



High Five Meals



SPRING MENU 4

WEEK COMMENCING – 26th January, 2nd March

DAY	MAIN MEAL	SIDE DISHES	DESSERT
MONDAY	Beef Bolognaise *Quorn Bolognaise (G)	Pasta (G), Garlic Slice (G,M,S) Mixed Vegetables	Bristol Tart & Custard (G,M)
TUESDAY	Lemon & Herb Chicken * Lemon & Herb Quorn (G)	Diced Potatoes Broccoli & Carrots	Homemade Muffins (G,M,E,S)
WEDNESDAY	Ham & Cheese Pasta (G,M) *Tomato & Basil Pasta (G)	Mixed Vegetables Salad	Fruit Salad & Yoghurt (M)
THURSDAY	Chicken Goujon Wrap (G) *Quorn Dipper Wrap (G)	Potato Wedges Sweetcorn & Mixed Salad	Vanilla Sponge & Custard (G,M,E,S)
FRIDAY	Cod Stars (G,F) * Veggie Nuggets (G)	Oven Chips Baked Beans or Garden Peas	Chocolate Rice Krispie Slice (G,M)

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)

