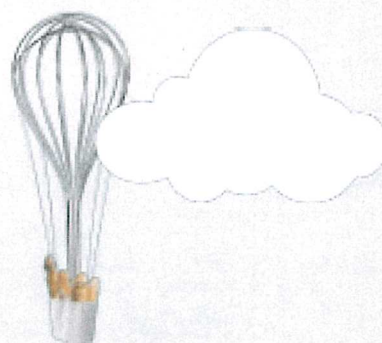


WAVERLEY EDUCATION FOUNDATION MENUS



Waverley School
Learning through diversity

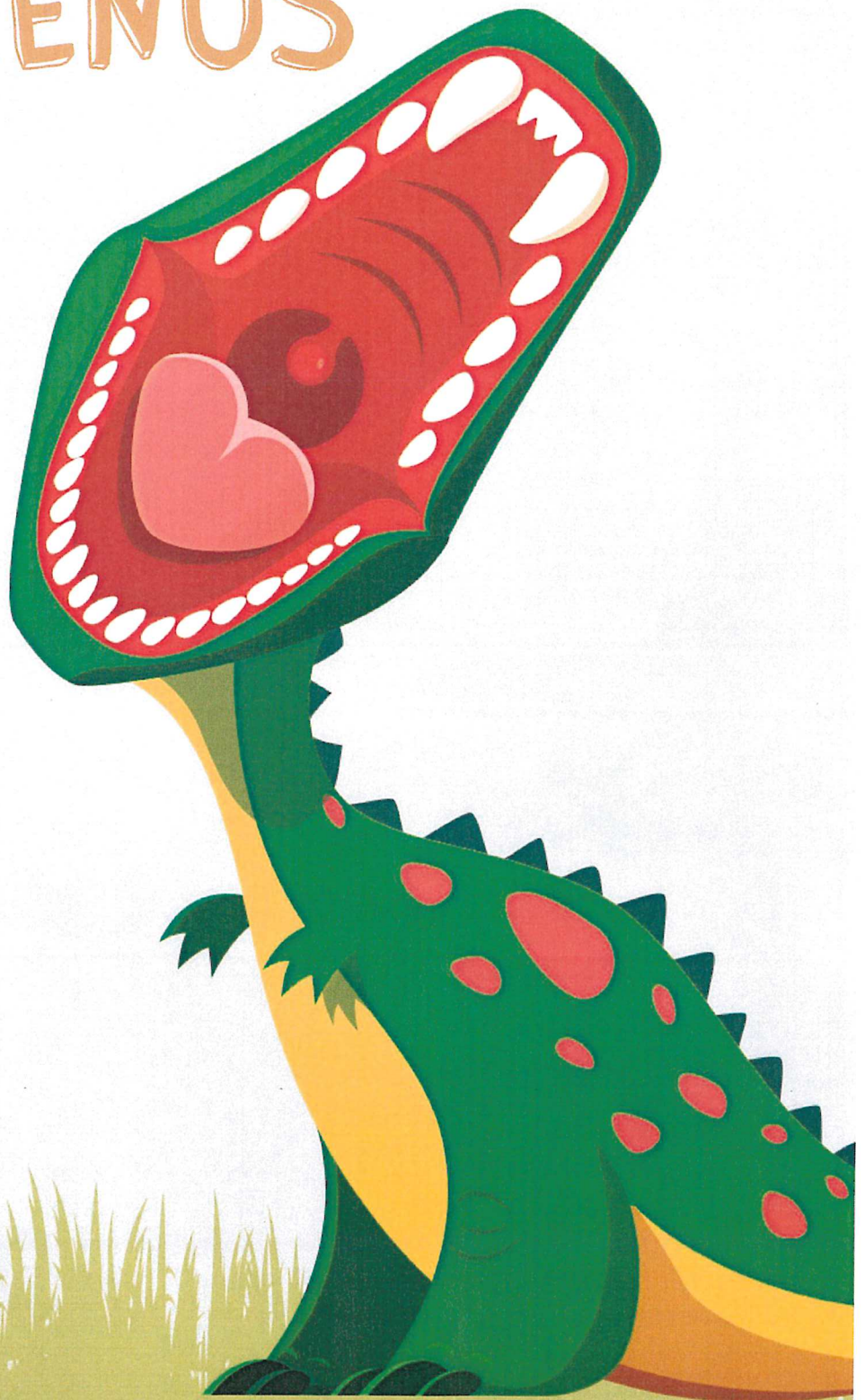
www.mellorsscatering.co.uk






PRIMARY School



MENUS

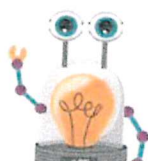


NUTRITIONIST APPROVED

| WEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|--------------------------------------|
|  | Meatballs in a tomato sauce with spaghetti ⁵ | Butter Chicken with rice | Traditional Roast Dinner served with roast potatoes | Chicken and tomato pasta bake | Fish of the day with chips |
| VEGETARIAN MAIN DISH | Vegetarian shepherd's pie ⁵ | Vegetable curry with rice ⁵ | Vegetable cobbler and roast potatoes ⁵ | Piri piri Quorn™ and bean pitta with a jacket potato  | Lentil and bean patties with chips |
| ACCOMPANIMENTS ⁵ | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar |
| DESSERTS | Peach and raspberry cobbler and custard ⁵ | Chocolate crunch | Rice pudding with fruit compote ⁵ | Oat and apricot crunch | Fruit and ice cream |
| FRESH FRUIT & YOGHURT  | Fresh fruit and yoghurt | Fresh fruit and yoghurt | Fresh fruit and yoghurt | Fresh fruit and yoghurt | Fresh fruit and yoghurt |
| JACKET POTATO & SANDWICH SELECTION | Jacket potato and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection |



MENU



Fuel your afternoon with a healthy school lunch from Mellors




⁵
A DAY

- 1 OF YOUR 5 A DAY



- HEALTHY OPTION

NUTRITIONIST APPROVED

| WEEK 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--------------------------------------|---|
|  | Chicken enchiladas with rice | Salmon and broccoli pasta bake  | Roast beef with Yorkshire pudding, gravy and mashed potato | Sweet and sour Chicken with rice | Fish of the day with chips |
| VEGETARIAN MAIN DISH | Roasted vegetable and bean wraps with rice ⁵ | Vegetable moussaka ⁵ | Quorn roast, Yorkshire pudding, gravy and mashed potato | Macaroni cheese | Vegetarian sausage with onion gravy and mash potato Chips or mash potato |
