

WEEK 1	 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Margherita pizza & new potatoes	 Chinese style chicken curry & rice	Roast beef, with Yorkshire pudding, roast potatoes & gravy	Homemade meat & potato pie with mash potato	Crispy battered fish & chunky chips
VEGETARIAN MAIN DISH	 Tomato & basil pasta	Cheese pinwheels with diced potatoes	Vegetarian toad in the hole with roast potatoes & gravy	 Vegetarian meatballs with pasta	 Crispy vegetable fingers with chunky chips
ACCOMPANIMENTS	Peas & baked beans Salad bar	Corn on the cob & broccoli Salad bar	Sweetcorn & beans Salad bar	Green beans & cauliflower Salad bar	Peas & baked beans Salad bar
DESSERTS	 Apple & oat cookie	Ginger cake & custard	 Fruit flapjack	 Chocolate brownie	Ice cream roll
FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
JACKET POTATO AND SANDWICH SELECTION	Jacket potato	Jacket potato	Jacket potato	Jacket potato	Jacket potato

**KEEP FIT
AND ACTIVE**



KEY

 1 OF YOUR 5 A DAY

 MEAT FREE MONDAY

 CHEF'S CHOICE

 PLANT-BASED (VEGAN)

A WORLD OF FUN WITH Mellow's FOOD



Allergens and Intolerances
All of our food is lovingly hand crafted and prepared on site daily. We have an allergen procedure in place, so please ensure you make our catering team aware of your allergens/your child's allergens prior to using the restaurant. Our kitchens are used for multi-purpose production so we cannot guarantee the above dishes are completely free from allergenic ingredients or traces of these.

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 MEAT FREE				
MAIN DISH	Pizza naan with baked potato wedges	Chicken tikka masala with 50/50 rice	Roast chicken with creamy mash potato & gravy	All day breakfast	Fish cake served with chips
VEGETARIAN MAIN DISH	Creamy tomato pasta	 Quorn™ tikka masala with 50/50 rice	 Quorn™ fillet with roast potatoes & gravy	Vegetarian all day breakfast	 Quorn™ nuggets with chunky chips
ACCOMPANIMENTS	Sweetcorn & beans Salad bar	Peas & sweetcorn Salad bar	Broccoli & cauliflower Salad bar	Carrots & green beans Salad bar	Peas & baked beans Salad bar
DESSERTS	Sticky toffee muffins	 Chocolate & pear sponge with custard	Strawberry whip	Blueberry & banana muffin	Ice cream
FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
JACKET POTATO AND SANDWICH SELECTION	Jacket potato	Jacket potato	Jacket potato	Jacket potato	Jacket potato



IT'S A HOOT

TO EAT MORE FRUIT



KEY

 **5 1 OF YOUR 5 A DAY**

 **MEAT FREE MONDAY**

 **CHEF'S CHOICE**

 **PLANT-BASED (VEGAN)**

A WORLD OF FUN WITH FOOD



Allergens and Intolerances*

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