

NUTRITIONIST
APPROVED ✓

5
A DAY



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	FISH FINGERS AND BAKED BEANS	MEATBALLS IN TOMATO SAUCE	CHICKEN CURRY WITH RICE AND NAAN BREAD	ROAST CHICKEN AND STUFFING	FISH OF THE DAY WITH CHIPS AND MUSHY PEAS
SECOND MAIN DISH	FILLED PANINI	CHICKEN WRAP WITH LETTUCE AND MAYO	SWEET CHILLI TURKEY STIR FRY	SAUSAGE PASTA BAKE	HOT DOG
JACKET POTATO	JACKET POTATO WITH CHOICE OF FILLNG	JACKET POTATO WITH CHOICE OF FILLNG	JACKET POTATO WITH CHOICE OF FILLNG	JACKET POTATO WITH CHOICE OF FILLNG	JACKET POTATO WITH CHOICE OF FILLNG
MEAT SANDWICH	TUNA	TUNA	HAM	TURKEY	HAM
VEGETARIAN SANDWICH	CHEESE	CHEESE	CHEESE	CHEESE	CHEESE
DESSERT	FRESH FRUIT YOGHURT JAM BISCUIT	FRESH FRUIT YOGHURT FRUITY OAT BAR	FRESH FRUIT YOGHURT BANANA/CHERRY CAKE	FRESH FRUIT YOGHURT FRUIT IN JELLY	FRESH FRUIT YOGHURT ICE CREAM



MENU



Fuel your afternoon with
a healthy school lunch
from Mellors

5
A DAY

- 1 OF YOUR 5 A DAY



- HEALTHY OPTION