



HIGH FIVE MEALS

AUTUMN WEEK 4

WEEK COMMENCING -22/09 - 03/11 - 01/12



DAY	MAIN MEAL	SIDE DISHES	PUDDING
MONDAY	Fish Fingers(G,F) *Veggie Fingers(G)	Mashed Potatoes 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 Bolognaise *Quorn Bolognaise(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 & 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)

