

Example eight week menu

Week	Day	Main	Week	Day	Hot Pudding
1	Monday Tuesday Wednesday Thursday Friday	Gammon & Mushroom Pie Sausages in Gravy Braised Steak Chicken & Bacon Hotpot Salmon & Broccoli	1	Monday Tuesday Wednesday Thursday Friday	Orange Sponge & Custard Apple Pie & Custard Rhubarb Crumble & Custard Baked Fruit Bread Pudding Lemon, Raspberry and White Choc Sponge
2	Monday Tuesday Wednesday Thursday Friday	Faggots in Onion Gravy Sliced Turkey & Stuffing Chicken Curry Chicken & Vegetable Pie Fish in Parsley Sauce	2	Monday Tuesday Wednesday Thursday Friday	Choc Chip Sponge & Choc Sauce Blackcurrent Pie & Custard Jam Sponge & Custard Apple Crumble & Custard Lemon Sponge, Raspberry Compote, White Choc
3	Monday Tuesday Wednesday Thursday Friday	Shepherds Pie Chicken & Leek Hotpot Beef with Roast Potatoes Faggots in Onion Gravy Fishermans Pie	3	Monday Tuesday Wednesday Thursday Friday	Jam Sponge & Custard Apricot Crumble Summer Fruit Pie Stewed Apple & Rice Sticky Toffee Pudding & Caramel Sauce
4	Monday Tuesday Wednesday Thursday Friday	Pork Lion & Stuffing Braised Steak Sausages in Gravy Chicken Curry Fish in Butter Sauce	4	Monday Tuesday Wednesday Thursday Friday	Apple Crumble Sultana Sponge & Custard Apple Pie Lemon Sponge & Custard Jam Sponge & Custard
5	Monday Tuesday Wednesday Thursday Friday	Cumberland Sausages Chicken Supreme Beef Stew & Dumplings Ham in Parsley Sauce Breaded Cod & Peas	5	Monday Tuesday Wednesday Thursday Friday	Summer Fruit Crumble Bread & Butter Pudding & Custard Golden Sponge Jam Roly Poly & Custard Blackcurrent Pie & Custard
6	Monday Tuesday Wednesday Thursday Friday	Cottage Pie Pork Lion and Stuffing Chicken & Vegetable Pie Faggots in Onion Gravy Fishermans Pie	6	Monday Tuesday Wednesday Thursday Friday	Sticky Toffee Pudding & Caramel Sauce Semolina Dutch Apple Stewed Apple & Rice Sultana Sponge & Custard Summer Fruit Pie

Week	Day	Main	Week	Day	Hot Pudding
7	Monday Tuesday Wednesday Thursday Friday	Chicken Breast in Cheese & Bacon Pork Steakette Minted Lamb and Dumplings Minced Beef and Onion Pie Breaded Fish & Mash Potato	7	Monday Tuesday Wednesday Thursday Friday	Treacle Tart & Custard Jam Roly Poly & Custard Ginger Sponge & Custard Summer Fruit Crumble Spotted Dck & Custard
8 ...	Monday Tuesday Wednesday Thursday Friday	Chicken Curry Beef Stew & Dumplings Lambs Liver in Onion Gravy Gammon & Mushroom Pie Fish in Butter Sauce	8	Monday Tuesday Wednesday Thursday Friday	Stewed Apple & Custard Jam Sponge Apricot Crumble Choc Chip Sponge & Choc Sauce Rhubarb Crumble & Custard