

MENU

	WEEK ONE				
Soup	Red Lentil & Tomato Soup	Curried White Bean Soup	Broccoli & Cheddar Soup	Lancashire Pea & Ham	Thai Vegetable
Main Dish 	Meat & Potato Pie With Gravy	Chicken & Vegetable Jalfrezi 	Roast Pork, Gravy & Stuffing	Italian Beef Lasagne	Chicken & Chips Fish & Chips Sausage & Chips
Alternative Main Dish 	Vegetable Shepherd's Pie	"Bunny Chow"	Cheddar & Broccoli Quiche	Cheese & Bean Enchiladas	Cheese Flan
Sides 	Root Vegetable Mash Buttered Cabbage	Vegetable Rice Naan Breads Cucumber Yoghurt	Roast Potatoes Carrots Green Beans	Garlic & Herb Vegetables Salad Bar	Curry Sauce / Gravy / Beans
Italian Kitchen	Fusilli Tom & Basil Sauce Pizza Slabs Garlic Bread Panini Selections Garlic Dough Balls	Fusilli Tom & Basil Sauce Italian Meatballs Pizza Slabs Garlic Bread Panini Selections	Fusilli Tom & Basil Sauce Cheese Sauce Pizza Slabs Garlic Bread Panini Selections	Fusilli Tom & Basil Sauce Pizza Slabs Garlic Bread Panini Selections Mac & Cheese Bites	
Spudstar	Baked Beans Grated Cheese Homemade Slaw Tuna Mayo Beef Chilli	Baked Beans Grated Cheese Homemade Slaw Tuna Mayo Beef Chilli	Baked Beans Grated Cheese Homemade Slaw Tuna Mayo Beef Chilli	Baked Beans Grated Cheese Homemade Slaw Tuna Mayo Beef Chilli	
Dining Hall	Pizza Twists Chicken Quarter Pounder Cajun Wedges Chicken/ Veg Cups Panini Selection Garlic Bread	Pizza Twists Chicken Quarter Pounder Cajun Wedges Chicken/ Veg Cups Panini Selection Garlic Bread	Pizza Twists Chicken Quarter Pounder Cajun Wedges Chicken/ Veg Cups Panini Selection Garlic Bread	Pizza Twists Chicken Quarter Pounder Cajun Wedges Chicken/ Veg Cups Panini Selection Garlic Bread	Hot Dogs Beef Burger Cheeseburger Southern Fried Chicken



KEY



1 OF YOUR 5 A DAY



MEAT-FREE (VEGETARIAN)



CHEF'S CHOICE



PLANT-BASED (VEGAN)

Mellors
FOOD

MENU

WEEK TWO

Soup



Tomato & Basil

Carrot & Coriander



Roast Butternut Squash

Lancashire Pea & Ham

Cream Of Vegetable

Main Dish



Beef Cottage Pie & Gravy

Butter Chicken Masala

Roast Beef, Gravy &
Yorkshire Pudding

Chicken Cacciatore
Traybake

Chicken & Chips
Fish & Chips
Sausage & Chips

Alternative
Main Dish



Cheese & Potato Pie

Sweet Potato & Coconut
Curry

Cheese & Tomato Quiche

Vegetable & Halloumi
Gyros

Mediterranean Vegetable Tart

Sides



Garden Peas
Buttered Carrots

Pilau Rice
Naan Breads
Cucumber Yoghurt

Roast Potatoes
Carrots
Broccoli

Vegetable Rice
Salad Bar

Curry Sauce / Gravy / Beans

Italian Kitchen

Penne
Tom & Basil Sauce
Pizza Slabs
Garlic Bread
Panini Selections
Garlic Dough Balls

Penne
Tom & Basil Sauce
Beef Bolognese
Pizza Slabs
Garlic Bread
Panini Selections

Penne
Tom & Basil Sauce
Smokey Pepperoni
Pizza Slabs
Garlic Bread
Panini Selections

Penne
Tom & Basil Sauce
Pizza Slabs
Garlic Bread
Panini Selections
Mac & Cheese Bites

