

Meals+ | Week A Selection

NAME:.....

Please tick your selected choice ☒

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course 1	Beef Hotpot	Chicken & Vegetable Pie	Cottage Pie	Chicken in Red Gravy	Steak & Kidney Pie	Sausages in Onion Gravy	Roast Beef
Main Course 2	Shepherds Pie	Pork Steakette	Chicken Supreme	Beef Lasagne	Chicken Chasseur	Lamb & Potato Curry	Chicken & Vegetable Casserole
Fish Course	Salmon Crumble	Fish in Butter Sauce	Fish Pie	Salmon Supreme	Breaded Fish & Mashed Potato	Fish in Parsley Sauce	Fishcakes with Diced Potatoes
Vegetarian Course	Cauliflower & Broccoli Bake	Cheese & Onion Pie	Vegetable Hotpot	Cheesy Vegetable Bake	Lentil & Vegetable Pie	Vegetarian Sausage Casserole	Mushroom, Leek & Cheddar Bake
Dessert 1	Syrup Sponge & Custard	Apple Pie & Custard	Sultana Sponge & Custard	Rhubarb Crumble & Custard	Blackcurrant Pie & Custard	Apple Crumble & Custard	Jam Roly Poly & Custard
Dessert 2	Summer Fruit Crumble & Custard	Chocolate Chip Sponge & Chocolate Sauce	Plum & Cherry Crumble & Custard	Sticky Toffee Pudding	Rice Pudding & Apricot	Bakewell Tart & Custard	Ginger Sponge & Custard
Cold Dessert	Fruit Cocktail	Strawberry Sundae	Blackcurrant Cheesecake	Raspberry Dessert	Caramel Sundae	Chocolate Mousse	Raspberry Trifle
Sandwiches	Cheese Salad Egg & Cress Ham Salad Ham & Cheese	Cheese Salad Egg & Cress Ham Salad Ham & Cheese	Cheese Salad Egg & Cress Ham Salad Ham & Cheese	Cheese Salad Egg & Cress Ham Salad Ham & Cheese	Cheese Salad Egg & Cress Ham Salad Ham & Cheese	Cheese Salad Egg & Cress Ham Salad Ham & Cheese	Cheese Salad Egg & Cress Ham Salad Ham & Cheese
Cake	Chocolate Cake Ginger Drizzle Lemon Drizzle	Chocolate Cake Ginger Drizzle Lemon Drizzle	Chocolate Cake Ginger Drizzle Lemon Drizzle	Chocolate Cake Ginger Drizzle Lemon Drizzle	Chocolate Cake Ginger Drizzle Lemon Drizzle	Chocolate Cake Ginger Drizzle Lemon Drizzle	Chocolate Cake Ginger Drizzle Lemon Drizzle

Meals+ | Week B Selection

NAME:.....

