

| | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|-----------------|---|---|--------------------------------------|--|---------------------------------------|---|---|
| Week 1 | Soup | Pea and coriander | Cream of tomato | Curried red pepper | Moroccan carrot | Roasted garlic, herb and potato | Lentil | Sweet potato and chilli |
| | Main dish one | Beef lasagne | Mexican Special: Pulled pork burrito | Wok Special: King prawn curry | Cuban Special: Mojito chicken with a mango salsa | Battered cod fillet or grilled fish | Lamb keema kathi roll | Roast pork and apple sauce |
| | Main dish two | Korean NO chicken noodles | Mexican Special: Roasted hoki and pickled vegetable soft taco | Wok Special: Kung Pao chicken | Cuban Special: Roasted pollock with avocado and lime | Pork and pickle sausage roll | Parmesan turkey escalope | Roast chicken and stuffing |
| | Main dish three | Mozzarella and basil ravioli with cherry tomato sauce | Mexican Special: Vegetable and bean enchilada | Wok Special: Aubergine and mushrooms | Cuban Special: Cuban black bean burger with a pineapple relish | Duo of quorn sausages | Barley and broad bean risotto with baby spinach | Curried cauliflower with couscous and chickpeas |
| | Side Dish One | Rocket and parmesan salad | Chipotle cheesy corn cobs | Egg noodles | Rice and black beans | Ratatouille | Green beans | Roast parsnips |
| | Side Dish Two | Warm Italian potato salad | Fresca slaw | Prawn crackers | Quinoa Salad | Garden peas | Broccoli | Spring greens |
| | Side Dish Three | Broccoli with garlic and chilli | Mexican rice | Crispy seaweed with pickled cucumber | Spiced carrot and chickpeas | Mashed potatoes | Warm Italian salad | Carrots |
| | Side Dish Four | Warm courgette salad | Charred vegetables | Stir fried vegetables | Sweet potato with garlic | Chipped potatoes | Baked potato wedges | Rosemary roast potatoes |
| | Hot Dessert | Apple and pecan cake | Chocolate chip sponge | Queen of puddings | Plum and red cherry pie | Sticky toffee pudding | Forest fruit crumble | Yorkshire parkin |
| | Cold Dessert | Pineapple pot | Pear conde | Mixed melon | Banoffee cheesecake | Berry jelly | Fruit salad | Doughnuts |
| | Soup | Broccoli | Leek and potato | Mushroom | Tomato and basil | Celeriac | Tuscan bean | Carrot and coriander |
| | Main dish one | Harissa turkey with grains | Panko mackerel, potato and beets | Burger Special: The New Yorker! | Joe de Frango Special: Lemon and herb chicken | Steak and kidney pie | Lebanese Special: Chicken flatbread | Roast beef and Yorkshire pudding |
| | Main dish two | Tortelloni with ricotta and spinach | Hunter's chicken | Chicken katsu burger | Piri piri chicken thighs | Breaded plaice fillet or grilled fish | Lamb flatbread | Roast chicken and stuffing |

| | | | | | | | | |
|--------|-----------------|--|-------------------------------------|---|---|---|---|---|
| Week 2 | Main dish three | Tofu, roasted pepper and courgette | Butternut squash and feta soft taco | Vegan yorker burger | NO Chicken piri piri flatbread | Cauliflower and broccoli penne with pommery mustard | Falafel and tabouleh mezze | Pulled oat meatball, lentil and aubergine arabiatta |
| | Side Dish One | Sweetcorn and mixed peppers | Cauliflower | Black eyed bean pilaf | Corn bolinho tomato salsa | Mashed potatoes | Fattoush salad | Roast potatoes |
| | Side Dish Two | Brown rice | Croquette potatoes | Spiced aubergines | Mozambique rice | Chipped potatoes | Harrisa aubergine salad | Savoy cabbage |
