

DINNER WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAINS	<ul style="list-style-type: none"> • Teriyaki beef • Teriyaki vegetables 	<ul style="list-style-type: none"> • Pulled pork • Pulled veggie chicken 	<ul style="list-style-type: none"> • Chicken fajita • Veggie fajita • Onion, peppers, • Wraps 	<ul style="list-style-type: none"> • Chicken balti • Chickpea and spinach balti • (mild) 	<ul style="list-style-type: none"> • Beef/veggie burgers • Sesame seed bun 	<ul style="list-style-type: none"> • Buttermilk chicken • Sf quorn 	<ul style="list-style-type: none"> • Roast turkey • Veggie roast • Gravy • Stuffing • Yorkshires
SIDES	<ul style="list-style-type: none"> • Chips • Sticky coconut rice • Broccoli (soya and garlic) 	<ul style="list-style-type: none"> • Morning rolls • Roast potatoes • Mixed veg • Stuffing, apple sauce • Gravy 	<ul style="list-style-type: none"> • Salsa • Sour cream and chive • Shredded iceberg lettuce • Potatoes 	<ul style="list-style-type: none"> • Rice • Naan bread • Poppadoms • Mango sauce • Mint yoghurt 	<ul style="list-style-type: none"> • Cheese slices • Fried onions • Lettuce • Sliced tomato skinny fries 	<ul style="list-style-type: none"> • Corn cobs • Gravy • Chips/mash • Coleslaw • BBQ beans 	<ul style="list-style-type: none"> • Roast potatoes • Broccoli • Cauliflower cheese • Peas and carrots gravy • Stuffing
MEAL DEAL	<ul style="list-style-type: none"> • Chicken veg • Biryani • Flat bread 	<ul style="list-style-type: none"> • Pasta bolognaise • Garlic bread 	<ul style="list-style-type: none"> • Fish finger butty • Tartar sauce 	<ul style="list-style-type: none"> • Tomato and red pepper pasta • Garlic bread 	<ul style="list-style-type: none"> • Sweet chilli chicken and rice 		
STAPLES	<ul style="list-style-type: none"> • Jacket pots • Beans • Gravy • Chips 	<ul style="list-style-type: none"> • Jacket pots • Beans • Gravy • Chips 	<ul style="list-style-type: none"> • Jacket pots • Beans • Gravy • Chips 	<ul style="list-style-type: none"> • Jacket pots • Beans • Gravy • Chips 	<ul style="list-style-type: none"> • Jacket pots • Beans • Gravy • Chips 		
PUDDING	<ul style="list-style-type: none"> • Sticky toffee 	<ul style="list-style-type: none"> • Brownies 	<ul style="list-style-type: none"> • Cheesecake 	<ul style="list-style-type: none"> • Jam sponge 	<ul style="list-style-type: none"> • Cookies 		<ul style="list-style-type: none"> • Fruit crumble

