



HIGH FIVE MEALS

AUTUMN WEEK 3

WEEK COMMENCING -15/09 - 13/10 - 24/11



DAY	MAIN MEAL	SIDE DISHES	PUDDING
MONDAY	Chicken Tikka Massala(M) *Quorn Tikka Massala(M)	Steamed Rice Broccoli & Side Salad	Butterscotch Tart (G,M)
TUESDAY	Pork Sausages(G) *Quorn Sausages(G)	Mash Potato & Yorkshire Pudding(G,M,E) Carrots, Peas & Gravy	Ice Cream & Jelly (M)
WEDNESDAY	Cheese, Ham & Tomato Pasta Bake(G,M) *Margarita Pizza(G,M)	Mini Potato Waffles & Mixed Veg	Fruit Salad Or Cheesecake(G,M)
THURSDAY	Jacket Potatoes Hot & Cold Fillings	Baked Beans, Cheese(M), Tuna Mayo(F,E)	Sprinkle Sponge & Custard (G,M,E,S)
FRIDAY	BBQ Chicken Wrap(G) *Cheese Wrap(G,M)	Oven Chips Sweetcorn & Salad	Iced Buns (G,M,E,S)

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)

