



# HIGH FIVE MEALS

WEEK 1

WEEK COMMENCING – 06/01 – 03/02 – 10/03



| DAY       | MAIN MEAL                                       | SIDE DISHES                                                            | PUDDING                                 |
|-----------|-------------------------------------------------|------------------------------------------------------------------------|-----------------------------------------|
| MONDAY    | Pork Sausages(G)<br>*Quorn Sausages(G)          | Baked Beans, Tomatoes & Hash Brown<br>Toast(G) & Scrambled Egg(E)      | Vanilla Muffin<br>(G,M,E,S)             |
| TUESDAY   | Roast Turkey<br>*Quorn Fillet (G)               | Mash Potatoes & Yorkshire Pudding (G,M,E)<br>Carrots, Broccoli & Gravy | Ice Cream Tub<br>(M)                    |
| WEDNESDAY | Tuna Pasta Bake (G,F)<br>*Margarita Pizza (G,M) | Potato Wedges & Mixed Veg                                              | Fruit Salad                             |
| THURSDAY  | Beef Burger(G)<br>*Veggie Burger(G,S)           | Potato Smileys & Baked Beans<br>Garden Peas                            | Chocolate Sponge & Custard<br>(G,M,E,S) |
| FRIDAY    | Chicken Goujons (G)<br>*Quorn Nugget (G)        | Oven Chips & Sweetcorn<br>Side Salad                                   | Iced Buns<br>(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 – 13/01 – 10/02 – 17/03



| DAY       | MAIN MEAL                                      | SIDE DISHES                                                | PUDDING                           |
|-----------|------------------------------------------------|------------------------------------------------------------|-----------------------------------|
| MONDAY    | Beef Chilli<br>*Quorn Chilli (G)               | Steamed Rice<br>Seasonal Veg                               | Cornflake Tart & Custard<br>(G,M) |
| TUESDAY   | Roast Chicken<br>*Quorn Fillet (G)             | Roast Potatoes & Stuffing Ball (G)<br>Seasonal Veg & Gravy | Chocolate Muffin<br>(G,M,E,S)     |
| WEDNESDAY | Pepperoni Pasta(G,M)<br>*Margarita Pizza (G,M) | Potato Smileys & Mixed Veg                                 | Fruit Salad                       |
| THURSDAY  | Hot Dogs (G)<br>* Quorn Dogs (G)               | Potato Wedges & Sweetcorn<br>Mushy Peas                    | Sweet Waffles & Sauce<br>(G,M)    |
| FRIDAY    | Breaded Cod Star (G,F)<br>* Veggie Fingers (G) | Oven Chips & Baked Beans<br>Vegetables                     | Oatie Cookie<br>(G)               |

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# HIGH FIVE MEALS

WEEK 3

WEEK COMMENCING - 20/01 - 24/02 - 24/03



| DAY       | MAIN MEAL                                      | SIDE DISHES                                                        | PUDDING                               |
|-----------|------------------------------------------------|--------------------------------------------------------------------|---------------------------------------|
| MONDAY    | Sweet & Sour Chicken<br>*Sweet & Sour Quorn(G) | Steamed Rice & Broccoli<br>Mixed Salad *                           | Vanilla Sponge & Custard<br>(G,M,E,S) |
| TUESDAY   | Pork Sausage (G)<br>* Quorn Sausage (G)        | Mashed Potatoes & Yorkshire Pudding(G,M,E)<br>Seasonal Veg & Gravy | HomeMade Muffin<br>(G,M,E,S)          |
| WEDNESDAY | Beef Meatballs (G)<br>*Margarita Pizza (G,M)   | Potato Wedges & Mixed Vegetables<br>Side Salad                     | Fruit Salad                           |
| THURSDAY  | Jacket Potatoes<br>Hot & Cold Fillings         | Side Salad & Mixed Vegetables                                      | Bristol Tart & Custard<br>(G,M)       |
| FRIDAY    | Chicken Burger (G)<br>*Quorn Burger (G)        | Oven Chips & Vegetables                                            | Doughnuts<br>(G,M,E,S)                |

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# HIGH FIVE MEALS

WEEK 4

WEEK COMMENCING - 27/01 - 03/03 - 31/03



| DAY       | MAIN MEAL                                               | SIDE DISHES                                    | PUDDING                              |
|-----------|---------------------------------------------------------|------------------------------------------------|--------------------------------------|
| MONDAY    | Chicken Tikka Massala (M)<br>*Quorn Tikka Massala (G,M) | Rice & Naan Bread(G,M)<br>Broccoli & Salad     | Shortbread Biscuits<br>(G,M,E,S)     |
| TUESDAY   | Beef Cottage Pie<br>*Quorn Cottage Pie (G)              | Seasonal Veg & Gravy                           | Muffins<br>(G,M,E,S)                 |
| WEDNESDAY | Pork Potato Pie(G)<br>* Margarita Pizza (G,M)           | Potato Smileys<br>Mixed Vegetables             | Fruit Salad                          |
| THURSDAY  | Chicken Wrap (G)<br>*Cheese Wrap (G,M)                  | Potato Wedges & Sweetcorn<br>Side Salad        | Orange Sponge & Custard<br>(G,M,E,S) |
| FRIDAY    | Fish Fillet (G,F)<br>*Veggie Nuggets (G)                | Oven Chips & Mushy Peas<br>Sweetcorn & Ketchup | Chocolate Flapjack<br>(G,M)          |

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