Spudstar

Baked Beans
Grated Cheese
Homemade Slaw
Tuna Mayo
BBQ Pulled Pork

Baked Beans
Grated Cheese
Homemade Slaw
Tuna Mayo
BBQ Pulled Pork

Baked Beans
Grated Cheese
Homemade Slaw
Tuna Mayo
BBQ Pulled Pork

Baked Beans
Grated Cheese
Homemade Slaw
Tuna Mayo
BBQ Pulled Pork

Dining Hall

Pizza Twists
Chicken Quarter Pounder
Cajun Wedges
Chicken/ Veg Cups
Panini Selection
Garlic Bread

Pizza Twists
Chicken Quarter Pounder
Cajun Wedges
Chicken/ Veg Cups
Panini Selection
Garlic Bread

Pizza Twists
Chicken Quarter Pounder
Cajun Wedges
Chicken/ Veg Cups
Panini Selection
Garlic Bread

Pizza Twists
Chicken Quarter Pounder
Cajun Wedges
Chicken/ Veg Cups
Panini Selection
Garlic Bread

Hot Dogs
Beef Burger
Cheeseburger
Southern Fried Chicken



KEY



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MEAT-FREE (VEGETARIAN)



CHEF'S CHOICE



PLANT-BASED (VEGAN)

Mellors
FOOD

MENU

WEEK THREE

Soup	Roast Red Pepper	Curried Sweet Potato	Cauliflower & Cheddar	Lancashire Pea & Ham	Italian Vegetable
Main Dish 	Chicken & Vegetable Casserole	Beef Keema Aloo 	Roast Chicken, Stuffing & Gravy	Greek Lemon & Herb Chicken	Chicken & Chips Fish & Chips Sausage & Chips
Alternative Main Dish 	Vegetable Toad In The Hole	Butternut Squash & Chickpea Balti	Cheese & Leek Quiche	Vegetable Calzones	Spinach & Feta Filo Parcel
Sides 	Mashed Potatoes Green Beans	Bombay Potatoes Naan Bread Cucumber Yoghurt	Roast Potatoes Carrots Garden Peas	Garlic & Herb Couscous Salad Bar	Curry Sauce Baked Beans Gravy
Italian Kitchen	Spirali Tom & Basil Sauce Pizza Slabs Garlic Bread Panini Selections Garlic Dough Balls	Spirali Tom & Basil Sauce Chicken Italiano Pizza Slabs Garlic Bread Panini Selections	Spirali Tom & Basil Sauce Sweet Chilli Chicken Pizza Slabs Garlic Bread Panini Selections	Spirali Tom & Basil Sauce Pizza Slabs Garlic Bread Panini Selections Mac & Cheese Bites	
Spudstar	Baked Beans Grated Cheese Homemade Slaw Tuna Mayo Sweet Chilli Chicken	Baked Beans Grated Cheese Homemade Slaw Tuna Mayo Sweet Chilli Chicken	Baked Beans Grated Cheese Homemade Slaw Tuna Mayo Sweet Chilli Chicken	Baked Beans Grated Cheese Homemade Slaw Tuna Mayo Sweet Chilli Chicken	
Dining Hall	Pizza Twists Chicken Quarter Pounder Cajun Wedges Chicken/ Veg Cups Panini Selection Garlic Bread	Pizza Twists Chicken Quarter Pounder Cajun Wedges Chicken/ Veg Cups Panini Selection Garlic Bread	Pizza Twists Chicken Quarter Pounder Cajun Wedges Chicken/ Veg Cups Panini Selection Garlic Bread	Pizza Twists Chicken Quarter Pounder Cajun Wedges Chicken/ Veg Cups Panini Selection Garlic Bread	Hot Dogs Beef Burger Cheeseburger Southern Fried Chicken



KEY



1 OF YOUR 5 A DAY



MEAT-FREE (VEGETARIAN)



CHEF'S CHOICE



PLANT-BASED (VEGAN)

Mellors
FOOD