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| meal | mon | tue | wed | thu | fri | sat | sun |
| supper |
| main option 1 | chicken korma  | tex mex beef tacos  | honey & ginger beef stir fry | bbq pulled pork with a brioche bap | garlic & ginger chicken breast | chicken tikka | roast turkey |
| main option 2 | vegetable rogan josh  | vegetable tacos | vegetable spring rolls with sweet & sour sauce | spicy bean burger | sweet chilli vegetable stir-fr | vegetable curry  | roasted vegetable frittata |
| sides | rice poppadoms,naan bread  | mexican rice | noodles | herby potatoes | noddles | basmati ricegarlic naan  | roast potatoes |
| sides | garden peas | baby corn | mange tout | roasted vegetables | green beans | sweetcorn | sauté cabbage |
| desert | chocolatebrownie  | strawberry mousse  | lemon drizzle cake  | choc ices | berry cheesecake | rainbow cookie  | apple crumble  |