

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Leek and Potato Soup © (250g portion, 11g carbs)	Vegetable Soup © (250g portion, 9g carbs)	Carrot Herb Soup © (250g portion, 12g carbs)	Broccoli Soup © (250g portion, 15g carbs)	Tomato and Vegetable (250g portion, 11g carbs)
Mains	Beef Bolognaise © (220g portion, 6g carbs)	Spicy Korean Pork Bowl(s su) (220g portion, 24g carbs)	Chicken (95g portion, 4g carbs) Gravy / (45g portion, 3g carbs) Yorkshire Pudding (e d) (80g portion, 20.5g carbs)	Chilli Beef Burrito © (220g portion, 10g carbs) Rice (140g portion, 37g carbs) / Wholegrain Wrap (g) (60g portion, 27g carbs) Mixed Bean Burrito © (220g portion, 23g carbs)	Pepperoni Pizza (g s d) (175g portion, 46g carbs)
Vegetarian	Pasta (150g portion, 47g carbs) Vegetable and Lentil Bolognaise © (220g portion, 24g carbs)	Egg Noodles (g e) (150g portion, 42g carbs) Korean Style Cauliflower and Tofu (220g portion, 15g carbs)	Herby Potato (150g portion, 40g carbs) Vegetable and Lentil Cottage Pie © (250g portion, 40g carbs)		Cheese and Tomato Pizza (g d s) (175g portion, 63g carbs) Fries (130g portion, 46g carbs)
Side Options	Garlic Foccacia(g s) (40g portion, 18g carbs)				
Vegetable	Pasta (150g portion, 47g carbs)with Pesto (30g portion, 0.7g carbs)/ Napoli Sauce (120g, 7g carbs) (g) Roast Courgette (80g portion, 1g carbs) Grated Carrot (80g portion, 5g carbs)	Pasta (150g portion, 47g carbs) Napoli (120g, 7g carbs) / Bolognaise Sauce (220g portion, 6g carbs) (g)/ (c) Rainbow Slaw (50g portion, 3g carbs) Kale (80g portion, 1g carbs)	Pasta (150g portion, 47g carbs) Napoli (120g, 7g carbs) / Vegan Pesto (30g portion, 0.7g carbs) (g) Carrot (80g portion, 5g carbs) Broccoli (80g portion, 2g carbs)	Pasta (150g portion, 47g carbs) Cheesy Broccoli (120g, 11g carbs) / Napoli (120g, 7g carbs) (g d)/ Tomato Coriander Salsa (30g portion, 1g carbs) Sweet Corn (80g portion, 11g carbs)	Napoli (120g, 7g carbs) Cucumber (80g portion, 1g carbs) Baked Beans (90g portion, 12g carbs)
Salads	Selection of naked and compond salads	Selection of naked and compond salads	Selection of naked and compond salads	Selection of naked and compond salads	Selection of naked and compond salads
Sweets	Fruit Crumble (g) (110g portion, 38g carbs) Custard (d) (110g portion, 18g carbs) Fruit (see table at bottom), Jellies (110g portion, 17g carbs)	Fruit Flapjack (g su) (35g portion, 17g carbs) Fruit (see table at bottom), Jellies (110g portion, 17g carbs)	Fruit Krispie (g su) (30g portion, 21g carbs) Fruit (see table at bottom), Jellies (110g portion, 17g carbs)	School Cake (g e) (55g portion, 30g carbs) Fruit (see table at bottom), Jellies (110g portion, 17g carbs)	Cake Selection (g e) (see below for some examples, please be mindful about confectionery) Fruit (see table at bottom), Jellies (110g portion, 17g carbs)
Hydration station	Flavoured water and Cordials	Flavoured water and cordials	Flavoured water and cordials	Flavoured water and cordials	Flavoured water and cordials