| | Side Dish Three | Courgettes with tomato salsa | Roasted beetroot and carrot | Courgette slaw | Triple onion and root slaw | Sauteed leeks | Tabouleh | Creamed spinach |
| | Side Dish Four | Roasted sweet potato salad with baby spinach and grapes | Mexican rice | Sweet potato fries | Broccoli and quinoa salad | Garden peas | Baked potato wedges | Carrots |
| | Hot Dessert | Steamed chocolate sponge | Peach and apple pie | Bakewell tart | St Lucia Banana cake | Rhubarb crumble | Eve's pudding | Lemon meringue pie |
| | Cold Dessert | Honey Dew melon slice | Eton mess | Rocky road | Crème brulee | Pineapple wedge | Lemon drizzle cake | Fruit salad |
| Week 3 | Soup | Vegetable broth | Hot and sour | Pesto vegetable | Cauliflower and dill | Minestrone | Pea and mint | Leek, spinach and chickpea |
| | Main dish one | Cottage pie | Bao Bun Concept: Beef bulgogi bao | Roast turkey with orange | Hummus Kitchen Special: Spiced lamb | Grilled greek chicken | Fried fish or Breaded scampi, lemon and tartare sauce | Carribean Special: Jerk Chicken |
| | Main dish two | Tandoori spiced vegetable naanwhich | Crispy cod goujon bao | Baked chicken with creamy leeks and salsa verde | Hummus Kitchen Special: Chicken thighs | Wasabi sesame fish and kale | Gammon and cauliflower cheese grills | Tamarind pork bun with glazed pineapple |
| | Main dish three | Vegan smoky sweet potato, peanut butter, chilli and avocado quesadilla | Chili tofu bao | Tuscan mushroom, pesto and kale gnocchi | Hummus Kitchen Special: Pulled oatballs | Florentina calzone | Leek and stilton pie | Sweet potato and vegetable curry, rice and peas |
| | Side Dish One | Lemon rice | Ginger pickled carrot | Brussels sprouts | Babaganoush | Chipped potatoes | Chipped potatoes | Char grilled banana |
| | Side Dish Two | Braised leek, onion and mixed herbs | Korean rice salad | Roast potatoes | Spicy chick peas | Roasted courgette peppers and aubergine | Celeriac and cranberry salad | Rice and peas |

| | | | | | | | | |
|--------|-----------------|--|---|---|--|-------------------------------------|------------------------------|-------------------------------------|
| | Side Dish Three | Southern slaw | Korean noodles | Boulangere potatoes | Cous cous, carrot and courgette salad | Rocket salad | Garden peas | Black eyed beans with a mango salsa |
| | Side Dish Four | Chipped potatoes | Kimchi | Steamed carrots | Lebanese fries | Greek salad | Vegetable medley | Coconut corn |
| | Hot Dessert | White chocolate and blueberry flapjack | Orange polenta cake | Chocolate chilli brownie | Black cherry pie | Blueberry Loaf | Apple crumble | Lemon and sunflower seed sponge |
| | Cold Dessert | Pineapple pot | Jelly pot | Fruit Salad | Victoria sponge | Apple fool | Cup cake | Mini Donut |
| Week 4 | Soup | Fennel and carrot | Leek and potato | Cream of mushroom | Tomato and basil | Leek, spinach and chickpea | White onion | Tuscan bean |
| | Main dish one | Chicken kiev | Thai Special:Red beef curry | Mezzaluna Special:Mint and chilli chicken breast | Mexican Special:Barbacoa beef | Battered cod fillet or grilled fish | Pineapple crusted gammon | Sesame cod katsu |
| | Main dish two | Lasagne bianco | Thai Special: Hot and sour steamed fish | Mezzaluna Special: Spiced mackerel with garden kimchi | Mexican Special: Chicken, quinoa and beans | Lamb moussaka | Chilli con carne | Roast chicken and stuffing |
