

WEEK 1			
Meal Day	Meal / Sweet	Meal Choice	Meal / Sweet
Monday	STARTER	1	SCOTCH BROTH
Monday	MEAL	2	BEEF STEW
Monday	MEAL	3	CHICKEN SUPREME
Monday	MEAL	4	PORK & VEGETABLE CASSEROLE
Monday	MEAL	5	VEGETARIAN SAUSAGE & MASH
Monday	MEAL	6	VEGETABLE LASAGNE
Monday	SWEET	7	APPLE PIE
Monday	SWEET	8	REDUCED SUGAR GOLDEN SYRUP SPONGE
Monday	SWEET	9	APRICOT & PEACH DESSERT
Tuesday	STARTER	1	POTATO & LEEK SOUP
Tuesday	MEAL	2	SAUSAGE IN ONION GRAVY
Tuesday	MEAL	3	CHICKEN CHASSEUR
Tuesday	MEAL	4	SAVOURY MINCED BEEF
Tuesday	MEAL	5	VEGETABLE CURRY
Tuesday	MEAL	6	CHEESE & ONION PIE
Tuesday	SWEET	7	SPOTTED DICK
Tuesday	SWEET	8	REDUCED SUGAR APPLE & BLACKBERRY CRUMBLE
Tuesday	SWEET	9	RASPBERRY TRIFLE
Wednesday	STARTER	1	PEA & HAM SOUP
Wednesday	MEAL	2	CORNED BEEF HASH
Wednesday	MEAL	3	LANCASHIRE HOTPOT
Wednesday	MEAL	4	FISHERMANS PIE
Wednesday	MEAL	5	LENTIL & VEGETABLE PIE
Wednesday	MEAL	6	MACARONI CHEESE
Wednesday	SWEET	7	GINGER SPONGE
Wednesday	SWEET	8	REDUCED SUGAR BLACKCURRANT PIE
Wednesday	SWEET	9	STRAWBERRY CHEESECAKE
Thursday	STARTER	1	VEGETABLE SOUP
Thursday	MEAL	2	CHICKEN & VEG PIE
Thursday	MEAL	3	LAMBS LIVER
Thursday	MEAL	4	BRAISED STEAK
Thursday	MEAL	5	CHEESY VEGETABLE BAKE
Thursday	MEAL	6	VEGETARIAN SAUSAGE CASSEROLE
Thursday	SWEET	7	RHUBARB CRUMBLE
Thursday	SWEET	8	REDUCED SUGAR LEMON SPONGE
Thursday	SWEET	9	RASPBERRY DESSERT
Friday	STARTER	1	MUSHROOM SOUP
Friday	MEAL	2	BREADED FISH & MASH
Friday	MEAL	3	STEAK & MUSHROOM CASSEROLE
Friday	MEAL	4	CHICKEN IN GRAVY

Friday	MEAL	5	OMELETTE, CHIPS & BEANS
Friday	MEAL	6	VEGETABLE HOTPOT
Friday	SWEET	7	BREAD & BUTTER PUDDING
Friday	SWEET	8	REDUCED SUGAR STEWED APPLE
Friday	SWEET	9	CHOCOLATE MOUSSE
Saturday	STARTER	1	TOMATO SOUP
Saturday	MEAL	2	CHICKEN & LEEK HOTPOT
Saturday	MEAL	3	HAM IN PARSLEY SAUCE
Saturday	MEAL	4	SHEPHERDS PIE
Saturday	MEAL	5	VEGETABLE LASAGNE
Saturday	MEAL	6	MUSHROOM, LEEK & CHEDDAR BAKE
Saturday	SWEET	7	SUMMER FRUIT PIE
Saturday	SWEET	8	REDUCED SUGAR SULTANA SPONGE
Saturday	SWEET	9	COFFEE DESSERT
Sunday	STARTER	1	CHICKEN SOUP
Sunday	MEAL	2	ROAST BEEF
Sunday	MEAL	3	PORK IN GRAVY
Sunday	MEAL	4	CHICKEN & VEGETABLE CASSEROLE
Sunday	MEAL	5	CAULIFLOWER & BROCCOLI BAKE
Sunday	MEAL	6	VEGETARIAN COTTAGE PIE
Sunday	SWEET	7	RICE PUDDING
Sunday	SWEET	8	REDUCED SUGAR JAM ROLY POLY
Sunday	SWEET	9	BLACKCURRANT CHEESECAKE

