

MENU










Mellors

5 - MEAT FREE MONDAY
A DAY

MEAT FREE - 1 OF YOUR 5 A DAY

 - CHEF'S CHOICE

 -VEGAN

WEEK 1	MONDAY 	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Mushroom sauce with tagliatelle 	Homemade beef lasagne served with Mellors slaw and garlic & herb bread	Apple glazed roast pork, crispy roast potatoes and gravy	Jerk Chicken with rice and peas	Crispy battered fish / Salmon fishcakes with chunky chips
VEGETARIAN MAIN DISH	Vegetable chilli with brown rice 	Quorn™ and vegetable goulash	Cheese and leek tart served with crispy roast potatoes	Oriental Quorn™ noodles 	Sweet potato and bean burger, crunchy slaw and chunky chips 
ACCOMPANIMENTS 	Roasted root vegetables Salad bar	Wedge potatoes Crisp mixed salad Salad bar	Steamed carrots and broccoli Salad bar	Green beans Roasted butternut squash Salad bar	Garden peas Crisp mixed salad Salad bar
DAILY SPECIAL	Penne primavera	Meatball marinara sub	Chinese spiced grilled pork skewers with coconut rice	Slow roasted pulled BBQ chicken, red slaw, gherkins and home pickled red onions 	Red Thai coconut curry with steamed rice
STREET FOOD	Bamboo Tugo pizza served with Mellors slaw	Bamboo Chicken tikka with crunchy red pickled cabbage, salad served in flatbread	Bamboo Tugo Pizza served with fresh crisp salad	Bamboo Asian prawn noodle salad	Bamboo
DESSERT	Apple crumble with custard 	Vanilla and coconut rice pudding	Bread and butter pudding and custard	Apple and berry fool 	Chocolate crunch



Check out OUR DAILY DISHES