese and Broccoli quiche with Mini wedges | Vegetable lasagna with a Herby bread wedge | Quorn fillet with Roast potatoes & gravy | Shepherdess pie | Vegetable cake in a brioche bun with Chunky chips |
| Jacket potato, Salad Bar and sandwiches | Jacket potato with various fillings Salad bar Sandwich fillings include: Cheese, Tuna Mayo, Ham | Jacket potato with various fillings Salad bar Sandwich fillings include: Cheese, Tuna Mayo, Ham | Jacket potato with various fillings Salad bar Hot Beef baguette Cheese or Tuna Mayo Sandwich | Jacket potato with various fillings Salad bar Sandwich fillings include: Cheese, Tuna Mayo, Ham | Jacket potato with various fillings Salad bar Sandwich fillings include: Cheese, Tuna Mayo, Ham |
| Fresh fruit and Yoghurt | Freshly cut fruit and Yoghurt | Freshly cut fruit and Yoghurt | Freshly cut fruit and Yoghurt | Freshly cut fruit and Yoghurt | Freshly cut fruit and Yoghurt |
| Dessert | Jam tart with Vanilla sauce | Fruit crumble with Custard sauce | Strawberry Jelly | Chocolate fudge cake with Ice cream | Chocolate crunch with Chocolate sauce |



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