

MENU

MEAT FREE

- MEAT FREE MONDAY

5
A DAY

- 1 OF YOUR 5 A DAY















- CHEF'S CHOICE



-VEGAN

Mellors

WEEK 3	MONDAY 	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Crunchy tomato and bean bake 	Shepherd's pie	Roast beef, Yorkshire puddings and gravy with crispy roast potatoes	Chicken tikka masala served with brown rice and mini naan	Jumbo fish fingers served with chunky chips
VEGETARIAN MAIN DISH	Falafel in a pitta with garlic ketchup and salad 	Cheese and tomato tart	Vegetarian cottage pie with crispy roast potatoes	Quorn™ AND vegetable paella 	Chickpea and coriander burger  
ACCOMPANIMENTS 	Roasted Mediterranean vegetables Steamed broccoli Salad bar	Spring greens Carrot batons Seasonal vegetables Salad bar	Cauliflower cheese Green beans Salad bar	Green beans Crisp mixed salad Salad bar	Garden peas Crisp mixed salad Salad bar
DAILY SPECIAL	Aloo tikka patties with tomato and onion seed chutney and a paratha	Korean chicken sandwich with kimchi-style slaw 	Tikka chicken burgers with Bombay potatoes and cucumber raita	Korean chicken sandwich with kimchi-style slaw 	Chicken gyros 
STREET FOOD	Pasta king Onion bhaji with salad in a warm pitta and raita	Pasta king Tugo Ham and mushroom pizza	Pasta king Love joes chicken skewer with mixed salad and chilli salsa	Pasta king Tugo calzone	Pasta king
DESSERT	Fruity banana cake	Carrot cake	Rice pudding with a fruit compote 	Chocolate and pear upside down pudding and custard 	Lemon drizzle cake

Check out OUR DAILY DISHES