NUTRITIONIST APPROVED

Week Dates: 02/11/2026, 23/11/2026, 14/12/2026, 04/01/2027, 25/01/2027

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRADITIONAL MAIN	Macaroni Cheese Garlic Bread Salad	Chicken Biriyani Salad & Raita	Roast Chicken with Crispy Roast Potatoes, Seasonal Vegetables & Gravy	Meat Pizza Seasoned Wedges Salad	Crispy Battered Fish With Chunky Chips Peas – Beans - Salad
VEGETARIAN MAIN	Cheese Quiche Herby potatoes & Salad	Sweet Potato & Chickpea Curry & Rice & Salad	Quorn Cottage Pie Crispy Roast Potatoes, Seasonal vegetables & Gravy	Margherita Pizza Seasoned Wedges Salad	Quorn Nuggets served with chunky chips Peas – Beans - Salad
HALAL MAIN	Macaroni Cheese Garlic Bread & Salad	Chicken Biriyani & Salad & Raita	Roast Chicken Crispy Roast Potatoes, Seasonal vegetables & Gravy	Meat Pizza with Seasoned Wedges Salad	Crispy Battered fish With Chunky Chips Peas – Beans - Salad
JACKET POTATOES // SANDWICHES/WRAPS	Assorted Filling Daily	Assorted Fillings Daily	Assorted Fillings Daily	Assorted Fillings Daily	Assorted Fillings Daily
DESSERT OPTION	Chocolate Sponge & Chocolate Sauce Yoghurt Fresh Fruit	Lemon Shortbread Biscuit Yoghurt Fresh Fruit	Flapjack & Custard Yoghurt Fresh Fruit	Chocolate Brownie Yoghurt Fresh Fruit	Choc Whip Yoghurt Fresh Fruit

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Fuel your afternoon with a healthy school lunch from Mellors

5 A DAY - 1 OF YOUR 5 A DAY

- HEALTHY OPTION

NUTRITIONIST APPROVED

Week Dates: 09/11/2026, 30/11/2026, 11/01/2027, 01/02/2027

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRADITIONAL MAIN	Keema with Rice & Salad Raita	Lasagne Garlic Bread & Salad	Roast Chicken with Crispy Roast Potatoes, Yorkshire Pudding, Seasonal Vegetables And Gravy	BBQ Chicken Pizza & Spicy Wedges Salad/Beans	Crispy Battered Fish Chunky Chips Peas/Beans/Salad
VEGETARIAN MAIN	Squash & Chickpea Balti Served with Rice Salad	Vegetarian Lasagne Garlic Bread & Salad	Veg Toad in The Hole Crispy Roast Potatoes, Seasonal Vegetables & Gravy	Margherita Pizza Spicy Wedges Salad/Beans	Cheese & Onion Pasty Chunky Chips Peas/Beans/Salad
HALAL MAIN	Keema & Rice & Salad & Raita	Lasagne Served Garlic Bread & Salad	Roast Chicken Crispy Roast Potatoes, Yorkshire Pudding Seasonal Vegetables & Gravy	BBQ Chicken Pizza & Spicy Wedges Salad/Beans	Crispy Battered Fish Chunky Chips Peas/Beans/Salad
JACKET POTATOES **SANDWICHES//WRAPS**	Assorted Filling Daily	Assorted Fillings Daily	Assorted Fillings Daily	Assorted Fillings Daily	Assorted Fillings Daily
DESSERT OPTION	Marble Cake Yoghurt Fresh Fruit	Trifle Yoghurt Fresh Fruit	Chocolate Muffin Yoghurt Fresh Fruit	Homemade Jammie Dodger Yoghurt Fresh Fruit	Ice cream Yoghurt Fresh Fruit

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5 A DAY - 1 OF YOUR 5 A DAY

- HEALTHY OPTION

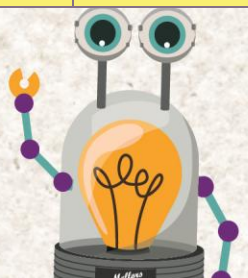
NUTRITIONIST APPROVED

Week Dates: 16/11/2026, 07/12/2026, 18/01/2027, 08/02/2027

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRADITIONAL MAIN	Mexican Chilli Served with Rice Salad	Teriyaki Chicken Served with Noodles Salad	Roast Chicken with Crispy Roast Potatoes, Yorkshire Pudding Seasonal Vegetables & Gravy	Spicy Chicken Pizza Seasoned Wedges Salad-Beans	Crispy Battered Fish With Chunky Chips Peas – Beans - Salad
VEGETARIAN MAIN	Vegetarian Pasta Bake Salad	Oriental Quorn Noodles & Salad	Quorn Veg Pie Crispy roast potatoes, Yorkshire Puddings Seasonal vegetables & Gravy	Margherita Pizza Seasoned Wedges Salad-Beans	Onion Bhaji Chunky Chips Curry sauce Peas – Beans - Salad
HALAL MAIN	Mexican Chilli Rice & Salad	Teriyaki Chicken Served with Noodles Salad	Roast Chicken with Crispy Roast Potatoes, Yorkshire Pudding Seasonal Vegetables & Gravy	Spicy Chicken Pizza Seasoned Wedges Salad	Crispy Battered Fish Chunky Chips Peas – Beans- Salad
JACKET POTATOES // SANDWICHES/WRAPS	Assorted Fillings	Assorted Fillings	Assorted Fillings	Assorted Fillings	Assorted Fillings
DESSERT OPTION	Jam & Coconut Sponge & Custard Yoghurt Fresh Fruit	Yoghurt Fresh Fruit	Jelly Yoghurt Fresh Fruit	Chocolate Shortbread Yoghurt Fresh Fruit	Lemon Cheesecake Yoghurt Fresh Fruit

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5 A DAY - 1 OF YOUR 5 A DAY

- HEALTHY OPTION