

East Midlands
Education Trust

HIGH FIVE MEALS

AUTUMN WEEK 1**WEEK COMMENCING -03/09 - 29/09 - 10/11 - 08/12**East Midlands
Education Trust

DAY	MAIN MEAL	SIDE DISHES	PUDDING
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 & 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)

