



High Five Meals



SPRING MENU 1

WEEK COMMENCING – 5th January, 2nd February, 9th March

DAY	MAIN MEAL	SIDE DISHES	DESSERT
MONDAY	Bacon & Sausage (G) *Quorn Sausage (G)	Baked Beans or Tomatoes Hash Brown & Scrambled Egg (E)	Choc Chip Muffin (G,M,E,S)
TUESDAY	Roast Turkey *Quorn Fillet (G)	Roast Potatoes, Yorkshire Pudding (G,M,E) Broccoli, Carrots & Gravy	Belgian Waffles & Sauce (G,M,E,S)
WEDNESDAY	Margarita Pizza (G,M) *Tuna Pasta Bake (G,F)	Potato Smileys Mixed Vegetables	Fruit Salad & Meringue (E)
THURSDAY	Chicken Tikka Wrap (G,M) *Cheese Wrap (G,M)	Potato Wedges Sweetcorn & Mixed Salad	Sprinkle Sponge & Custard (G,M,E,S)
FRIDAY	Hot Dogs (G) *Quorn Dogs (G)	Oven Chips Corn On The Cob & Mixed Salad	Flapjack (G)

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)

