

SAMPLE LUNCH MENU

WEEK 1

M

Sweet & Sour Chicken or Slow Cooked Gammon Steak
with Rice or Crushed New Potatoes & Roasted Veg

Banoffee Pie or Bananas & Custard

T

Steak & Kidney Pie or Grilled Chicken Salad
with Duchess Potatoes & Seasonal Veg

Sticky Toffee Pudding or Ice Cream

W

Hunters Chicken or Tomato & Mozzarella Risotto
with Potato Wedges, Garlic Bread & Salad

Steamed Sponge Pudding or Fresh Fruit Salad

TH

Cottage Pie or Beef Lasagne
with Salad or Roasted Carrots & Cauliflower

Manchester Tart or Jelly & Ice Cream

F

Poached Cod, Battered Haddock or Chicken Casserole
with Chunky Chips & Mushy or Garden Peas

Trifle or Ice Cream

S

Beef Meatballs & Tagliatelli or Scampi
with Chips, Peas & Garlic Bread

Lemon Meringue Pie or Fresh Fruit Salad

S

Roast Pork & Apple Sauce or Vegetarian Roast
with Creamed Potatoes, Sprouts & Cauliflower Cheese

Diabetic-Friendly Jam Sponge & Custard or Roulade

SAMPLE LUNCH MENU

WEEK 2

M

Chicken Madras or Braising Steak
with Mashed Potato or Rice & Seasonal Veg

Lemon Posset or Diabetic-Friendly Lemon Posset

T

Beef & Vegetable Hotpot or Lamb Casserole
with Green Beans & Cauliflower

Diabetic-Friendly Apple & Rhubarb Crumble

W

Scampi or Poached Cod in Parsley Sauce
with Chips & Peas

Diabetic-Friendly Rice Pudding

TH

Minted Lamb Steak or Savoury Minced Beef
with Creamed Potatoes, Parsnips & Carrots

Toffee Apple Pudding or Diabetic-Friendly Apple Pudding

F

Battered or Poached Fish or Ham & Tomato Quiche
with Chips & Mushy Peas

Key Lime Pie or Bananas & Custard

S

Shepherds Pie or Grilled Chicken in Mushroom Sauce
with Herby New Potatoes & Broccoli

Trifle or Diabetic-Friendly Trifle

S

Roast Leg of Lamb or Vegetarian Roast
with Roast Potatoes & Carrot & Swede

Diabetic-Friendly Jam Roly Poly & Custard

SAMPLE LUNCH MENU

WEEK 3

M

Creamy Cajun Chicken or Beef Brisket
with Rice or Creamed Potatoes & Seasonal Veg
White Chocolate Cheesecake or Diabetic-Friendly Cheesecake

T

Slow Cooked Gammon Steak or Fish Pie
with Potato Wedges & Garden Peas
Diabetic-Friendly Rice Pudding

W

Meat & Potato Pie or Egg, Chips & Beans
with Beetroot or Mushy Peas
Crème Brûlée or Diabetic-Friendly Option of the Day

TH

Lambs Liver & Onions or Beef Casserole
with Creamed Potatoes, Cabbage & Carrots
Diabetic Sponge Pudding & Custard

F

Battered or Poached Fish or Gammon & Pineapple
with Chips & Mushy or Garden Peas
Lime Meringue Pie or Bananas & Custard

S

Steak & Ale Pie or Meatloaf & Onion Gravy
with Creamed Potatoes & Roasted Vegetables
Summer Fruits Cheesecake or Diabetic-Friendly Spotted Dick with Custard

S

Roast Beef or Vegetarian Roast
with Roast Potatoes, Carrots & Cauliflower Cheese
Diabetic-Friendly Apple Crumble & Custard

SAMPLE DINNER MENU

WEEK 1

M

Broccoli & Stilton Soup & Bread Roll

Jacket Potato with Bacon & Cheese or a Selection of Sandwiches

Shortbread or Jelly

T

Carrot & Coriander Soup & Bread Roll

Sausage Roll & Baked Beans or a Selection of Sandwiches

Brownie or Peaches & Cream

W

Sweet Potato & Butternut Squash Soup & Bread Roll

Cheese on Toast or a Selection of Sandwiches

Fresh Fruit Salad or Scone with Jam & Cream

TH

Mixed Vegetable & Rosemary Soup & Bread Roll

Chicken Goujons & Fries or a Selection of Sandwiches

Cherry Bakewell Tart or Fruit Cocktail

F

Potato & Cauliflower Soup & Bread Roll

Cheese & Onion Pasty with Baked Beans or a Selection of Sandwiches

Carrot Cake or Fresh Melon & Raspberries

S

Sweet Potato & Butternut Squash Soup & Bread Roll

Creamy Mushrooms on Toast or a Selection of Sandwiches

Butterfly Cake or Caramelised Apple & Custard

S

Leek & Potato Soup & Bread Roll

Hot Buttered Crumpets or a Selection of Sandwiches

Victoria Sponge or Mandarin Jelly

SAMPLE DINNER MENU

WEEK 2

M

Pea & Ham Soup & Bread Roll
Quiche with Coleslaw or a Selection of Sandwiches
Shortbread or Jelly

T

Cream of Mushroom Soup & Bread Roll
Fish Goujons with Potato Croquettes or a Selection of Sandwiches
Dairy Cream Sponge or Mandarins & Cream

W

Sweet Potato & Roasted Garlic Soup & Bread Roll
Corned Beef Hash with a Fried Egg or a Selection of Sandwiches
Vanilla Slice or Jelly & Custard

TH

Cream of Tomato Soup & Bread Roll
Cornish Pasty with Beans or a Selection of Sandwiches
Chocolate Cake or Poached Pears with Cream

F

Broccoli & Stilton Soup & Bread Roll
Pizza & Fries or a Selection of Sandwiches
Shortbread or Bananas & Custard

S

Curried Parsnip Soup & Bread Roll
Spam Fritters with Potato Wedges or a Selection of Sandwiches
Cherry Bakewell Tart or Cheese & Biscuits

S

Cauliflower & Cheddar Soup & Bread Roll
Cheese on Toast or a Selection of Sandwiches
Banoffee Pie or Mandarin Jelly

SAMPLE DINNER MENU

WEEK 3

M

Chicken Soup & Bread Roll

Pancakes with Bananas or a Selection of Sandwiches

Lemon Drizzle Cake or Ice Cream

T

Tomato & Basil Soup & Bread Roll

Toasted Teacakes or a Selection of Sandwiches

Victoria Sponge or Mandarins & Cream

W

Potato & Leek Soup & Bread Roll

Ham & Cheese on Toast or a Selection of Sandwiches

Flapjack or Peaches & Cream

TH

Onion Soup & Bread Roll

Mushroom Omelette or a Selection of Sandwiches

School Cake or Fresh Berries with Cream

F

Pea & Mint Soup & Bread Roll

Sausage & Fried Onion Buns or a Selection of Sandwiches

Fresh Cream Chocolate Cake or Fruit & Yoghurt

S

Spring Vegetable Soup & Bread Roll

Cod & Cheddar Fishcakes or a Selection of Sandwiches

Butterfly Cake or Melon Medley

S

Cream of Mushroom Soup & Bread Roll

Poached Egg on Toast or a Selection of Sandwiches

Scone with Jam & Cream or Cheese & Biscuits