



High Five Meals



AUTUMN 1

WEEK COMMENCING – 1st September, 29th September, 10th November, 8th December

DAY	MAIN MEAL	SIDE DISHES	DESSERT
MONDAY	Sweet & Sour Chicken * Sweet & Sour Quorn (G)	White Rice Broccoli & Salad	Choc Chip Sponge & Custard (G,M,E,S)
TUESDAY	Roast Turkey *Quorn Fillet (G)	Roast Potatoes, Carrots, Broccoli Stuffing (G) & Gravy	Homemade Muffin (G,M,E,S)
WEDNESDAY	Pork Sausage (G) *Quorn Sausage (G)	Baked Beans or Tomatoes Hash Brown, Scrambled Egg (E) & Toast	Angel Delight (M)
THURSDAY	Beef Lasagne (G,M) *Veggie Lasagne (G,M)	Garlic Slice Mixed Salad	Ice Cream (M)
FRIDAY	Cod Stars (G,F) *Fishless Fingers (G)	Oven Chips Garden Peas or Baked Beans	Flapjack (G)

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



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

