



High Five Meals



SPRING MENU 3

WEEK COMMENCING – 19th January, 23rd February, 23rd March

DAY	MAIN MEAL	SIDE DISHES	DESSERT
MONDAY	Chicken Tikka Masala (M) *Quorn Tikka Masala (G,M)	Rice, Naan Bread (G,M) Broccoli & Salad	Butterscotch Tart (G,M)
TUESDAY	Pork Sausage (G) *Quorn sausage (G)	Mashed Potatoes, Yorkshire Pudding (G,M,E) Peas, Carrots & Gravy	Homemade Muffins (G,M,E,S)
WEDNESDAY	Pepperoni Pasta (G,M) *Margarita Pizza (G)	Potato Smileys Mixed Vegetables	Fruit Salad or Cheesecake (G,M)
THURSDAY	Ham & Cheese Panini (G,M) *Cheese & Bean Panini (G,M)	Potato Wedges Sweetcorn & Mixed Salad	Chocolate Sponge & Custard (G,M,E,S)
FRIDAY	Beef Burger in a Bun (G) * Veggie Burger in a Bun (G)	Oven Chips Baked Beans, Peas or Sweetcorn	Shortbread Biscuits (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)

