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| WEEK ONE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| MAIN CHOICE | Spaghetti Bolognaise | Chicken Tikka Masala with Rice & Naan Bread | French Bread Pizza  With potato wedges | Roast Chicken Dinner with Roast Potatoes, Carrots, Brocolli, Peas and Gravy | Fish With Green Beans and Carrots, Home made Tomato sauce and Herby Potatoes |
| VEGETARIAN | Vegetable Bolognaise  With Spaghetti | Vegetable Curry with Rice & Naan Bread | Vegetarian Pizza | Filled Pannini | Cheese Whirls  With Herby Potatoes, Carrots, Green Beans and Herby potatoes |
| ALTERNATIVE | Jacket Potato with Various Fillings  Selection of Sandwiches | Tomato & Basil Pasta with Grated Cheese  Selection of Sandwiches | Jacket Potato with selection of fillings  Selection of Sandwiches | Pasta Arabiatta  Grated Cheese  Selection of Sandwiches | Jacket Potatoes  Various fillings  Selection of Sandwiches |
| SIDES | Crusty Bread  Mixed Salad | Naan Bread,  Mixed Salads  Selection of Bread Rolls | Baked Beans  Mixed Salad  Selection of Breads | Mixed Salad  Selection of Bread | Mixed Salads,  Selection of Breads |
| SWEETS | Blackberry & Coconut Squares  Homemade Biscuit  Selection of Yoghurts  Fruit Pots | Chocolate Cracknell  Homemade Biscuit  Selection of Yoghurts  Fruit Pots | Oaty Apply & Sultana Crumble with Custard  Homemade Biscuit  Selection of Yoghurts  Fruit pots | Flapjacks  Homemade Biscuit  Selection of Yoghurts  Fruit Pots | Carrot Cake  Homemade Biscuit  Selection of Yoghurts  Fruit Pots |
| DRINKS | Fresh Water  Fruit Juice  Milkshake | Fresh Water  Fruit Juice  Fresh Milk | Fresh Water  Fruit Juice  Milkshake | Fresh Water  Fruit Juice  Fresh Milk | Fresh Water  Fruit Juice  Milkshake |

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| WEEK TWO | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| MAIN CHOICE | Chicken Fillet with selection of Veg and Potatoes | Roast Pork with Apple Sauce, Roast Potatoes, Cauliflower, Carrot & Swede and Gravy | Burger on a Seeded Bun  Served with Chips  Baked Beans or Peas | Lasagne with Garlic Bread and Mixed Salad | Baked Fish  Boiled Potatoes, Brocolli & Carrots |
| VEGETARIAN | Vegetable Chow Mein  With Noodles | Tomato & Herb  Pasta Bake  With Grated Cheese | Vege Burger on a Seeded Bun Served with Chips  Baked Beans or Peas | Vegetable Lasagne  With Garlic Bread and Mixed Salad | Cheese Flan  Boiled Potatoes Brocolli & Carrots |
| ALTERNATIVE | Baguettes with various fillings  Assorted Sandwiches | Jacket Potato with Various Fillings  Assorted Sandwiches | Tomato & Basil Pasta with Grated Cheese  Assorted Sandwiches | Jacket Potato with various fillings  Assorted Sandwiches | Pasta Arabiatta  Grated Cheese  Selection of Sandwiches |
| SIDES | Mixed Salad  Crusty Bread | Mixed Salads  Selection of Bread | Mixed Salads  Selection of Bread | Garlic Bread  Mixed Salad  Selection of Bread | Mixed Salads  Selection of Bread |
| SWEETS | Rice Pudding  Homemade Biscuit  Selection of Yoghurts  Fruit Pots | Apple Sponge & Custard  Homemade Biscuits  Selection of Yoghurts  Fruit Pots | Fruit Salad & Shortbread Finger  Homemade Biscuit  Selection of Yoghurts  Fruit pots | Fruit Muffins  Homemade Biscuit  Selection of Yoghurts  Fruit Pots | Ice Cream  Homemade Biscuit  Selection of Yoghurts  Fruit pots |
| DRINKS | Fresh Water  Fruit Juice  Strawberry Milkshake | Fresh Water  Fruit Juice  Fresh Milk | Fresh Water  Fruit Juice  Chocolate Milkshake | Fresh Water  Fruit Juice  Fresh Milk | Fresh Water  Fruit Juice  Banana Milkshake |

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| WEEK THREE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| MAIN CHOICE | Chilli con Carne with Rice | Sausages with Onion Gravy with Mashed Potato and Vegetables | Lamb Kofta Kebabs, with Warm Pitta Bread and Mixed Salad  Potato wedges | Chicken Casserole  New Potatoes  Carrots & Brocolli | Salmon & Cod Fishcake |
| VEGETARIAN | Vegetable Chilli with Rice | Vegetarian Sausage Casserole | Cheese Whirl  Potato Wedges, peas and sweetcorn | Vegetable Casserole  Boiled Rice or  New Potato  Carrots & Brocolli | Tuna Melt Pannini |
| ALTERNATIVE | Jacket Potato with Various Fillings  Assorted Sandwiches | Tomato & Basil Pasta with Grated Cheese  Assorted Sandwiches | Jacket Potato with various fillings  Assorted Sandwiches | Tomato & Basil Pasta with Grated Cheese  Assorted Sandwiches | Jacket Potato with various fillings  Assorted Sandwiches |
| SIDES | Mixed Salad  Crusty Bread  Tomato Salsa | Mashed Potato, , Carrot & Green Beans | Mixed Salad  Selection of Bread | Boiled Rice  New Potato  Carrots & Brocolli  Mixed Salad | Parsley Potato  Brocolli & Carrots  Mixed Salad |
| SWEETS | Homemade Biscuit  Selection of Yoghurts  Fruit Pots  Fresh Fruit | Meringue Nests with Cream & Fruit  Homemade Biscuit  Selection of Yoghurts  Fruit Pots | Chocolate Sponge & Custard  Homemade Biscuit  Selection of Yoghurts  Fruit pots | Fruit Muffin  Selection of Yoghurts  Fruit Pots  Homemade Biscuit | Fruit Crumble & Custard  Homemade Biscuit  Selection of Yoghurts  Fruit pots |
| DRINKS | Fresh Water  Fruit Juice  Strawberry Milkshake | Fresh Water  Fruit Juice  Fresh Milk | Fresh Water  Fruit Juice  Chocolate Milkshake | Fresh Water  Fruit Juice  Fresh Milk | Fresh Water  Fruit Juice  Milkshake |