



# HIGH FIVE MEALS

WEEK 1

WEEK COMMENCING – 02/09 – 30/09 – 11/11 – 09/12



DAY	MAIN MEAL	SIDE DISHES	PUDDING
MONDAY	Chicken Tikka Massala(M) *Quorn Tikka Massala(G,M)	Rice & Naan Bread Sweetcorn & Salad	Arctic Roll (G,M,E,S)
TUESDAY	Pork Sausage (G) *Vegan Sausages (G)	Mash Potatoes & Yorkshire Pudding (G,M,E) Carrots & Broccoli	Vanilla Muffin (G,M,E,S)
WEDNESDAY	Tuna Pasta Bake (G,F) *Margarita Pizza (G,M)	Potato Wedges & Mixed Veg	Fruit Salad
THURSDAY	Jacket Potatoes Hot & Cold Fillings	Garden Peas & Side Salad Mixed veg	Chocolate Sponge & Custard (G,M,E,S)
FRIDAY	Beef Burger (G) *Quorn Burger (G)	Potato Smileys & Mushy Peas Sweetcorn	Flapjack (G)

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 – 09/09 – 07/10 – 18/11 – 16/12



DAY	MAIN MEAL	SIDE DISHES	PUDDING
MONDAY	Sausage roll (G,M,S) *Vegan Roll (G,S)	Mash Potatoes & Baked Beans Garden Peas	Ice Cream Tubs (M)
TUESDAY	Roast Turkey *Quorn Fillet (G)	Roast Potatoes & Yorkshire Pudding (G,M,E) Seasonal Veg & Gravy	Chocolate Muffin (G,M,E,S)
WEDNESDAY	Beef Lasagne(G,M) *Margarita Pizza (G,M)	Potato Waffles & Garlic Bread Mixed Veg	Fruit Salad
THURSDAY	BBQ Chicken Wrap(G) * Cheese Wrap (G,M)	Potato Wedges & Sweetcorn Side Salad	Cornflake Tart & Custard (G,M)
FRIDAY	Breaded Fish Fillet (G,F) * Veggie Fingers (G)	Oven Chips & Sweetcorn Mushy peas	Oatie Cookie (G)

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# HIGH FIVE MEALS

WEEK 3

WEEK COMMENCING - 16/09 - 14/10 - 25/11



DAY	MAIN MEAL	SIDE DISHES	PUDDING
MONDAY	Pork Sausage (G) *Quorn Sausage(G)	Hash Brown, Baked Beans & Tomatoes	Butterscotch Tart (G,M)
TUESDAY	Roast Chicken (G) * Quorn Fillet (G)	Roast Potatoes & Stuffing Ball (G) Seasonal Veg & Gravy	Sweet Waffles & Sauce (G,M,E,S)
WEDNESDAY	Pepperoni Pasta Bake (G) *Margarita Pizza (G,M)	Potato Smileys & Mixed Vegetables Side Salad	Fruit Salad
THURSDAY	Chicken Tikka Massala (M) *Veggie Curry (M)	Steamed rice & Naan Bread (G,M) Broccoli & Side Salad	Bristol Tart & Custard (G,M)
FRIDAY	Fish Fingers (G,F) *Quorn Nuggets (G)	Oven Chips & Tomato Sauce Mushy Peas & Sweetcorn	Iced Buns (G)

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# HIGH FIVE MEALS

WEEK 4

WEEK COMMENCING - 23/09 - 04/11 - 02/12



DAY	MAIN MEAL	SIDE DISHES	PUDDING
MONDAY	Cod Stars (G,F) *Veggie Burger (G)	Mashed Potatoes & Baked Beans Garden Peas & Sweetcorn	Jam Sponge & Custard (G,M,E,S)
TUESDAY	Roast Gammon *Quorn Fillet (G)	Roast Potatoes & Yorkshire Pudding (G,M,E) Seasonal Veg & Gravy	Chocolate Brownie (G,M,E,S)
WEDNESDAY	Meatballs In Gravy(G) * Margarita Pizza (G,M)	Potato Wedges or Pasta (G) Mixed Vegetables	Fruit Salad Natural Yoghurt(M)
THURSDAY	Ham & Tomato Puffs (G,M) *Cheese & Tomato Puff (G,M)	Potato Waffles, Garden Peas & Sweetcorn Side Salad	Lemon Sponge & Custard (G,M,E,S)
FRIDAY	Chicken Burger (G) *Veggie Burger (G)	Oven Chips & Mushy Peas Sweetcorn & Ketchup	Chocolate Flapjack (G,M)

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