

Week One

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cereals, Toast with spreads, yoghurt and fruit. Fried eggs and beans.	Cereals, Toast with spreads, yoghurt and fruit. Sausages and beans.	Cereals, Toast with spreads, yoghurt and fruit. Hash browns and beans.	Cereals, Toast with spreads, yoghurt and fruit. Scrambled eggs and beans.	Cereals, Toast with spreads, yoghurt and fruit. Bacon and beans.	Cereals, Toast with spreads, yoghurt and fruit. Poached eggs and beans.	Cereals, Toast with spreads, yoghurt and fruit. Full English.
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Sliced gammon with new potatoes, green beans and gravy. Grilled Quorn breast (v) Soup of the day. Lemon sponge with cream.	BBQ sticky chicken bites with vegetable noodles. BBQ sticky Quorn bites. (v) Prawn, chorizo and tomato paella. Cheese and tomato quiche. (v) Mixed melon.	Pasta carbonara. Tomato and basil pasta. (v) With crusty bread and sweetcorn. Soup of the day. Chocolate fudge cake with cream.	Roast beef with Yorkshire pudding, roast potatoes, seasonal vegetables and gravy. Cheese (v) or ham and cheese bagels. Fresh fruit salad.	Chicken goujons or Quorn goujons. (v) Fish pie. Salt and pepper squid with chips and sweetcorn. Soup of the day. Artic roll.	As direct by weekend activities	As direct by weekend activities
Tea	Tea	Tea	Tea	Tea	Tea	Tea
Supper	Supper	Supper	Supper	Supper	Supper	Supper
Fish finger sandwiches. With new potatoes and salad. Yoghurt bar.	Chilli bowls. Vegetable chilli bowls. (v) With rice and salad. Banoffee pie.	Hot dogs. Vegetable hot dogs. (v) With wedges and corn on the cob. Yoghurt bar.	Chicken kebabs. Vegetable kebabs. (v) With cous cous and sweetcorn. Doughnuts with mixed sauces.	Pasta bake. Vegetable pasta bake. (v) With carrot and cucumber batons. Yoghurt bar.	As directed by weekend activities	

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cereals, Toast with spreads, yoghurt and fruit.	Cereals, Toast with spreads, yoghurt and fruit.	Cereals, Toast with spreads, yoghurt and fruit.	Cereals, Toast with spreads, yoghurt and fruit.	Cereals, Toast with spreads, yoghurt and fruit.	Cereals, Toast with spreads, yoghurt and fruit.	Cereals, Toast with spreads, yoghurt and fruit.
Fried eggs and beans.	Sausages and beans.	Hash browns and beans.	Scrambled eggs and beans.	Bacon and beans.	Poached eggs and beans.	Full English.
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Sausages with cheesy mash. With green beans and gravy. Vegetable sausages (v)	Crispy chicken noodles. Crispy Quorn bites. (v) With noodles and a Chinese curry sauce.	Spaghetti bolognaise. Quorn bolognaise. (v) With garlic bread and sweetcorn.	Roast turkey with roast potatoes, stuffing, seasonal vegetables and gravy.	Sliced gammon. Fish fingers. Salmon en-croute. With chips and beans.	As directed by weekend activities	As directed by weekend activities
Soup of the day.	Sweet chilli chicken stir fry.	Soup of the day.	Chicken paella.	Stuffed peppers. (v)		
Angle delight.	Peaches and cream.	Chafyn grove sponge with custard.	Roasted pepper and lemon paella. (v)	Soup of the day.		
Tea	Tea	Tea	Tea	Tea	Tea	Tea
Supper	Supper	Supper	Supper	Supper	Supper	Supper
Hunters chicken with sauté potatoes and sweetcorn. Hunters Quorn. (v)	Macaroni and cheese with garlic bread and sweetcorn.	BBQ ribs. BBQ Quorn fillets. (v) With onion rings curly fries and salad.	Chicken tikka marsala. Vegetable tikka marsala. (v) With rice and poppadums.	Toad in the hole. Vegetable toad in the hole. (v) With mash potato and green beans.	As directed by weekend activities	
Yoghurt bar.	Mixed cookies.	Yoghurt bar.	American pancakes with mixed sauces.	Yoghurt bar.		

Week Three

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cereals, Toast with spreads, yoghurt and fruit Fried eggs and beans.	Cereals, Toast with spreads, yoghurt and fruit. Sausages and beans.	Cereals, Toast with spreads, yoghurt and fruit. Hash browns and beans.	Cereals, Toast with spreads, yoghurt and fruit. Scrambled eggs and beans.	Cereals, Toast with spreads, yoghurt and fruit. Bacon and beans.	Cereals, Toast with spreads, yoghurt and fruit. Poached eggs and beans.	Cereals, Toast with spreads, yoghurt and fruit. Full English.
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Cheese and pepperoni calzone. Cheese and tomato calzone. (v) With potato wedges and crudités. Soup of the day. Eton mess.	Chicken korma. Vegetable korma. (v) With rice, poppadum's and green beans. Turkish style lamb flat breads with mint yoghurt. Mixed fruit cocktail.	Beef lasagne. Vegetable lasagne. (v) With Garlic bread, Green beans. Soup of the day. Apple cake with custard.	Roast gammon with roast potatoes vegetables and gravy. Stuffed mushrooms. (v) Chicken tikka with rice and naan bread. Fresh fruit salad.	Sausages. Vegetable sausages. (v) Cod goujons. Mussels with crusty bread. With chips and peas. Soup of the day. Ice cream with mixed sauces.	As directed by weekend activities	As directed by weekend activities
Tea	Tea	Tea	Tea	Tea	Tea	Tea
Supper	Supper	Supper	Supper	Supper	Supper	Supper
Meat balls. Vegetable balls. (v) With Arzo rice, tomato and basil sauce and peas. Yoghurt bar.	Jacket potato bar with various fillings. Strawberry cheese cake.	Cheese burger. Vegetable burger. (v) With French fries, peas and salad. Yoghurt bar.	Chicken Fajitas. Vegetable Fajitas. (v) With wraps, rice and salad. Sorbet / Ice cream cones.	Pasta carbonara with garlic bread and peas. Yoghurt bar.	As directed by weekend activities	