WATT'S FOR LUNCH?
FUEL YOUR DAY WITH A HEALTHY SCHOOL LUNCH

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Main Dish	Pork Sausages Onion Gravy & Creamy Mash Potato	Chilli Con Carne with Brown Rice Sour Cream & Salsa	Roast Pork Gravy & Roast Potatoes	Chicken Singapore Noodles (5 A DAY)	Battered Fish & Chunky Chips
Vegetarian Main Dish	Sweet Potato & Squash Stew with Pea & Mint Couscous	Quorn Vegetable Lasagne with Garlic & Herb Bread	Cheese Potato & Leek Puff Pastry Pie & Roast Potatoes	Aubergine & Chickpea Dhansak & Pilau Rice & Naan	Cheese & Onion Pasty & Chunky chips
Accompaniments	Roasted Root Vegetables (5 A DAY) & Salad Bar	Mixed Salad & Salad Bar	Steamed Carrots Broccoli & Salad Bar (5 A DAY)	Green Beans & Salad Bar (5 A DAY)	Mushy Peas Baked Beans & Salad Bar
Street Food	Turkey Meatball Sub	BBQ Chicken Pizza (5 A DAY)	Thai Grilled Pork Skewers & Coconut Rice	Slow Roasted Pulled Pork with Coleslaw & Red Onions	Cheese Pizza & Chunky Chips
Pasta king	Italian Meatballs Chicken Tikka & Tomato & Mascarpone Pasta	Amigo Meatballs Italian Chicken & Basilico Pasta	Italian Meatballs Sweet & Sour Chicken & Pomodoro Pasta	Amigo Meatballs Firecracker Chicken & Zingy Pepper Pasta	Traditional Curry sauce
Dessert	Peach Raspberry Cobbler & Custard	Apple Cracknel & Fruit pots (5 A DAY)	Eton Mess & Fruit Pots	Mixed Berry Strudel & Custard (5 A DAY)	Gooey Chocolate Brownie & Custard

Mellors

MENU

(5 A DAY) - 1 OF YOUR 5 A DAY