WEEK 2			
Meal Day	Meal/Sweet	Meal Choice	Meal Description
Monday	STARTER	1	LENTIL SOUP
Monday	MEAL	2	COTTAGE PIE
Monday	MEAL	3	MEATBALLS & MUSHY PEAS
Monday	MEAL	4	LEMON & GINGER CHICKEN
Monday	MEAL	5	KATSU CURRY WITH RICE
Monday	MEAL	6	VEGETARIAN SAUSAGE CASSEROLE
Monday	SWEET	7	PLUM & CHERRY CRUMBLE
Monday	SWEET	8	REDUCED SUGAR BLACKCURRANT PIE
Monday	SWEET	9	RASPBERRY DESSERT
Tuesday	STARTER	1	SCOTCH BROTH
Tuesday	MEAL	2	CHICKEN & MUSHROOM PIE
Tuesday	MEAL	3	CUMBERLAND SAUSAGES
Tuesday	MEAL	4	SALMON SUPREME
Tuesday	MEAL	5	VEGETARIAN COTTAGE PIE
Tuesday	MEAL	6	CAULIFLOWER & BROCCOLI BAKE
Tuesday	SWEET	7	BAKEWELL TART
Tuesday	SWEET	8	REDUCED SUGAR RHUBARB CRUMBLE
Tuesday	SWEET	9	STRAWBERRY TRIFLE
Wednesday	STARTER	1	POTATO & LEEK SOUP
Wednesday	MEAL	2	BRAISED STEAK
Wednesday	MEAL	3	CHICKEN CURRY
Wednesday	MEAL	4	LAMB & VEGETABLE CASSEROLE
Wednesday	MEAL	5	MACARONI CHEESE
Wednesday	MEAL	6	OMELETTE, CHIPS & BEANS
Wednesday	SWEET	7	APPLE CRUMBLE
Wednesday	SWEET	8	REDUCED SUGAR GOLDEN SYRUP SPONGE
Wednesday	SWEET	9	COFFEE DESSERT
Thursday	STARTER	1	PEA & HAM SOUP
Thursday	MEAL	2	SAUSAGE CASSEROLE
Thursday	MEAL	3	MINCED BEEF & ONION PIE
Thursday	MEAL	4	CHICKEN IN GRAVY
Thursday	MEAL	5	VEGETABLE LASAGNE
Thursday	MEAL	6	MUSHROOM & CHEDDAR BAKE
Thursday	SWEET	7	LEMON SPONGE
Thursday	SWEET	8	REDUCED SUGAR JAM ROLY POLY
Thursday	SWEET	9	BLACKCURRANT CHEESECAKE
Friday	STARTER	1	VEGETABLE SOUP
Friday	MEAL	2	FISHCAKES
Friday	MEAL	3	CORNED BEEF HASH
Friday	MEAL	4	CHICKEN & BACON HOTPOT
Friday	MEAL	5	CHEESY VEGETABLE BAKE

Friday	MEAL	6	LENTIL & VEG PIE
Friday	SWEET	7	BLACKCURRANT PIE
Friday	SWEET	8	REDUCED SUGAR SULTANA SPONGE
Friday	SWEET	9	APRICOT & PEACH DESSERT
Saturday	STARTER	1	MUSHROOM SOUP
Saturday	MEAL	2	STEAK & KIDNEY PIE
Saturday	MEAL	3	HAM & LEEK CRUMBLE
Saturday	MEAL	4	FISH IN BUTTER SAUCE
Saturday	MEAL	5	VEGETABLE HOTPOT
Saturday	MEAL	6	MACARONI CHEESE
Saturday	SWEET	7	TREACLE TART
Saturday	SWEET	8	REDUCED SUGAR APPLE CRUMBLE
Saturday	SWEET	9	CHOCOLATE MOUSSE
Sunday	STARTER	1	TOMATO SOUP
Sunday	MEAL	2	CHICKEN BREAST
Sunday	MEAL	3	LAMB IN GRAVY
Sunday	MEAL	4	SAVOURY MINCED BEEF
Sunday	MEAL	5	CHEESE & ONION PIE
Sunday	MEAL	6	VEGETABLE CURRY
Sunday	SWEET	7	RICE & APRICOTS
Sunday	SWEET	8	REDUCED SUGAR LEMON SPONGE
Sunday	SWEET	9	STRAWBERRY MOUSSE

