



High Five Meals



AUTUMN 3

WEEK COMMENCING – 15th September, 13th October, 24th November

DAY	MAIN MEAL	SIDE DISHES	DESSERT
MONDAY	Chicken Tikka Masala (M) *Quorn Tikka Masala (M)	Steamed Rice Broccoli & Side Salad	Butterscotch Tart (G,M)
TUESDAY	Pork Sausage (G) *Quorn Sausage (G)	Mashed Potato, Carrots, Peas Yorkshire Pudding (G,M,E) & Gravy	Ice Cream & Jelly (M)
WEDNESDAY	Cheese, Ham & Tomato Pasta Bake (G,M) *Margarita Pizza (G,M)	Mini Potato Waffles Mixed Vegetables	Fruit Salad or Cheesecake (G,M)
THURSDAY	Jacket Potatoes	Baked Beans, Cheese (M), Tuna Mayonnaise (F,E)	Sprinkle Sponge & Custard (G,M,E,S)
FRIDAY	BBQ Chicken Wrap (G) *Cheese Wrap (G,M)	Oven Chips Sweetcorn & Salad	Iced Bun (G,M,E,S)

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)

