

Week one

Monday	Tuesday	Wednesday	Thursday	Friday
Sweet potato soup	Mushroom and tarragon soup	Parsnip, sage and white bean soup	Moroccan harira soup	Leek and potato soup
Sausage and mash	Jerk chicken burrito	Roast pork loin, Yorkshire puddings, stuffing and gravy	Beef lasagna pots	Katsu chicken wrap
Quorn cottage pie, cheese crust	Sri Lankan sweet potato curry with rice	Brie, cranberry and leek tart	Vegetable pad Thai with rice noodles	Deep pan pizza
Roast halloumi and roast red pepper salad	Tuna Nicoise salad	Fattoush and feta salad	Chicken Caesar salad	Mexican chicken salad with nachos
Sugar snap peas	Corn on the cob	Roast potatoes, roast parsnips	Broccoli, Baby potatoes and focaccia	Baked beans and wedges
Fresh fruit salad	Fresh fruit salad	Fresh fruit salad	Fresh fruit salad	Fresh fruit salad
Homemade bread	Homemade bread	Homemade bread	Homemade bread	Homemade bread
Chicken Caesar wrap	Ham, cheese and coleslaw sub	BLT with cream cheese bagel	Pastrami and Swiss cheese on malted bloomer with gherkin and mustard	Coronation chicken hoggie
Selection of salad pots	Selection of salad pots	Selection of salad pots	Selection of salad pots	Selection of salad pots
Jacket potatoes and toppings	Jackets and toppings	Jacket and toppings	Jackets and toppings	Jackets and toppings
Golden syrup and cream muffins	Sticky Jamaican ginger cake	Chocolate and cream Muffin	Blueberry mousse pots	Apple muffin with crumble topping

Week two

Monday	Tuesday	Wednesday	Thursday	Friday
Butternut squash and chilli soup	Tomato and Puy lentil soup	Celeriac, sage and potato soup	Pea and coconut soup	Leek and potato soup
Slow cooked beef chilli and rice pots	Greek gyros with khobez bread	Roast turkey breast, Yorkshire puddings, stuffing and gravy	Braised beef pie pots with hash potato crust	Loaded hot dog
Vegetable lasagna pots	Mac and cheese pots	Tomato, mozzarella and basil tart	Spanish style omlette	Deep pan pizza
Roast halloumi in a tomato and mozzarella salad	Greek salad with barrel aged feta	Moroccan chicken and giant cous cous salad	Smoked mackerel, beetroot and orange salad	Mexican chicken salad with nachos
Carrot and parsnip, corn tortillas	Sweet potato fries and roast med veg	Roast potatoes, carrot and swede crush	Creamed potatoes, fine bean	Baked beans and wedges
Fresh fruit salad	Fresh fruit salad	Fresh fruit salad	Fresh fruit salad	Fresh fruit salad
Homemade bread	Homemade bread	Homemade bread	Homemade bread	Homemade bread
Chicken Caesar wrap	Ham, cheese and coleslaw sub	BLT with cream cheese bagel	Pastrami and Swiss cheese on malted bloomer with gherkin and mustard	Coronation chicken hoggie
Selection of salad pots	Selection of salad pots	Selection of salad pots	Selection of salad pots	Selection of salad pots
Jacket potatoes and toppings	Jackets and toppings	Jacket and toppings	Jackets and toppings	Jackets and toppings
Jam, cream and sponge pots	Tiramisu pots	Carrot cake with vanilla frosting	Banana and chocolate muffin with chocolate butter cream	Toffee mousse pots with popcorn

Week three

Monday	Tuesday	Wednesday	Thursday	Friday
Curried cauliflower soup	Tomato Tuscan bean soup	Potato and watercress soup	Turkish lentil soup	Roast red pepper and plum tomato soup
Butter chicken and rice pots	Piri piri chicken wrap	Honey roast ham, Yorkshire puddings, stuffing and gravy	Chicken and bacon pie pots with hash crust	Build a burger
Butternut squash and 5 bean tacos	Courgette and goats cheese quiche	Quorn mousaka pots	Sweet potato curry with savoury rice	Deep pan pizza
Brie and cranberry salad with crisp bacon	Ham hock and Cheshire cheese salad	Char sit chicken salad	Salad of goats cheese, beetroot and caramelised onion	Southern fried chicken salad with avocado and jalapeños
Sugar snaps and pappapums	Chantonay carrots and baby potatoes	Roast new potatoes, roast parsnip	Corn on the cob	Baked beans and wedges
Fresh fruit salad	Fresh fruit salad	Fresh fruit salad	Fresh fruit salad	Fresh fruit salad
Homemade bread	Homemade bread	Homemade bread	Homemade bread	Homemade bread
Chicken Caesar wrap	Ham, cheese and coleslaw sub	BLT with cream cheese bagel	Pastrami and Swiss cheese on malted bloomer with gherkin and mustard	Coronation chicken hoggie
Selection of salad pots	Selection of salad pots	Selection of salad pots	Selection of salad pots	Selection of salad pots
Jacket potatoes and toppings	Jackets and toppings	Jacket and toppings	Jackets and toppings	Jackets and toppings
Strawberries and cream	Chocolate chip cake with chocolate butter cream	Sticky toffee muffin with toffee butter cream	Banana and jam and coconut sponge pots	Orange cake with chocolate drizzle