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Leek and Celery Soup© (250g portion, 8g carbs)	Spicy Vegetable Soup© (250g portion, 9g carbs)	Carrot and Butternut Squash Soup © (250g portion, 12g carbs)	Vegetable Broth (c g) (250g portion, 12g carbs)	Soup of the Day ©
Mains	Keema Beef Curry © (220g portion, 7g carbs) Rice (140g portion, 37g carbs)	Turkey Meat Balls (homemade) (c c g s) (150g portion, 7g carbs) Pasta(g) (150g portion, 47g carbs)	Roast Pork, (95g portion, 0g carbs) Stuffing, (80g portion, 24g carbs) Apple Sauce (10g portion, 2g carbs) Roast Potatoes (150g portion, 40g carbs)	Greek Style Baked Fish (110g, 0g carbs) Steamed Potatoes (150g portion, 22g carbs)	Homemade Sausage Rolls(g su e) (110g portion, 22g carbs) Pork Sausage Rolls (g d su) (110g portion, 22g carbs)
Vegetarian	Cauliflower and Chickpea Curry (220g portion, 29g carbs)	Veggie Tofu Balls (s) (90g portion, 0.6g carbs)	Roast Stuffed Pepper © (175g portion, 14g carbs)	Baked Halloumi (d) (50g portion, 0.9g carbs)	Veggie Sausage Roll (g e) (110g portion, 28g carbs)
Side Options	Naan Bread (g s) (65g portion, 33g carbs)	Garlic Bread (g s) (40g portion, 18g carbs)			Chips (130g portion, 46g carbs)
Vegetable	Pasta (150g portion, 47g carbs) Napoli (120g, 7g carbs) (g) Green Beans (80g portion, 3g carbs) Red Onion Tomato Mint Salad (su) (30g portion, 1g carbs)	Vegan Pesto (30g portion, 0.7g carbs) Pasta (150g portion, 47g carbs) (g) Broccoli (80g portion, 2g carbs) Carrot (80g portion, 5g carbs)	Pasta Tomato Sauce (150g portion, 47g carbs) (g) Carrot (80g portion, 5g carbs) Kale (80g portion, 1g carbs)	Pasta (150g portion, 47g carbs)with Pesto (30g portion, 0.7g carbs) Napoli Sauce (120g, 7g carbs) (g) Buttered Leeks (80g portion, 3g carbs) Rainbow Slaw (50g portion, 3g carbs)	Pasta (150g portion, 47g carbs) with Pesto/ (30g portion, 0.7g carbs) Napoli Sauce (120g, 7g carbs) (g) Peas (80g portion, 8g carbs) Baked Beans (90g portion, 12g carbs)
Salads	Selection of naked and compond salads	Selection of naked and compond salads	Selection of naked and compond salads	Selection of naked and compond salads	Selection of naked and compond salads
Sweets	Fruit Flapjack (su) (35g portion, 17g carbs) Fruit (see table at bottom), Jellies (110g portion, 17g carbs)	Shortbread (g) (35g portion, 21g carbs) Fruit (see table at bottom), Jellies (110g portion, 17g carbs)	Posset (d) (80g portion, 14g carbs) Fruit (see table at bottom), Jellies (110g portion, 17g carbs)	Fruit Sponge(e g) (55g portion, 30g carbs) Fruit (see table at bottom), Jellies (110g portion, 17g carbs)	Cake Selection (g e) (see below for some examples, please be mindful about confectionery) Fruit (see table at bottom), Jellies (110g portion, 17g carbs)
Hydration station	Flavoured water and cordials	Flavoured water and cordials	Flavoured water and cordials	Flavoured water and cordials	Flavoured water and cordials

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Carrot and Lentil (c mc g) (250g portion, 24g carbs)	Cream of Sweetcorn © (250g portion, 22g carbs)	Roast Red Pepper and Tomato © (250g portion, 19g carbs)	Chunky Vegetable © (250g portion, 9g carbs)	Soup of the Day ©
Mains	Beef and Bean Chilli © (220g portion, 10g carbs) Rice (140g portion, 37g carbs)	Chicken Gyros Style (d) (95g portion, 0g carbs) Taziki (d) (30g portion, 2g carbs)	Roast Gammon (su) (95g portion, 0g carbs) Steamed Potatoes (150g portion, 22g carbs)	Chicken Rogan Josh (220g portion, 10g carbs) Savoury Rice (140g portion, 37g carbs)	Breaded Fish (g e) (90g portion, 18g carbs)
Vegetarian	Black Bean Chilli © (220g portion, 29g carbs) Guacamole (30g portion, 0.7g carbs) / Feta Whip (30g portion, 0.5g carbs)	Falafel Pitta (220g portion, 48g carbs) (g)	Cauliflower Cheese Bake (g d) (150g portion, 9g carbs)	Homemade Vegetable Bhaji (150g portion, 20g carbs)	Bean Burger (95g portion, 21g carbs) Bun (g mc se) (90g portion, 46g carbs)