Please tick your selected choice ☒

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course 1	Chicken & Bacon Hotpot	Chicken & Mushroom Pie	Cottage Pie	Chicken Chassuer	Beef & Ale Pie	Cumberland Sausage	Pork in Gravy
Main Course 2	Vienna Steak	Beef Stew & Dumpling	Creamy Pork with Peppers	Corned Beef Hash	Chicken & Vegetable Casserole	Chicken Curry	Savoury Mince Beef
Fish Course	Salmon Crumble	Fish in Butter Sauce	Fish Pie	Salmon Supreme	Breaded Fish & Mashed Potato	Fish in Parsley Sauce	Fishcakes with Diced Potatoes
Vegetarian Course	Cauliflower & Broccoli Bake	Cheese & Onion Pie	Vegetable Hotpot	Cheesy Vegetable Bake	Lentil & Vegetable Pie	Vegetarian Sausage Casserole	Mushroom, Leek & Cheddar Bake
Dessert 1	Lemon Sponge & Custard	Stewed Apple & Custard	Syrup Sponge & Custard	Jam Roly Poly & Custard	Sultana Sponge & Custard	Blackberry & Apple Crumble & Custard	Blackcurrant Pie & Custard
Dessert 2	Treacle Tart & Custard	Spotted Dick & Custard	Apricot Crumble & Custard	Rice Pudding	Summer Fruit Crumble & Custard	Sticky Toffee Pudding	Chocolate Chip Sponge & Chocolate Sauce
Cold Dessert	Fruit Cocktail	Strawberry Sundae	Blackcurrant Cheesecake	Raspberry Dessert	Caramel Sundae	Chocolate Mousse	Raspberry Trifle
Sandwiches	Cheese Salad Egg & Cress Ham Salad Tuna	Cheese Salad Egg & Cress Ham Salad Tuna	Cheese Salad Egg & Cress Ham Salad Tuna	Cheese Salad Egg & Cress Ham Salad Tuna	Cheese Salad Egg & Cress Ham Salad Tuna	Cheese Salad Egg & Cress Ham Salad Tuna	Cheese Salad Egg & Cress Ham Salad Tuna
Cake	Chocolate Cake Ginger Drizzle Lemon Drizzle	Chocolate Cake Ginger Drizzle Lemon Drizzle	Chocolate Cake Ginger Drizzle Lemon Drizzle	Chocolate Cake Ginger Drizzle Lemon Drizzle	Chocolate Cake Ginger Drizzle Lemon Drizzle	Chocolate Cake Ginger Drizzle Lemon Drizzle	Chocolate Cake Ginger Drizzle Lemon Drizzle

Meals+ | Week C Selection

NAME:.....

Please tick your selected choice ☒

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course 1	Chicken & Leek Hotpot	Minced Beef & Onion Pie	Cottage Pie	Braised Steak	Gammon & Mushroom Pie	Sausage Casserole	Roast Chicken Breast
Main Course 2	Pork & Root Vegetable Casserole	Chicken in Gravy	Sweet & Sour Chicken	Sliced Turkey in Gravy	Lambs Liver in Onion Gravy	Lemon & Ginger Chicken	Steak & Mushroom Casserole
Fish Course	Salmon Crumble	Fish in Butter Sauce	Fish Pie	Salmon Supreme	Breaded Fish & Mashed Potato	Fish in Parsley Sauce	Fishcakes with Diced Potatoes
Vegetarian Course	Cauliflower & Broccoli Bake	Cheese & Onion Pie	Vegetable Hotpot	Cheesy Vegetable Bake	Lentil & Vegetable Pie	Vegetarian Sausage Casserole	Mushroom, Leek & Cheddar Bake
Dessert 1	Sultana Sponge & Custard	Apple Crumble & Custard	Lemon Sponge & Custard	Blackberry & Apple Crumble & Custard	Syrup Sponge & Custard	Stewed Apple & Custard	Rhubarb Crumble & Custard
Dessert 2	Rice & Stewed Apple	Orange Sponge with Orange Sauce	Bread & Butter Pudding & Custard	Bakewell Tart & Custard	Plum & Cherry Crumble & Custard	Rice Pudding	Treacle Tart & Custard
Cold Dessert	Fruit Cocktail	Strawberry Sundae	Blackcurrant Cheesecake	Raspberry Dessert	Caramel Sundae	Chocolate Mousse	Raspberry Trifle
Sandwiches	Cheese Salad Egg & Cress Ham Salad Ham & Cheese	Cheese Salad Egg & Cress Ham Salad Ham & Cheese	Cheese Salad Egg & Cress Ham Salad Ham & Cheese	Cheese Salad Egg & Cress Ham Salad Ham & Cheese	Cheese Salad Egg & Cress Ham Salad Ham & Cheese	Cheese Salad Egg & Cress Ham Salad Ham & Cheese	Cheese Salad Egg & Cress Ham Salad Ham & Cheese
Cake	Chocolate Cake Ginger Drizzle Lemon Drizzle	Chocolate Cake Ginger Drizzle Lemon Drizzle	Chocolate Cake Ginger Drizzle Lemon Drizzle	Chocolate Cake Ginger Drizzle Lemon Drizzle	Chocolate Cake Ginger Drizzle Lemon Drizzle	Chocolate Cake Ginger Drizzle Lemon Drizzle	Chocolate Cake Ginger Drizzle Lemon Drizzle