



HIGH FIVE MEALS

WEEK 1

WEEK COMMENCING – 21/04 – 19/05 – 23/06 – 21/07



DAY	MAIN MEAL	SIDE DISHES	PUDDING
MONDAY	Pork Sausage Roll(G,M) *Vegan Roll(G)	Cheesy Mash Potatoes(M) Baked Beans & Garden Peas	Sprinkle Sponge Cake & Custard (G,M,E,S)
TUESDAY	Roast Chicken *Quorn Fillet(G)	Roast Potatoes, Carrots & Broccoli Stuffing(G) & Gravy	Homemade Muffin (G,M,E,S)
WEDNESDAY	Beef Bolognaise *Quorn Bolognaise(E)	Fresh Pasta(G) Mixed Vegetables	Fruit Salad
THURSDAY	Pork Hot Dogs(G) *Vegan Dogs(G)	Potato Wedges Mushy Peas & Sweetcorn	Butterscotch Tart (G,M)
FRIDAY	Fish Fingers(G,F) *Fishless Fingers(G)	Oven Chips Garden Peas & Sweetcorn	Flapjack (G)

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)



HIGH FIVE MEALS

WEEK 2

WEEK COMMENCING – 28/04 – 02/06 – 30/06



DAY	MAIN MEAL	SIDE DISHES	PUDDING
MONDAY	Chicken Tikka Massala(M) *Quorn Tikka (G,M)	Rice & Naan Bread(G,M) Broccoli & Side Salad	Arctic Roll (G,M,E,S)
TUESDAY	Roast Turkey *Quorn Fillet(G)	Mashed Potatoes & Yorkshire Pudding(G,M,E) Carrots, Peas & Gravy	Homemade Muffin (G,M,E,S)
WEDNESDAY	Beef Meatballs *Margarita Pizza(G,M)	Fresh Pasta(G) & Mixed Vegetables Potato Wedges	Fruit Salad
THURSDAY	Chicken Goujons(G) *Quorn Nugget Wrap(G)	Potato Smileys Sweetcorn & Side Salad	Cornflake Tart & Custard (G,M)
FRIDAY	Beef Burgers(G) *Veggie Burgers(G)	Oven Chips Garden Peas & Spaghetti Loops(G)	Shortbread Biscuit (G)

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HIGH FIVE MEALS

WEEK 3

WEEK COMMENCING - 05/05 - 09/06 - 07/07



DAY	MAIN MEAL	SIDE DISHES	PUDDING
MONDAY	Beef Chilli *Quorn Chilli(G)	Steamed Rice Broccoli & Side Salad	Chocolate Sponge & Custard (G,M,E,S)
TUESDAY	Pork Sausages(G) Quorn Sausages(G)	Mash Potato & Yorkshire Pudding(G,M,E) Carrots, Cauliflower & Gravy	Ice Cream (M)
WEDNESDAY	Pepperoni Pasta(G,M) *Margarita Pizza(G,M)	Mini Potato Waffles & Mixed Veg	Fruit Salad
THURSDAY	BBQ Chicken Wrap(G) *Cheese Wrap(G,M)	Potato Wedges Sweetcorn & Side Salad	Jam Tart & Custard (G,M)
FRIDAY	Cod Star(G,F) *Veggie Burger(G)	Oven Chips Mushy Peas or Garden Peas	Homemade Muffin (G,M,E,S)

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MOLLUSCS(MO) PEANUTS (P) SESAME (SE) SOYBEANS(S) SULPHITES(SU) MUSTARD (MU)



HIGH FIVE MEALS

WEEK 4

WEEK COMMENCING - 12/05 - 16/06 - 14/07



DAY	MAIN MEAL	SIDE DISHES	PUDDING
MONDAY	Pork Sausage(G) *Quorn Sausage(G)	Hash Brown, Baked Beans & Toast(G) Tomatoes & Scrambled Egg(E)	Lemon Sponge & Custard (G,M,E,S)
TUESDAY	Minced Beef *Quorn Minced(E)	Mashed Potatoes & Yorkshire Pudding(G,M,E) Mixed Vegetables	Homemade Muffin (G,M,E,S)
WEDNESDAY	Tuna Pasta Bake(G,F) *Margarita Pizza(G,M)	Potato Wedges Vegetables	Fruit Salad
THURSDAY	Jacket Potatoes	Choice Of Hot & Cold Fillings (Cheese(M), Beans, Tuna(F))	Sweet Waffles & Sauce (G,M,E,S)
FRIDAY	Chicken Burger(G) *Veggie Burger(G)	Oven Chips Baked Beans & Garden Peas	Oatie Cookies (G)

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MOLLUSCS(MO) PEANUTS (P) SESAME (SE) SOYBEANS(S) SULPHITES(SU) MUSTARD (MU)

