MENU

Mellors

- CHEF'S CHOICE

5 - 1 OF YOUR 5 A DAY

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Meat Main Dish	Seasoned Chicken Goujons & Savoury Rice	Chicken Biryani & Naan Bread	Roast Chicken Sage & Onion Stuffing Gravy & Creamy Mash Potato	Italian Bolognese Pasta Bake	Crispy Battered Fish & Chunky Chips
Vegetarian Main Dish	Vegetarian Burger & Garlic Herb Potatoes	Piri Piri Quorn Fillet with Lemon Couscous & Tomato Salsa	Tomato Pasta with Mixed Salad & Garlic Herb Bread	5 Squash & Chickpea Balti with Pilau rice	Cheese & Onion Pasty Chunky Chips
Accompaniments	Mixed Salad	Garden Peas Sweetcorn & Salad Bar	Steamed Broccoli Glazed Carrots & Salad Bar	Mixed Salad Garden Peas & Salad Bar	Mushy Peas Baked Beans (5) Salad Bar
Street Food	Vegetarian Burger on a Seeded Bun	Cheeseburger on a Seeded Bun with Salsa	Italian Chicken Panini & Salad	Chicken Slider & Salad	Cheese Pizza & Chunky Chips
Pasta king	Spicy Sausage Chicken Tikka Massala Arrabiata Pasta	Bolognese Chicken Italiano BBQ Quorn Pasta	Amigo Meatballs Vegetable Balti Pasta	Red Thai Chicken Curry Texan BBQ Meatballs Basilico Pasta	Traditional Curry Sauce
Dessert	Sticky Toffee Pudding & Custard	Lemon & Raspberry Trifles & Fruit Pots	Oaty Fruit Crunch & Fruit Pots 5	Apple & Blackberry Pie with Custard	Fruit Flapjack & Fruit Pots

TRY OUR STREET FOOD GRAB AND GO FOR HEALTHY MEALS ON THE GO