

WEEK 1			
Meal Day	Meal Choice	Meal / Sweet	Meal / Sweet
Monday	1	STARTER	LENTIL SOUP
Monday	2	MEAL	CHICKEN & VEG PIE
Monday	3	MEAL	SAUSAGE CASSEROLE
Monday	4	MEAL	LANCASHIRE HOTPOT
Monday	5	MEAL	VEG SAUSAGE & MASH
Monday	6	MEAL	VEGETARIAN PASTA BAKE
Monday	7	SWEET	STEWED APPLE & RICE
Monday	8	SWEET	REDUCED SUGAR APPLE PIE
Monday	9	SWEET	COFFEE DESSERT
Tuesday	1	STARTER	SCOTCH BROTH
Tuesday	2	MEAL	SAVOURY MINCE BEEF
Tuesday	3	MEAL	LEMON & GINGER CHICKEN
Tuesday	4	MEAL	FISHERMANS PIE
Tuesday	5	MEAL	MACARONI CHEESE
Tuesday	6	MEAL	VEG CURRY
Tuesday	7	SWEET	BAKED FRUIT BREAD PUDDING
Tuesday	8	SWEET	REDUCED SUGAR BLACKCURRANT PIE
Tuesday	9	SWEET	STRAWBERRY MOUSSE
Wednesday	1	STARTER	POTATO & LEEK SOUP
Wednesday	2	MEAL	CHICKEN & MUSHROOM PIE
Wednesday	3	MEAL	MINTED LAMB & DUMPLING
Wednesday	4	MEAL	BREADED FISH & MASH
Wednesday	5	MEAL	CAULIFLOWER & BROCCOLI BAKE
Wednesday	6	MEAL	OMELETTE, CHIPS & BEANS
Wednesday	7	SWEET	SUMMER FRUIT CRUMBLE
Wednesday	8	SWEET	REDUCED SUGAR JAM ROLY POLY
Wednesday	9	SWEET	MIXED FRUIT TRIFLE
Thursday	1	STARTER	PEA & HAM SOUP
Thursday	2	MEAL	BEEF HOTPOT
Thursday	3	MEAL	HAM IN PARSLEY SAUCE
Thursday	4	MEAL	SHEPHERDS PIE
Thursday	5	MEAL	CHEESY VEGETABLE BAKE
Thursday	6	MEAL	VEGETABLE LASAGNE
Thursday	7	SWEET	RHUBARB CRUMBLE
Thursday	8	SWEET	REDUCED SUGAR LEMON SPONGE
Thursday	9	SWEET	BLACKCURRANT CHEESECAKE
Friday	1	STARTER	TOMATO & VEGETABLE SOUP
Friday	2	MEAL	FISH IN BUTTER SAUCE
Friday	3	MEAL	MEATBALLS & MUSHY PEAS
Friday	4	MEAL	LAMB & VEG CASSEROLE
Friday	5	MEAL	VEGETARIAN COTTAGE PIE
Friday	6	MEAL	OMELETTE, CHIPS & BEANS
Friday	7	SWEET	ORANGE SPONGE
Friday	8	SWEET	REDUCED SUGAR SYRUP SPONGE
Friday	9	SWEET	STRAWBERRY TRIFLE
Saturday	1	STARTER	CHICKEN BROTH
Saturday	2	MEAL	BEEF & STOUT PIE
Saturday	3	MEAL	PORK STEAKETTE
Saturday	4	MEAL	CHICKEN CHASSEUR
Saturday	5	MEAL	CAULIFLOWER & BROCCOLI BAKE
Saturday	6	MEAL	VEGETARIAN SAUSAGE CASSEROLE
Saturday	7	SWEET	APPLE & BLACKBERRY CRUMBLE
Saturday	8	SWEET	REDUCED SUGAR LEMON SPONGE
Saturday	9	SWEET	APRICOT & PEACH DESSERT
Sunday	1	STARTER	CHUNKY VEGETABLE SOUP
Sunday	2	MEAL	CHICKEN BREAST STUFFING
Sunday	3	MEAL	SAUSAGE IN ONION GRAVY
Sunday	4	MEAL	BRAISED STEAK
Sunday	5	MEAL	VEGETARIAN PASTA BAKE
Sunday	6	MEAL	VEGETABLE LASAGNE
Sunday	7	SWEET	RICE PUDDING
Sunday	8	SWEET	REDUCED SUGAR SULTANA SPONGE
Sunday	9	SWEET	CHOCOLATE MOUSSE