



High Five Meals



AUTUMN 4

WEEK COMMENCING – 22nd September, 3rd November, 1st December

DAY	MAIN MEAL	SIDE DISHES	DESSERT
MONDAY	Fish Fingers (G,F) *Veggie Fingers (G)	Mashed Potato Spaghetti Loops (G) or Garden Peas	Orange Sponge & Custard (G,M,E,S)
TUESDAY	Roast Chicken *Quorn Fillet (G)	Roast Potatoes Broccoli, Carrots & Gravy	Oatie Cookie (G)
WEDNESDAY	Beef Bolognese *Quorn Bolognese (G)	Fresh Pasta Garlic Slice (G,M,S) & Mixed Veg	Fruit Salad
THURSDAY	Pork Sausage Roll (G,M,E) *Vegan Roll (G)	Potato Smileys Baked Beans or Sweetcorn	Homemade Muffin (G,M,E,S)
FRIDAY	Chicken Burger (G) *Veggie Burger (G)	Oven Chips Sweetcorn & Garden Peas	Chocolate Flapjack (G,M)
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)