WEEK 3			
Meal Day	Meal/Sweet	Meal Choice	Meal Description
Monday	STARTER	1	CHICKEN SOUP
Monday	MEAL	2	CORNED BEEF
Monday	MEAL	3	FISH IN PARSLEY SAUCE
Monday	MEAL	4	CHICKEN BREAST, CHEESE & BACON SAUCE
Monday	MEAL	5	VEGETABLE LASAGNE
Monday	MEAL	6	VEGETARIAN SAUSAGE & MASH
Monday	SWEET	7	ORANGE SPONGE
Monday	SWEET	8	REDUCED SUGAR APPLE & BLACKBERRY CRUMBLE
Monday	SWEET	9	COFFEE DESSERT
Tuesday	STARTER	1	LENTIL SOUP
Tuesday	MEAL	2	SHEPHERDS PIE
Tuesday	MEAL	3	CREAMY PORK WITH PEPPERS
Tuesday	MEAL	4	SWEET & SOUR CHICKEN
Tuesday	MEAL	5	CAULIFLOWER & BROCCOLI BAKE
Tuesday	MEAL	6	LENTIL & VEG PIE
Tuesday	SWEET	7	STICKY TOFFEE PUDDING
Tuesday	SWEET	8	REDUCED SUGAR BLACKCURRANT PIE
Tuesday	SWEET	9	APRICOT & PEACH DESSERT
Wednesday	STARTER	1	SCOTCH BROTH
Wednesday	MEAL	2	CHICKEN & VEG CASSEROLE
Wednesday	MEAL	3	GAMMON & MUSHROOM PIE
Wednesday	MEAL	4	BRAISED STEAK
Wednesday	MEAL	5	KATSU CURRY WITH RICE
Wednesday	MEAL	6	VEGETABLE HOTPOT
Wednesday	SWEET	7	APRICOT CRUMBLE
Wednesday	SWEET	8	REDUCED SUGAR SULTANA SPONGE
Wednesday	SWEET	9	STRAWBERRY MOUSSE
Thursday	STARTER	1	POTATO & LEEK SOUP
Thursday	MEAL	2	SAUSAGE IN ONION GRAVY
Thursday	MEAL	3	CHICKEN CHASSEUR
Thursday	MEAL	4	LANCASHIRE HOTPOT
Thursday	MEAL	5	CHEESE & ONION PIE
Thursday	MEAL	6	MUSHROOM, LEEK & CHEDDAR BAKE
Thursday	SWEET	7	LEMON & SUMMER FRUIT SPONGE
Thursday	SWEET	8	REDUCED SUGAR APPLE PIE
Thursday	SWEET	9	BLACKCURRANT CHEESECAKE
Friday	STARTER	1	PEA & HAM SOUP
Friday	MEAL	2	BREADED FISH & CHIPS
Friday	MEAL	3	BEEF & ALE PIE
Friday	MEAL	4	CHICKEN IN GRAVY
Friday	MEAL	5	VEGETARIAN COTTAGE PIE
Friday	MEAL	6	VEGETARIAN SAUSAGE CASSEROLE

Friday	SWEET	7	JAM ROLY POLY
Friday	SWEET	8	REDUCED SUGAR RHUBARB CRUMBLE
Friday	SWEET	9	CHOCOLATE MOUSSE
Saturday	STARTER	1	VEGETABLE SOUP
Saturday	MEAL	2	COTTAGE PIE
Saturday	MEAL	3	IRISH STEW
Saturday	MEAL	4	CHICKEN SUPREME
Saturday	MEAL	5	CHEESY VEG BAKE
Saturday	MEAL	6	OMELETTE, CHIPS & BEANS
Saturday	SWEET	7	PLUM & CHERRY PIE
Saturday	SWEET	8	REDUCED SUGAR GOLDEN SYRUP SPONGE
Saturday	SWEET	9	RASPBERRY TRIFLE
Sunday	STARTER	1	MUSHROOM SOUP
Sunday	MEAL	2	PORK LOIN
Sunday	MEAL	3	VIENNA STEAK
Sunday	MEAL	4	BEEF HOTPOT
Sunday	MEAL	5	MACARONI CHEESE
Sunday	MEAL	6	VEGETABLE CURRY
Sunday	SWEET	7	CHOCOLATE CHIP SPONGE
Sunday	SWEET	8	REDUCED SUGAR APPLE CRUMBLE
Sunday	SWEET	9	STRAWBERRY CHEESECAKE

