

Example menu

Monday

Main: Fish cakes, broccoli, carrots and parsley sauce

Pudding: Rice pudding

Tuesday

Main: Chicken chasseur, cabbage, peas

Pudding: Fruit crumble and custard

Wednesday

Main: Pork chop, mashed potato, mixed veg

Pudding: Trifle

Thursday

Main: Cottage pie, peas, carrots

Pudding: Fruit and ice cream

Friday

Main: Cauliflower cheese, jacket potato, sweetcorn

Pudding: Jam tart and cream

All dietary requirements can be catered for including diabetic and vegetarian meals