DINNER WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAINS	<ul style="list-style-type: none"> • Peppered steak • Peppered vegetables 	<ul style="list-style-type: none"> • Chinese chicken • Veg • Chillies • Ginger veggie stir fry 	<ul style="list-style-type: none"> • Lamb and root veg • Herb dumplings • Root veg hotpot 	<ul style="list-style-type: none"> • Toad in the hole • Pork sausages • Veggie sausages 	<ul style="list-style-type: none"> • Chicken/vegan burgers • Brioche bun • Cajun wedges 	Pizza: <ul style="list-style-type: none"> • Ham and pineapple • Pepperoni • Margherita • Mixed veg 	<ul style="list-style-type: none"> • Steak and ale pie • Mushrooms • Butternut squash and lentil wellington
SIDES	<ul style="list-style-type: none"> • Tagliatelle • Garlic bread • Green salad • Toms and cucumber • Vinaigrette 	<ul style="list-style-type: none"> • Noodles and rice • Spring rolls • Prawn crackers 	<ul style="list-style-type: none"> • Roast veg • Herb butter • Peas, carrots, green beans 	<ul style="list-style-type: none"> • Mash • Onion gravy • Peas, carrots 	<ul style="list-style-type: none"> • Sliced beef tomato • Iceberg lettuce • Garlic mayonnaise • Sliced cheese 	<ul style="list-style-type: none"> • Chips • Mixed salad (peppers, tomato, cucumber) • Vinaigrette • Garlic bread 	<ul style="list-style-type: none"> • Roast potatoes • Mixed greens • Honey glazed carrots and parsnips
MEAL DEAL	<ul style="list-style-type: none"> • Chilli dogs • Chips 	<ul style="list-style-type: none"> • Cannelloni • Focaccia bread 	<ul style="list-style-type: none"> • Tandoori chicken with pita bread 	<ul style="list-style-type: none"> • Pasta bolognese • Garlic bread 	<ul style="list-style-type: none"> • Roasted veg • Pesto gnocchi 		
STAPLES	<ul style="list-style-type: none"> • Jacket pots • Beans • Gravy • Chips 	<ul style="list-style-type: none"> • Jacket pots • Beans • Gravy • Chips 	<ul style="list-style-type: none"> • Jacket pots • Beans • Gravy • Chips 	<ul style="list-style-type: none"> • Jacket pots • Beans • Gravy • Chips 	<ul style="list-style-type: none"> • Jacket pots • Beans • Gravy • Chips 		
PUDDING	<ul style="list-style-type: none"> • Pineapple upside down cake 	<ul style="list-style-type: none"> • Syrup sponge 	<ul style="list-style-type: none"> • Bakewell tart 	<ul style="list-style-type: none"> • Cheesecake 	<ul style="list-style-type: none"> • Chocolate mousse 		

DINNER WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAINS	<ul style="list-style-type: none"> • Mexican turkey tacos • Vegetable bean tacos • Guacamole • Sour cream • Salsa • Grated cheese 	<ul style="list-style-type: none"> • Gammon steak • Pineapple or egg • Vegan sweet potato and chickpea loaf 	<ul style="list-style-type: none"> • Beef chilli • Veg bean chilli 	<ul style="list-style-type: none"> • Chicken/turkey parmigiana • Aubergine parmigiana 	<ul style="list-style-type: none"> • Peri-peri chicken • Peri-peri Quorn fillet 	<ul style="list-style-type: none"> • Chicken curry • Veggie korma 	<ul style="list-style-type: none"> • Chicken and chorizo bake • Courgettes peppers, toms, onion • Veggie bake with aubergine
SIDES	<ul style="list-style-type: none"> • Tortilla chips • Green salad • Dressing • Tomato and cucumber 	<ul style="list-style-type: none"> • Peas and corn • Diced roast potatoes 	<ul style="list-style-type: none"> • Rice • Nachos • Sour cream • Salsa 	<ul style="list-style-type: none"> • Paprika roast potatoes • Roasted veg 	<ul style="list-style-type: none"> • Spicy rice • Corn on the cob • Rainbow slaw • Skinny fries 	<ul style="list-style-type: none"> • Rice • Poppadoms • Naan bread • Mango chantry 	<ul style="list-style-type: none"> • Broccoli • Cabbage • Peas
MEAL DEAL	<ul style="list-style-type: none"> • Pizza and chips • Salad 	<ul style="list-style-type: none"> • Popcorn chicken • Chips 	<ul style="list-style-type: none"> • Sausage rolls • Chips 	<ul style="list-style-type: none"> • Beef burritos • Veggie burritos 	<ul style="list-style-type: none"> • Dirty potatoes; veggie and meat • Caesar salad 		
STAPLES	<ul style="list-style-type: none"> • Jacket pots • Beans • Gravy • Chips 	<ul style="list-style-type: none"> • Jacket pots • Beans • Gravy • Chips 	<ul style="list-style-type: none"> • Jacket pots • Beans • Gravy • Chips 	<ul style="list-style-type: none"> • Jacket pots • Beans • Gravy • Chips 	<ul style="list-style-type: none"> • Jacket pots • Beans • Gravy • Chips 		
PUDDING	<ul style="list-style-type: none"> • Croissant bandb 	<ul style="list-style-type: none"> • Banana cake 	<ul style="list-style-type: none"> • Banana cake 	<ul style="list-style-type: none"> • Trifle 	<ul style="list-style-type: none"> • Rice pudding jam 		