

Here's an example of how a weekly menu can look

Main Meal				
Lasagne	Garlic bread	Soup/Strawberries & cream	Tea & biscuits	Fruit
Fish Pie	Fresh vegetables and potatoes	Soup/Sorbet & fruit	Tea & biscuits	Fruit
Lamb Casserole	Fresh vegetables and potatoes	Soup/Apple pie & custard	Tea & biscuits	Fruit
Hunters Chicken	Rice with curries or chilli	Soup/Ice-cream & jelly	Tea & biscuits	Fruit
Steak Pie	fresh vegetables and potatoes	Soup/Fruit trifle	Tea & biscuits	Fruit
Honey Roast Gammon	Side dish	Soup/Rice pudding & jam	Tea & biscuits	Fruit
Roast Pork Sunday Diner	fresh vegetables and potatoes	Soup/Apple strudel & cream	Tea & biscuits	Fruit

Light Meal		
Fish cakes	Fresh vegetables and potatoes	Scones
Toad in the Hole	Fresh vegetables and potatoes	Pancakes
Meat Loaf	Fresh vegetables and potatoes	Fruit loaf
Spaghetti Bolognese	Garlic bread	Cupcakes
Pork Sausage and Mash	Fresh vegetables and potatoes	Shortbread
Quiche Lorraine	Rice with curries or chilli	Muffins
Macaroni Cheese	Garlic bread	Cookies