Side Options	/ (d)				
	Pasta (150g portion, 47g carbs) with Pesto (30g portion, 0.7g carbs) Napoli Sauce (120g, 7g carbs) (g)	Pasta (150g portion, 47g carbs) Mushroom/ (120g, 7g carbs) Napoli (120g, 7g carbs) (g)	Pasta (150g portion, 47g carbs) Napoli (120g, 7g carbs) /Pesto (30g portion, 0.7g carbs) (g)	Pesto (150g portion, 47g carbs) with Napoli (120g, 7g carbs) /Pesto Sauce (30g portion, 0.7g carbs) (g)	Fries (130g portion, 46g carbs) Pasta (150g portion, 47g carbs) with Roast Vegetable (120g portion, 6.6g carbs) /Pesto Sauce (30g portion, 0.7g carbs) (g)
Vegetable	Sweetcorn (80g portion, 11g carbs) Peas (80g portion, 8g carbs)	Red Cabbage (80g portion, 4g carbs) Greek Salad (80g portion, 2g carbs)	Roasted Root Vegetables (80g portion, 13g carbs) Peas (80g portion, 8g carbs)	Spinach (80g portion, 0.2g carbs) Cumin Carrots (80g portion, 5g carbs)	Peas (80g portion, 8g carbs) Baked Beans (90g portion, 12g carbs)
Salads	Selection of naked and compound salads	Selection of naked and compound salads	Selection of naked and compound salads	Selection of naked and compound salads	Selection of naked and compound salads
Sweets	Fruit Fool (d) (110g portion, 22g carbs) Fruit (see table at bottom), Jellies (110g portion, 17g carbs)	Coconut Cake (e g su) (55g portion, 29g carbs) Fruit (see table at bottom), Jellies (110g portion, 17g carbs)	Cereal Bar (g su d s) (35g portion, 13g carbs) Fruit (see table at bottom), Jellies (110g portion, 17g carbs)	Sponge Cake (e g) (55g portion, 30g carbs) Fruit (see table at bottom), Jellies (110g portion, 17g carbs)	Cake Selection (g e) (see below for some examples, please be mindful about confectionery) Fruit (see table at bottom), Jellies (110g portion, 17g carbs)
Hydration station	Flavoured waters and cordials	Flavoured waters and cordials	Flavoured waters and cordials	Flavoured waters and cordials	Flavoured waters and cordials

Fruit	
Fruit/Veg	80g
Strawberry	80g 5g carbs
Raspberry	80g 4g carbs
Blueberries	80g 7g carbs
White melon	80g 5g carbs
Orange	80g 6g carbs
Satsuma	80g 8g carbs
Watermelon	80g 6g carbs
Melon	80g 5.5g carbs
Pear	80g 8g carbs
Pineapple	80g 8g carbs
Kiwi	80g 8g carbs
Peach	80g 8g carbs
Apple	80g 8g carbs
Mango	80g 11g carbs
Grapes	80g 12g carbs
Banana (without skin)	80g 16g carbs

Banana bread

Carrot cake

Chocolate cake

Courgette and lemon cake

Lemon and blueberry cake

Lemon drizzle

Victoria sponge

Cake
55g portion
30g carbs

55g portion
28g carbs
55g portion
31g carbs

55g portion
29g carbs
55g portion
20g carbs

55g portion
30g carbs
55g portion
30g carbs

	<u>Week</u>				
	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Soup</u>					
<u>Mains</u>					
<u>Vegetarian</u>					
<u>Side</u>					
<u>Options</u>					
<u>Vegetable</u>					
<u>Salads</u>					
<u>Sweets</u>					
<u>Hydration station</u>	Flavoured water and cordials	Flavoured water and cordials	Flavoured water and cordials	Flavoured water and cordials	Flavoured water and cordials