

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal All of the eggs we use are free range, and our milk is organic.	Chinese chicken curry served with rice & naan bread	Spaghetti Bolognese served with a garlic slice	Mexican Chilli served with rice & nachos	Savoury mince with mashed potatoes with gravy	Battered fish served with chunky chips, garden peas and light lemon mayonnaise
Vegetarian choice 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	Onion Bhaji Flatbreads	Leek & mushroom tagliatelle	Spicy vegetable & bean quesadillas	Vegetarian cottage pie 	Vegetarian sausage with onion gravy
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 Hot chicken wraps	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**

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