

	4 week plan	WC	Mon	Tue	Wed	Thu	Fri	Week End	Sat	Sun	
Classic Daily dishes - served every day on the same day due to their popularity	Starter	all weeks	Soup or Salad	Soup or Salad	Soup or Salad	Soup or Salad	Soup or Salad	Breakfast	English Breakfast/ veggie breakfast	Continental and/OR Spanish Omelette	
	Main	all weeks	Roasted Rosemary chicken legs	Chicken Stirfry	Chicken Korma	Lasagne	Fish and Chips	Lunch	Pasta Bolognaise or Pasta special	Sunday roast, Yorkshire pudding and gravy	
	Vegetarian option	all weeks	Quiche	Vegie Stirfry	Chickpea Stew	Veggie Lasagne	Spicy Bean Burger	Veg Option	Veggie pasta	Veggie Roast / Pasta bake	
	Veg of the day	all weeks	2 of the following: broccoli, carrots, peas or cauliflower					Salad		Salad	Veggies
	Side dish	all weeks	Potato Wedges	Noodles	Rice	Potato Salad with light mayo	Chips	Sides	(Garlic) Bread and/or salad	Roast potatoes	
Daily specials - changing on a weekly basis	Week 1	17-Jul	Gammon Steaks	Chicken in spicy black bean sauce	Chile Con Carne	Chicken Cous Cous	Chicken and tomato pasta bake	1	Pizza	Turkey roast	
	Dessert		Dessert of the Day or fresh fruit	Dessert of the Day or fresh fruit	Dessert of the Day or fresh fruit	Dessert of the Day or fresh fruit	Dessert of the Day or fresh fruit		Dessert of the Day or fresh fruit	Dessert of the Day or fresh fruit	

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	Side dish	all weeks	Potato Wedges	Noodles	Rice	Potato Salad with light mayo	Chips	Sides	(Garlic) Bread and/or salad	Roast potatoes	
Daily specials - changing on a weekly basis	Week 2	24-Jul	Burger and Veggie burger or samossa	Coq au Vin	Sea food kedgerree	Lemon Chicken	Pork Chops with mushroom sauce	2	Pizza	Beef roast	
	Dessert		Dessert of the Day or fresh fruit	Dessert of the Day or fresh fruit	Dessert of the Day or fresh fruit	Dessert of the Day or fresh fruit	Dessert of the Day or fresh fruit		Dessert of the Day or fresh fruit	Dessert of the Day or fresh fruit	

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	Veg of the day	all weeks	2 of the following: broccoli, carrots, peas or cauliflower					Salad		Salad	Veggies
	Side dish	all weeks	Potato Wedges	Noodles	Rice	Potato Salad with light mayo	Chips	Sides	(Garlic) Bread and/or salad	Roast potatoes	
Daily specials - changing on a weekly basis	Week 3	31-Jul	Farfalle pasta with tuna and peas	Chicken Meatballs in sauce	Sweet and Sour pork	Cheesy chicken bake	Breaded Chicken Cutlets	3	Pizza or Peperoni Pasta Salad	Pork roast	
	Dessert		Dessert of the Day or fresh fruit	Dessert of the Day or fresh fruit	Dessert of the Day or fresh fruit	Dessert of the Day or fresh fruit	Dessert of the Day or fresh fruit		Dessert of the Day or fresh fruit	Dessert of the Day or fresh fruit	

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	Veg of the day	all weeks	2 of the following: broccoli, carrots, peas or cauliflower					Salad		Salad	Veggies
	Side dish	all weeks	Potato Wedges	Noodles	Rice	Potato Salad with light mayo	Chips	Sides	(Garlic) Bread and/or salad	Roast potatoes	
Daily specials - changing on a weekly basis	week 4	07-Aug	Mousaka/ Hugarian bake	Sausage of the day with onion gravy	Fish Pasta bake OR Pasta pescatore	Chicken Tagine	Chorizo fusilli	4	Pasta Gnocchi	Chicken roast	
	Dessert		Dessert of the Day or fresh fruit	Dessert of the Day or fresh fruit	Dessert of the Day or fresh fruit	Dessert of the Day or fresh fruit	Dessert of the Day or fresh fruit		Dessert of the Day or fresh fruit	Dessert of the Day or fresh fruit	

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