



Example Standard Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Macaroni cheese with peas and sweetcorn	Bangers and mash	Pea soup with wholemeal bread	Chicken and vegetable curry with boiled rice	Baked potato with cheese and beans
Puddings	Yogurt & fruit	Jelly with fruit	Flapjacks	Yogurt & fruit	Rice pudding

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Haggis and tatties	Lentil soup with wholemeal bread	Tomato and tuna pasta	Carrot and coriander with wholemeal bread	Rice with chicken and mushroom
Puddings	Yogurt & fruit	Rice pudding	Fruit Salad	Yogurt & fruit	Banana cake

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Tomato, basil and vegetable pasta	Fish fingers and beans	Mince and tatties	Chicken pesto pasta	Sweet potato soup with wholemeal bread
Puddings	Jelly with fruit	Fruit Fool	Yogurt & fruit	Rice crispie cake	Yogurt & fruit

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Tomato soup with wholemeal bread	Pasta bolognese	Fish and vegetable curry with boiled rice	Vegetable soup with wholemeal bread	Lasagne with summer vegetables
Puddings	Rice Pudding	Chocolate & orange sponge cake	Jelly with fruit	Yogurt & fruit	Fruit salad