| | Main dish three | Spiced grains, roasted cauliflower and cous cous | Thai Special: Vegetable pulled oat pad thai | Mezzaluna Special: Spinach, carrot and chilli falafel | Mexican Special: Veggie buritto | Feta and root vegetable pie | Jerk sweet potato pepper pot | Glazed carrot and mushroom tart. |
| | Side Dish One | Dauphinoise potato | Sticky rice | Warm wholewheat penne salad | Chargrilled vegetables | Garden peas | Spiced brown rice | Savoy cabbage |
| | Side Dish Two | Butternut squash puy lentil salad | Wok fried broccoli | Baked new potatoes | Roast corn salsa | Chipped potatoes | Chipotle corn | Steamed carrots |
| | Side Dish Three | White bean and courgette | Thai vegetable salad | Five bean, peppers and broccoli salad | Mixed fajita beans | Rocket salad | Charred courgettes | Roast potatoes |
| | Side Dish Four | Green beans | Rice noodles | Mezzaluna leaf salad | Mexico rice | Ratatouille | Lyonnaised potatoes | Roast parsnips |
| | Hot Dessert | Pear chocolate cake | Bread and butter pudding | Apricot and golden syrup sponge | Churros with chocolate sauce | Black cherry cheesecake | Chocolate brownie | Carrot cake |

| | | | | | | | | |
|---------------|------------------------|---|--|--|--|--|--|---|
| | Cold Dessert | Mixed grape pot | Cocoa protien balls | Fruit salad | Orange and raspberry jelly | Cut mixed melon | Strawberry mousse | Crème caramel |
| Week 5 | Soup | Tomato and paprika | Thai vegetable | Butternut squash | Roasted carrot and carraway | Black eyed bean and lentil | Garlic and herb | Barley and vegetable broth |
| | Main dish one | Joe de Frango Special: Piri piri chicken | Malaysian Special: Beef randang | Slow roasted lamb with a fennel and citrus crust | Curry Special: Beef rogan josh | Swiss pork loin steak | Battered or grilled fish lemon tartare sauce | Shawarma Special: Lamb kofta shawarma |
| | Main dish two | Joe de Frango Special: Lemon and herb no chicken burger | Malaysian Special: Chicken satay | Roast chicken and stuffing | Curry Special: Lamb bhuna | Posh fish door-step buttie | Beef grain hash | Shawarma Special: Spiced chicken shawarma |
| | Main dish three | Joe de Frango Special: Halloumi flatbread | Malaysian Special: Sweet potato and aubergine stew | Sweet potato and blue cheese frittata | Curry Special: Tofu and chickpea curry | Cauliflower mac and cheese with barbecue pulled oats | Vegetable quesadilla | Shawarma Special: Spiced vegetable shawarma |
| | Side Dish One | Allotment garden salad | Riata rice | Savoy cabbage | Pilau rice | Steamed broccoli | Corn and peppers | Braised red cabbage |
| | Side Dish Two | Mozambique rice | Malaysian salad | Paprika roasted cauliflower | Lentil dahl | Roasted aubergine, peppers and courgette | Garden peas | Baton carrots |
| | Side Dish Three | Triple onion slaw | Kimchi slaw | Steamed carrots | Vegetable samosa | Crushed peas | Black eyed bean pilaf | Steamed new potatoes and herbs |
| | Side Dish Four | Roasted sweet potatoes | Egg noodles | Roast potatoes | Bombay aloo | Warm lemon Italian potato salad | Chipped potatoes | Rosemary roast potatoes |
| | Hot Dessert | Almond slice | Honey roasted pineapple | Jaffa cake pudding | Lemon drizzle cake | Rhubarb and custard bake | Apple and sultana strudel | Coconut and raspberry cake |
| | Cold Dessert | Poached pears | Chocolate mousse | Carrot cake | Watermelon wedge | Banoffee cheesecake | Fruit fool | Homemade trifle |