

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b> All of our fresh vegetables are steam to maximise their nutritional benefit Vegetables help your hair to grow, nails to stay strong and your skin to be spot free	Chicken korma served with rice & Naan bread	Baked meatballs in a tomato sauce served with pasta	Singapore Chicken Noodles	Fajita chicken wraps served with salad & dips	Battered fish served with chunky chips, garden peas and lemon mayonnaise
<b>Vegetarian choice</b> Beans, pulses and Quorn contain high levels of protein essential for the growth and repair of your body. It is essential you eat these for a healthy body and mind	Quorn korma served with rice & naan bread	Vegetable lasagne	Chinese vegetable & bean noodles	Cajun Haloumi Flatbreads	Vegetarian sausages served with chips & gravy
<b>Daily Grab and Go</b> 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 Hot Chicken Wraps	Pasta king Jacket potato's Noodle Boxes	Jacket potato's Pizza Chicken Bites
<b>Seasonal fresh fruit, fruit pots and low-fat yoghurt</b>	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
<b>Traybakes Or Cold Desserts</b>	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](http://www.mellorscatering.co.uk)

m m m...delicious