| ACCOMPANIMENTS ⁵ | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Mash potato Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar |
| DESSERTS | Chocolate and banana slice | Carrot and orange muffins | Apple berry fool ⁵ | Fruit crumble and custard | Oaty biscuits |
| FRESH FRUIT & YOGHURT  | Fresh fruit and yoghurt | Fresh fruit and yoghurt | Fresh fruit and yoghurt | Fresh fruit and yoghurt | Fresh fruit and yoghurt |
| JACKET POTATO & SANDWICH SELECTION | Jacket potato and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection |



MENU



Variety is the key to a healthy diet, try something new today!










⁵
A DAY

- 1 OF YOUR 5 A DAY



- HEALTHY OPTION



| WEEK 3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|--------------------------------------|
|  | Turkey Sausage pasta bake | Chicken and leek pie with mashed potato  | Roast Lamb with gravy, and roast potatoes | Chicken tikka masala with brown rice | Fish of the day with chips |
| VEGETARIAN MAIN DISH | Vegetable stir fry with noodles  | Sweet potato and vegetable hot pot  | Cauliflower and broccoli bake with roast potatoes  | Spicy vegetable and bean pittas with brown rice  | BBQ bean burger with chips |
| ACCOMPANIMENTS  | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar |
| DESSERTS | Plum yoghurt cake | Courgette and apple muffin  | Bananas and custard | Fruit in (V) Jelly | Shortbread biscuits and mandarins |
| FRESH FRUIT & YOGHURT  | Fresh fruit and yoghurt | Fresh fruit and yoghurt | Fresh fruit and yoghurt | Fresh fruit and yoghurt | Fresh fruit and yoghurt |
| JACKET POTATO & SANDWICH SELECTION | Jacket potato and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection | Jacket potato and sandwich selection |



MENU



Quench your thirst with free fresh drinking water available daily



- 1 OF YOUR 5 A DAY



- HEALTHY OPTION

