



Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Sausages in onion gravy with mashed potato and cabbage/carrots	Chicken casserole, broccoli, carrot and roast potatoes	Kedgree with curry sauce and naan bread	Jacket potatoes with cheese beans tuna and salad	Roast chicken with mashed potato and mixed vegetables
Strawberry whip	Fruit with cream	Flapjack	Yoghurt	Fruit cake
Pizza muffins with ham and pepperoni	Mackerel , beans and scrambled egg on toast	Spaghetti with bread and butter	Bolognaise and garlic bread	Macaroni cheese

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Sweet and sour chicken with noodles	Salmon, broccoli and sweetcorn pasta with cheese sauce	Prawn curry with rice and naan bread	Chicken stew with roast potatoes	Spaghetti and meatballs
Yoghurt	Apple cake	Mixed fruit and cream	Rice pudding	Bananas and custard
Waffles with cheese, beans and tuna	Sausage with mashed potato and gravy	Chicken fricassee	Soup with bread and butter	Cowboy pie

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Fish cakes with mashed potato peas and sweetcorn and parsley sauce	Lasagne with cucumber and crusty bread	Pork and apple hotpot, broccoli and roast potatoes	Chicken and vegetable curry with rice and naan bread	Chicken fricassee with croquette potatoes
Ice cream	Yoghurt	Rice pudding	Blueberry muffins	Mixed fruit salad