



# HIGH FIVE MEALS

WEEK 1

WEEK COMMENCING - 29/01 - 04/03 - 15/04 - 13/05 - 17/06 - 15/07



DAY	MAIN MEAL	SIDE DISHES	PUDDING
MONDAY	Chicken Tikka Massala(M) *Quorn Tikka Massala(G,M)	Rice & Naan Bread Garden Peas	Butterscotch Tart (G,M)
TUESDAY	Pork Sausage (G) *Vegan Sausages (G)	Hash Brown, Baked Beans & Tomatoes Toast	Vanilla Muffin (G,M,E,S)
WEDNESDAY	Pizza Pasta Bake (G,M) *Margarita Pizza (G,M)	Potato Waffles Or Garlic Bread (G) Side Salad	Fruit Salad
THURSDAY	BBQ Chicken Wrap (G) *Cheese Wrap (G,M)	Potato Wedges & Side Salad Mixed veg	Apple Crumble & Custard (G,M)
FRIDAY	Chicken Burger (G) *Quorn Dippers (G)	Oven Chips & Garden Peas Sweetcorn	Chocolate Flapjack (G,M)

FRESH FRUIT, YOGHURTS & WATER AVAILABLE DAILY \* MENUS SUBJECT TO CHANGE \* SPECIAL DIETS CATERED FOR



CELERY (C) CRUSTACEANS(CR) EGGS(E) FISH (F) GLUTEN (G) LUPIN (L) MILK (M) NUTS(N)  
MOLLUSCS(MO) PEANUTS (P) SESAME (SE) SOYBEANS(S) SULPHITES(SU) MUSTARD (MU)





# HIGH FIVE MEALS

WEEK 2

WEEK COMMENCING - 05/02 - 11/03 - 22/04 - 20/05 - 24/06 - 22/07



DAY	MAIN MEAL	SIDE DISHES	PUDDING
MONDAY	Sausage roll (G,M,S) *Vegan Roll (G,S)	Mash Potatoes & Baked Beans Peas & Sweetcorn	Arctic Roll (G,M,E,S)
TUESDAY	Roast Turkey *Quorn Fillet (G)	Roast Potatoes & Yorkshire Pudding (G,M,E) Seasonal Veg & Gravy	Chocolate Brownie (G,M,E,S)
WEDNESDAY	Beef Meatballs In Sauce(G) *Margarita Pizza (G,M)	Fresh pasta or Jacket Wedges Mixed Veg	Fruit Salad
THURSDAY	Jacket Potato Day Hot & Cold Fillings	Seasonal Vegetables Side Salad	Jam Sponge & Custard (G,M,E,S)
FRIDAY	Beef Burger In a Bun (G) * Veggie Burger (G)	Smiley Faces & Sweetcorn Mushy peas	Oatie Cookie (G)

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# HIGH FIVE MEALS

WEEK 3

WEEK COMMENCING – 19/02 – 18/03 – 29/04 – 03/06 – 01/07



DAY	MAIN MEAL	SIDE DISHES	PUDDING
MONDAY	Pork Sausage (G) *Quorn Sausage(G)	Hash Brown, Baked Beans & Tomatoes	Cornflake Tart & Custard (G,M)
TUESDAY	Roast Chicken (G) * Quorn Fillet (G)	Mash Potatoes & Yorkshire Pudding (G,M,E) Seasonal Veg & Gravy	Vanilla Muffin (G,M,E,S)
WEDNESDAY	Tuna Pasta Bake (G,F) *Margarita Pizza (G,M)	Potato Waffles & Mixed Vegetables Side Salad	Fruit Salad
THURSDAY	Chicken Tikka Massala (M) *Veggie Curry (M)	Steamed rice & Naan Bread (G,M) Broccoli & Side Salad	Iced Chocolate Sponge (G,M,E,S)
FRIDAY	Fish Fillet (G,F) *Veggie Fingers (G)	Oven Chips & Tomato Sauce Garden Peas & Sweetcorn	Flapjack (G)

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# HIGH FIVE MEALS

WEEK 4

WEEK COMMENCING – 26/02 – 25/03 – 06/05 – 10/06 – 08/07



DAY	MAIN MEAL	SIDE DISHES	PUDDING
MONDAY	Hot Dogs (G) *Veggie Dogs (G)	Mini Potato Waffles & Baked Beans Side Salad	Vanilla Sponge & Custard (G,M,E,S)
TUESDAY	Roast Chicken *Quorn Fillet (G)	Roast Potatoes & Stuffing Ball (G) Seasonal Veg & Gravy	Waffles & Sauce (G,M,E,S)
WEDNESDAY	Pepperoni Pasta (G,M) * Margarita Pizza (G,M)	Potato Wedges & Garlic Slice (G) Broccoli & Carrots	Fruit Salad & Meringue (E)
THURSDAY	Beef Lasagne (G,M) *Veggie Lasagne (G,M)	Garlic Slice (G,M) & Green Beans Side Salad	Ice Cream (M)
FRIDAY	Cod Stars (G,F) *Veggie Burger (G)	Oven Chips & Mushy Peas Sweetcorn & Ketchup	Chocolate Orange Muffin (G,M,E,S)
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MOLLUSCS(MO) PEANUTS (P) SESAME (SE) SOYBEANS(S) SULPHITES(SU) MUSTARD (MU)

