MENU 1 – W/C 14/9, 5/10, 9/11, 30/11

3-A-Day

	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Choice	Beef Burger in a Bun Herby Diced Potatoes Baked Beans	Battered Chicken Bites Potatoes Wedges	Roast Gammon Mash Potatoes Yorkshire Pudding Gravy	Spaghetti Bolognaise Garlic Bread	Fish Fingers/Salmon Bites Chips Baked Beans
Vegetarian Choice	Quorn Burger in a Bun Herby Diced Potatoes Baked Beans	Quorn Dippers Potatoes Wedges	Quorn Fillet Mash Potatoes Yorkshire Pudding Gravy	Quorn spaghetti Bolognaise Garlic Bread	Quorn Sausage in A Hot Dog Roll Chips Baked Beans
Vegetables Of the Day	Sweetcorn	Peas and Sweetcorn	Baton Carrots Cabbage	Salad and Coleslaw	Mushy Peas
Alternative, & additions	Piece of Fresh Fruit Yoghurt Jelly Pot, Mousse Pot Fresh Salad Bread	Piece of Fresh Fruit Yoghurt Jelly Pot, Mousse Pot Fresh Salad Bread	Piece of Fresh Fruit Yoghurt Jelly Pot, Mousse Pot Fresh Salad Bread	Piece of Fresh Fruit Yoghurt Jelly Pot, Mousse Pot Fresh Salad Bread	Piece of Fresh Fruit Yoghurt Jelly Pot, Mousse Pot Fresh Salad Bread
Dessert	Chocolate Brownie	Lemon Drizzle Cake With Custard	Ice Cream and Fruit Salad	Cornflake Tart With Custard	Fruity Flap Jack

MENU 2 - 31/8, 21/9, 12/10, 16/11, 7/12,

	WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
	Meat Choice	Pepperoni Pizza Potato Wedges Baked Beans	BBQ Chicken Wraps Savory Rice	Roast Turkey & Stuffing Mashed Potatoes Gravy	Minced Beef & Tomato Pasta Bake Garlic Bread	Battered Fish Chips Spaghetti Hoops
	Vegetarian Choice	Vegetable Pasta Bake Garlic Bread	Quorn Chicken Wraps Savory Rice	Quorn Fillet & Stuffing Roast Potatoes Gravy	Jacket Potato with Grated Cheese & Baked Beans	Veggie Nuggets Chips Spaghetti Hoops
	Vegetables Of the Day	Garden Peas Sweetcorn	Sweetcorn Carrot Sticks Cucumber Sticks	Carrots Broccoli Garden Peas	Fresh Salad Coleslaw	Mushy Peas Sweetcorn
/	Alternative, & additions	Piece of Fresh Fruit Yoghurt Jelly Pot, Mousse Pot Fresh Salad Bread	Piece of Fresh Fruit Yoghurt Jelly Pot, Mousse Pot Fresh Salad Bread	Piece of Fresh Fruit Yoghurt Jelly Pot, Mousse Pot Fresh Salad Bread	Piece of Fresh Fruit Yoghurt Jelly Pot, Mousse Pot Fresh Salad Bread	Piece of Fresh Fruit Yoghurt Jelly Pot, Mousse Pot Fresh Salad Bread
	Dessert	Blueberry and Banana Muffins	Apple Crumble with Custard	Iced Cream & Fruit Salad	Chocolate Orange Cookies	Fruit Scones
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## MENU 3 –W/C 7/9, 28/9, 2/11, 23/11, 14/12

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday	
Meat Choice	Sausage Mashed Potatoes Gravy	Pork Meat Balls In a tomato Sauce with spaghetti	Roast Chicken & Yorkshire Pudding Mashed Potatoes Gravy	Chicken & Sweetcorn Pasta Bake Garlic Bread	Fish Cakes Chips Spaghetti Hoops	
Vegetarian Choice	Quorn Sausage Mashed Potatoes Gravy	Macaroni Cheese Garlic Bread	Quorn Fillet & Yorkshire Pudding Mashed Potatoes Gravy	Jacket Potatoes with Grated Cheese & Baked Beans	Cheese & Tomato Slice Chips	
Vegetables Of the Day	Carrots Garden Peas	Sweetcorn Carrot Sticks Cucumber Sticks	Garden Peas Carrots	Fresh Salad Crunchy Coleslaw	Mushy Peas	
Alternative, & additions	Piece of Fresh Fruit Yoghurt Jelly Pot, Mousse Pot Fresh Salad Bread	Piece of Fresh Fruit Yoghurt Jelly Pot, Mousse Pot Fresh Salad Bread	Piece of Fresh Fruit Yoghurt Jelly Pot, Mousse Pot Fresh Salad Bread	Piece of Fresh Fruit Yoghurt Jelly Pot, Mousse Pot Fresh Salad Bread	Piece of Fresh Fruit Yoghurt Jelly Pot, Mousse Pot Fresh Salad Bread	
Dessert	Carrot Cake	Iced Chocolate Cake with Custard	Iced Cream & Fruit Salad	Sticky Toffee Pudding with Custard	Oat Cookies	

WHAT'S ON THE MENU FOR MORE INFORMATION WHAT'S ON THE MENU WWW.MELLOF

FOR MORE INFORMATION ON HEALTHY EATING VISIT