

EXAMPLE MENU

A selection of different weeks menus

WEEK 1	LUNCH	SUPPER
MONDAY	COTTAGE PIE SCHOOL TART	EGG AND CHIPS YOGURT
TUESDAY	HAM AND CHEESE BAKE PINEAPPLE UPSIDE DOWN CAKE	SOUP/ROLL VIENETTA
WEDNESDAY	ROAST BEEF TRIFLE	PATE ON TOAST EGG CUSTARD TART
THURSDAY	TOAD IN THE HOLE JAM SPONGE AND CUSTARD	PRAWN COCKTAIL FRUIT JELLY
FRIDAY	CURRY CHEESECAKE	MUSHROOMS ON TOAST CREAMED RICE/FRUIT
SATURDAY	SCAMPI AND CHIPS STEAMED PUDDING	PIZZA ICE CREAM
SUNDAY	ROAST BREAD AND BUTTER PUDDING	CORNERED BEEF SANDWICH TRIFLE

WEEK 2	LUNCH	SUPPER
MONDAY	LAMB CASSEROLE BAKEWELL TART	CHEESE AND BISCUITS FRUIT FOOL
TUESDAY	LIVER AND BACON RICE PUDDING	SOUP/ROLL ARTIC ROLL
WEDNESDAY	ROAST PORK FRUIT PIE	HAM SANDWICH FRUIT FLAN
THURSDAY	LASAGNE BANOFFIE PIE	JACKET POTATOES YOGURT
FRIDAY	OCEAN PIE LEMON SPONGE	SCOTCH EGG FRUIT JELLY
SATURDAY	SAUSAGE AND CHIPS TREAACLE TART	CHEESE ON TOAST ICE CREAM
SUNDAY	ROAST CRUMBLE	EGG SANDWICHES GATEAUX

WEEK 3	LUNCH	SUPPER
MONDAY	BEEF STEW AND DUMPLINGS FRUIT PIE	FISH FINGERS BEANS/TOM SEMOLINA
TUESDAY	SALMON/SAUCE BREAD AND BUTTER PUDDING	SOUP/ROLL FRUIT JELLY
WEDNESDAY	ROAST LAMB CRUMBLE	QUICHE VIENETTA
THURSDAY	MIXED GRILL RICE PUDDING	PRAWN COCKTAIL YOGURT
FRIDAY	GAMMON/SAUCE QUEEN OF PUDDINGS	JACKET POTATOES FRUIT FOOL
SATURDAY	FISH AND CHIPS JAM SPONGE	SAUSAGE ROLLS ICE CREAM
SUNDAY	ROAST CRUMBLE	SANDWICH TRIFLE