WEEK 4			
Meal Day	Meal/Sweet	Meal Choice	Meal Description
Monday	STARTER	1	TOMATO SOUP
Monday	MEAL	2	CHICKEN & VEG PIE
Monday	MEAL	3	SAUSAGE CASSEROLE
Monday	MEAL	4	LAMB & POTATO CURRY
Monday	MEAL	5	CAULIFLOWER & BROCCOLI BAKE
Monday	MEAL	6	OMELETTE, CHIPS & BEANS
Monday	SWEET	7	BAKED FRUIT BREAD PUDDING
Monday	SWEET	8	REDUCED SUGAR LEMON SPONGE
Monday	SWEET	9	RASPBERRY TRIFLE
Tuesday	STARTER	1	CHICKEN SOUP
Tuesday	MEAL	2	PORK & VEG CASSEROLE
Tuesday	MEAL	3	BRAISED STEAK
Tuesday	MEAL	4	CHICKEN & LEEK HOTPOT
Tuesday	MEAL	5	KATSU CURRY WITH RICE
Tuesday	MEAL	6	VEGETARIAN SAUSAGE & MASH
Tuesday	SWEET	7	SULTANA SPONGE
Tuesday	SWEET	8	REDUCED SUGAR RHUBARB CRUMBLE
Tuesday	SWEET	9	STRAWBERRY MOUSSE
Wednesday	STARTER	1	LENTIL SOUP
Wednesday	MEAL	2	CUMBERLAND SAUSAGE
Wednesday	MEAL	3	CHICKEN & MUSHROOM PIE
Wednesday	MEAL	4	BEEF HOTPOT
Wednesday	MEAL	5	VEGETARIAN COTTAGE PIE
Wednesday	MEAL	6	CHEESY VEGETABLE BAKE
Wednesday	SWEET	7	STEWED APPLE
Wednesday	SWEET	8	REDUCED SUGAR GOLDEN SYRUP SPONGE
Wednesday	SWEET	9	APRICOT & PEACH DESSERT
Thursday	STARTER	1	SCOTCH BROTH
Thursday	MEAL	2	SAVOURY MINCED BEEF
Thursday	MEAL	3	SALMON CRUMBLE
Thursday	MEAL	4	CHICKEN CURRY
Thursday	MEAL	5	LENTIL & VEG PIE
Thursday	MEAL	6	MUSHROOM, LEEK & CHEDDAR BAKE
Thursday	SWEET	7	BAKEWELL TART
Thursday	SWEET	8	REDUCED SUGAR APPLE PIE
Thursday	SWEET	9	STRAWBERRY TRIFLE
Friday	STARTER	1	POTATO & LEEK SOUP
Friday	MEAL	2	FISH IN PARSLEY SAUCE

Friday	MEAL	3	MINTED LAMB & DUMPLING
Friday	MEAL	4	CORNER BEEF HASH
Friday	MEAL	5	VEGETABLE CURRY
Friday	MEAL	6	VEGETABLE LASAGNE
Friday	SWEET	7	SUMMER FRUIT CRUMBLE
Friday	SWEET	8	REDUCED SUGAR JAM ROLY POLY
Friday	SWEET	9	CHOCOLATE MOUSSE
Saturday	STARTER	1	PEA & HAM SOUP
Saturday	MEAL	2	STEAK & KIDNEY PIE
Saturday	MEAL	3	ALL DAY BREAKFAST
Saturday	MEAL	4	SWEET & SOUR CHICKEN
Saturday	MEAL	5	CHEESE & ONION PIE
Saturday	MEAL	6	VEGETARIAN SAUSAGE CASSEROLE
Saturday	SWEET	7	TREACLE TART
Saturday	SWEET	8	REDUCED SUGAR SULTANA SPONGE
Saturday	SWEET	9	COFFEE DESSERT
Sunday	STARTER	1	VEGETABLE SOUP
Sunday	MEAL	2	CHICKEN BREAST
Sunday	MEAL	3	HAGGIS
Sunday	MEAL	4	LAMB IN GRAVY
Sunday	MEAL	5	MACARONI CHEESE
Sunday	MEAL	6	VEGETABLE HOTPOT
Sunday	SWEET	7	STEWED APPLE & RICE
Sunday	SWEET	8	REDUCED SUGAR BLACKCURRANT PIE
Sunday	SWEET	9	RASPBERRY DESSERT