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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 rice  garlic naan | roast potatoes |
| sides | garden peas | baby corn | mange tout | roasted vegetables | green beans | sweetcorn | sauté cabbage |
| desert | chocolate  brownie | strawberry mousse | lemon drizzle cake | choc ices | berry cheesecake | rainbow cookie | apple crumble |