

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal All of our meat comes from Pioneer Foods in Carlisle	Chicken tikka Masala served with rice & naan	Beef lasagne served with crisp salad & garlic bread 	Sweet chilli chicken wraps served with salsa, sour cream & salad	Pork sausages served with mash potatoes, vegetables & gravy	Battered fish served with chunky chips, garden peas and light lemon Mayonnaise
Vegetarian choice Our vegetarian recipes have been designed by our vegetarian students in our schools.	Vegetable Tikka Masala Served with rice & naan	Macaroni cheese	Mexican Quorn burrito 	Cheese & Onion Quiche	Veggie burger served in a seeded bun with sliced juicy beef tomato and iceberg lettuce Optional dipping sauce- Cajun Mayo
Daily Grab and Go Selecting a different choice from the menu each day will help you to nourish your body, aiding your academic performance	Pasta king Jacket potato's Pizza	Street Eat - curry Pots Jacket potato's Burger selection	Pasta king Jacket potato's Love Joes burritos	Pasta king Jacket potato's Noodle Boxes	Jacket potato's Pizza Chicken Bites
Seasonal fresh fruit, fruit pots and low-fat yoghurt.	Grape pots Melon Slice Cherry granola pots Pineapple Slices Low fat yoghurt	Grape pots Melon Slice Cherry granola pots Pineapple Slices Low fat yoghurt	Grape pots Melon Slice Cherry granola pots Pineapple Slices Low fat yoghurt	Grape pots Melon Slice Cherry granola pots Pineapple Slices Low fat yoghurt	Grape pots Melon Slice Cherry granola pots Pineapple Slices Low fat yoghurt
Traybakes Or Cold Desserts	Choose from a selection of homemade traybakes or cold dessert pots	Choose from a selection of homemade traybakes or cold dessert pots	Choose from a selection of homemade traybakes or cold dessert pots	Choose from a selection of homemade traybakes or cold dessert pots	Choose from a selection of homemade traybakes or cold dessert pots



What's on **THE MENU**

www.mellorscatering.co.uk

m m m...delicious

