

Week One

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Porridge, Cereals, Toast with spreads, yoghurt and fruit. Bacon, Hash Browns and grilled tomatoes.	Porridge, Cereals, Toast with spreads, yoghurt and fruit. Boiled Eggs, Beans and mushrooms.	Porridge, Cereals, Toast with spreads, yoghurt and fruit. Hash browns, beans and fried bread.	Porridge, Cereals, Toast with spreads, yoghurt and fruit. Waffles with Greek Yoghurt and Honey.	Porridge, Cereals, Toast with spreads, yoghurt and fruit. Fried Eggs, sausages and Baked Beans.	Porridge, Cereals, Toast with spreads, yoghurt and fruit. Croissants with ham and cheese.	Porridge, Cereals, Toast with spreads, yoghurt and fruit. Full English.
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Steak and mushroom pie with new potatoes, green beans and gravy. Vegetable pie. (v) Soup of the day. Chocolate bread and butter pudding with cream.	Chicken casserole with rice. Vegetable casserole. (v) Crispy beef noodles. Peaches and cream.	Macaroni with cheese (v) or with cheese and bacon. With sweetcorn and garlic bread. Soup of the day. Sticky toffee pudding with toffee sauce.	Roast beef with Yorkshire pudding, roast potatoes, seasonal vegetables and gravy. Filled paninis with cheese (v) or ham and cheese. Fresh fruit salad.	Breaded cod goujons sliced ham. Seared tuna with a tomato salsa. Herb breaded Quorn fillets. (v) With chips and beans. Soup of the day. Mixed cookies.	As direct by weekend activities	As direct by weekend activities
Tea	Tea	Tea	Tea	Tea	Tea	Tea
Supper	Supper	Supper	Supper	Supper	Supper	Supper
Cheese and bacon bagels. Cheese and tomato bagels. (v) with vegetable sticks. Yoghurt bar	Homemade fish cakes. Homemade vegetable cakes. (v) With curly fries a tomato salsa and corn on the cob. Fruit crumble with custard.	Jacket potato bar with various fillings. Yoghurt bar	Chinese chicken curry. Vegetable curry (v) with rice and prawn crackers Lemon drizzle cake.	Chilli nachos. Vegetable chill (v) with salsa, sour cream, guacamole, carrot and cucumber batons Yoghurt bar	As directed by weekend activities	

Week Two

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Porridge, Cereals, Toast with spreads, yoghurt and fruit. Sausage, Tomatoes and spaghetti hoops.	Porridge, Cereals, Toast with spreads, yoghurt and fruit. Fried Eggs, Toast and smiley faces.	Porridge, Cereals, Toast with spreads, yoghurt and fruit. Pancakes & mixed berries.	Porridge, Cereals, Toast with spreads, yoghurt and fruit. Eggy bread, bacon and plum tomatoes.	Porridge, Cereals, Toast with spreads, yoghurt and fruit. Petite Pain with Ham & Cheese.	Porridge, Cereals, Toast with spreads, yoghurt and fruit. Waffles.	Porridge, Cereals, Toast with spreads, yoghurt and fruit. Full English.
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Chicken curry with rice, poppadum's and peas. Vegetable curry. (v) Soup of the day. Apple crumble with custard.	Pan fried chicken. In a Diane sauce. With sauté potatoes and green beans. Cheese and onion quiche. (v) Baked pulled pork wraps. Pears and chocolate sauce.	Beef lasagne. Vegetable lasagne. (v) With garlic bread, carrot and cucumber batons. Soup of the day. Chafyn grove sponge with cream.	Roast pork with apple sauce, roast potatoes, seasonal vegetables and gravy. steak fajitas / Vegetable fajita (v) filled pitta breads. Fresh fruit salad.	Sliced gammon. Fish fingers. Fish pie. With chips and sweetcorn. Mixed bean tacos. (v) Soup of the day. Winter mess.	As directed by weekend activities	As directed by weekend activities
Tea	Tea	Tea	Tea	Tea	Tea	Tea
Supper	Supper	Supper	Supper	Supper	Supper	Supper
Chilli. Vegetable chilli.(v) With homemade nachos, rice and vegetable sticks. Yoghurt bar	Escalope of chicken. Escalope of Quorn. (v) With wedges and a Chinese sauce. With corn on the cob. Fruit trifle.	Filled wraps with various filling. Yoghurt bar	Beef casserole. Vegetable casserole. (v) with rice and crusty bread. Chocolate fudge cake.	Sweet chilli chicken. Sweet chilli Quorn. (v) With sauté potatoes and seasonal vegetables. Yoghurt bar	As directed by weekend activities	

Week Three

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Porridge, Cereals, Toast with spreads, yoghurt and fruit. Poached Eggs, Beans and toasted soldiers.	Porridge, Cereals, Toast with spreads, yoghurt and fruit. Bacon, Hash Browns and beans.	Porridge, Cereals, Toast with spreads, yoghurt and fruit. Pain au Chocolate with mixed berries.	Porridge, Cereals, Toast with spreads, yoghurt and fruit. Sausages, Scrambled Eggs and grilled tomatoes.	Porridge, Cereals, Toast with spreads, yoghurt and fruit. Croissants with ham and cheese.	Porridge, Cereals, Toast with spreads, yoghurt and fruit. Hash Browns, sausages and Baked Beans.	Porridge, Cereals, Toast with spreads, yoghurt and fruit. Full English.
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Sausages. Vegetable sausages. With spring onion mash gravy and peas. Soup of the day. Rice pudding with a jam sauce.	Hunters chicken. Hunters Quorn. With wedges and seasonal vegetables. Thai green curry with rice. Mixed melon.	Tomato and basil pasta bake. (v) With garlic bread, carrot and cucumber batons. Soup of the day. Syrup sponge and custard.	Gammon with roast potatoes, vegetables and gravy. Vegetable wraps. Chicken with mushroom and chorizo sauce. Fresh fruit salad.	Homemade chicken goujons. Vegetable nuggets. Herb crusted salmon with cous cous. With chips and peas. Soup of the day. Jelly	As directed by weekend activities	As directed by weekend activities
Tea	Tea	Tea	Tea	Tea	Tea	Tea
Supper	Supper	Supper	Supper	Supper	Supper	Supper
Lamb kebabs. Vegetable kebabs. With onion rings, spiral fries and corn on the cob. Yoghurt bar	Beef stew. Vegetable stew. With mash potato. Donuts with dipping sauces.	Ham, egg and chips. With glazed pineapple and peas. Honey glazed Quorn breast. Yoghurt bar.	Pepperoni or cheese pizza. With vegetable sticks. Peach crumble with cream.	Homemade meat balls. Vegetable balls. With Arzo rice, tomato and basil sauce. Yoghurt bar.	As directed by weekend activities	