

EXAMPLE 8 WEEK MENU

Week	Day	Main	Week	Day	Hot Pudding
1	Monday	Chicken in Gravy	1	Monday	Apple Pie & Custard
	Tuesday	Shepherds Pie		Tuesday	Orange Sponge & Custard
	Wednesday	Chilli Con Carne		Wednesday	Baked Fruit Bread Pudding
	Thursday	Chicken and Vegetable Casserole		Thursday	Treacle Tart & Custard
	Friday	Fish in Parsley Sauce		Friday	Lemon Sponge & Custard
2	Monday	Cottage Pie	2	Monday	Spotted Dick & Custard
	Tuesday	Lamb and Vegetable Casserole		Tuesday	Mixed Fruit Pie & Custard
	Wednesday	Sausage in Gravy		Wednesday	Bread & Butter Pudding & Custard
	Thursday	Beef with Roast Potatoes		Thursday	Plum Crumble & Custard
	Friday	Smoked Haddock & Veg Bake		Friday	Choc Chip Sponge & Choc Sauce
3	Monday	Savoury Minced Beef	3	Monday	Rice Pudding
	Tuesday	Meatball and Mushy Peas		Tuesday	Apple Crumble & Custard
	Wednesday	Chicken in Gravy		Wednesday	Bakewell Tart & Custard
	Thursday	Sausage Casserole		Thursday	Jam Roly Poly
	Friday	Salmon & Broccoli Supreme		Friday	Sultana Sponge & Custard
4	Monday	Chicken Curry	4	Monday	Jam Sponge & Custard
	Tuesday	Steak and Kidney pie		Tuesday	Treacle Tart & Custard
	Wednesday	Pork Steakette		Wednesday	Apple Pie & Custard
	Thursday	Beef Stew and Dumpling		Thursday	Golden Syrup Sponge
	Friday	Chicken & Leek Hotpot		Friday	Apple & Raspberry Crumble & Custard
5	Monday	Savoury Lamb with Dumpling	5	Monday	Blackcurrant Pie & Custard
	Tuesday	Chicken Chasseur		Tuesday	Stewed Apple & Rice
	Wednesday	Savoury Minced Beef		Wednesday	Bakewell Tart & Custard
	Thursday	Meatball and Mushy Peas		Thursday	Apricot Crumble & Custard
	Friday	Fish in Butter		Friday	Lemon Sponge & Custard
6	Monday	Hungarian Beef Goulash	6	Monday	Spotted Dick & Custard
	Tuesday	Faggots in Onion Gravy		Tuesday	Semolina Dutch Apple
	Wednesday	Shepherds Pie		Wednesday	Bread & Butter Pudding & Custard
	Thursday	Chicken and Mushroom Pie		Thursday	Ginger Sponge & Custard
	Friday	Breaded Fish and Mash Potato		Friday	Choc Chip Sponge & Choc Sauce
7	Monday	Lamb and Vegetable Casserole	7	Monday	Orange Sponge & Custard
	Tuesday	Chicken breast in cheese & bacon		Tuesday	Stewed Apple & with Rice
	Wednesday	Creamy Pork With Peppers		Wednesday	Sticky Toffee Pudding
	Thursday	Steak and Mushroom Bake		Thursday	Plum Crumble & Custard
	Friday	Salmon & Broccoli Supreme		Friday	Rice Pudding
8	Monday	Pork Loin & Stuffing	8	Monday	Jam Roly Poly
	Tuesday	Braised Steak		Tuesday	Mixed Fruit Pie & Custard
	Wednesday	Chicken and Mushroom Pie		Wednesday	Semolina Dutch Apple
	Thursday	Lancashire Hotpot		Thursday	Choc Chip Sponge & Choc Sauce
...	Friday	Breaded Fish and Mash Potato		Friday	Rhubarb Crumble & Custard