

Name:.....

Signed:.....

Date:.....

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course 1	Ham in Parsley Sauce	Irish Stew	Chicken & Vegetable Casserole	Braised Steak	Gammon & Mushroom Pie	Shepherds Pie	Chicken in Gravy
Main Course 2	Beef Hotpot	Sliced Turkey & stuffing	Cottage Pie	Pork Loin with Stuffing	Chicken & Leek Hotpot	Steak & Kidney Pie	Lamb Liver in Onion Gravy
Fish Course	Cod in Parsley Sauce	Salmon Supreme	Fish in Butter Sauce	Fisherman's Pie	Breaded Fish & Potato	Salmon Crumble	Fishcake with Diced Potatoes
Vegetarian	Cheesy Vegetable Bake	Vegetable Curry	Vegetable Cottage Pie	Macaroni Cheese	Vegetable Lasagne	Vegetable & Bean Casserole	Cauliflower & Broccoli Bake
Dessert 1	Apple Crumble & Custard	Orange Sponge & Custard	Rice Pudding	Stewed Apple & Custard	Bread & Butter Pudding	Bakewell Tart & Custard	Sultana Sponge & Custard
Dessert 2	Rice Pudding	Jam Roly Poly & Custard	Summer Fruit Pie & Custard	Ginger Sponge & Custard	Summer Fruit Crumble	Rice Pudding	Lemon Sponge & Custard
Diabetic Dessert	DB-Apple Pie & Custard	DB-Lemon Sponge & Custard	DB-Stewed Apple & Custard	DB-Apple & Blackberry Crumble	DB-Jam Roly Poly	DB-Syrup Sponge & Custard	DB-Rhubarb Crumble & Custard
Cold Dessert	Strawberry Cheesecake	Fruit Cocktail	Caramel Sundae	Chocolate Mousse	Strawberry Trifle	Strawberry Sundae	Coffee Dessert
Thick Puréed Meal	Beef Stew	Turkey in Gravy	Chicken Casserole	Pork & Apple Casserole	Shepherds Pie	Chicken & Gravy	Beef & Gravy
Hot Puréed Dessert	Rice Pudding	Summer Fruits & Custard	Lemon Sponge	Sticky Toffee Pudding	Apple Pie & Custard	Chocolate Mousse	Bakewell Sponge & Custard

Please tick your selected choice

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course 1	Beef & Roast Potatoes <input type="checkbox"/>	Lamb & Vegetable Casserole <input type="checkbox"/>	Chicken Chasseur <input type="checkbox"/>	Beef & Ale Pie <input type="checkbox"/>	Cumberland Sausage's <input type="checkbox"/>	Chicken in Red Wine Gravy <input type="checkbox"/>	Chicken Breast & Vegetables <input type="checkbox"/>
Main Course 2	Chicken & Vegetable Pie <input type="checkbox"/>	Chicken & Bacon Hotpot <input type="checkbox"/>	Savoury Minced Beef <input type="checkbox"/>	Pork & Vegetable Casserole <input type="checkbox"/>	Lambs Liver in Onion Gravy <input type="checkbox"/>	Corned Beef Hash <input type="checkbox"/>	Pork in Gravy <input type="checkbox"/>
Fish Course	Fish in Parsley Sauce <input type="checkbox"/>	Salmon Supreme <input type="checkbox"/>	Fish in Butter Sauce <input type="checkbox"/>	Fisherman's Pie <input type="checkbox"/>	Breaded Fish & Potato <input type="checkbox"/>	Salmon Crumble <input type="checkbox"/>	Fishcake with Diced Potatoes <input type="checkbox"/>
Vegetarian	Cheesy Vegetable Bake <input type="checkbox"/>	Vegetable Curry <input type="checkbox"/>	Vegetable Cottage Pie <input type="checkbox"/>	Macaroni Cheese <input type="checkbox"/>	Vegetable Lasagne <input type="checkbox"/>	Vegetable & Bean Casserole <input type="checkbox"/>	Cauliflower & Broccoli Bake <input type="checkbox"/>
Dessert 1	Apple Crumble & Custard <input type="checkbox"/>	Syrup Sponge & Custard <input type="checkbox"/>	Rice Pudding & Apricots <input type="checkbox"/>	Plum & Cherry Pie & Custard <input type="checkbox"/>	Sticky Toffee Pudding & Custard <input type="checkbox"/>	Semolina & Apple <input type="checkbox"/>	Rhubarb Crumble & Custard <input type="checkbox"/>
Dessert 2	Jam Sponge & Custard <input type="checkbox"/>	Rice & Stewed Apple <input type="checkbox"/>	Apple Pie & Custard <input type="checkbox"/>	Apple & Blackberry Crumble <input type="checkbox"/>	Jam Roly Poly & Custard <input type="checkbox"/>	Treacle Tart & Custard <input type="checkbox"/>	Rice Pudding <input type="checkbox"/>
Diabetic Dessert	DB-Apple Pie & Custard <input type="checkbox"/>	DB-Lemon Sponge & Custard <input type="checkbox"/>	DB-Stewed Apple & Custard <input type="checkbox"/>	DB-Apple & Blackberry Crumble <input type="checkbox"/>	DB-Jam Roly Poly <input type="checkbox"/>	DB-Syrup Sponge & Custard <input type="checkbox"/>	DB-Rhubarb Crumble & Custard <input type="checkbox"/>
Cold Dessert	Strawberry Cheesecake <input type="checkbox"/>	Fruit Cocktail <input type="checkbox"/>	Caramel Sundae <input type="checkbox"/>	Chocolate Mousse <input type="checkbox"/>	Strawberry Trifle <input type="checkbox"/>	Strawberry Sundae <input type="checkbox"/>	Coffee Dessert <input type="checkbox"/>
Thick Puréed Meal	Beef Stew <input type="checkbox"/>	Turkey in Gravy <input type="checkbox"/>	Chicken Casserole <input type="checkbox"/>	Pork & Apple Casserole <input type="checkbox"/>	Shepherds Pie <input type="checkbox"/>	Chicken & Gravy <input type="checkbox"/>	Beef & Gravy <input type="checkbox"/>
Hot Puréed Dessert	Rice Pudding <input type="checkbox"/>	Summer Fruits & Custard <input type="checkbox"/>	Lemon Sponge <input type="checkbox"/>	Sticky Toffee Pudding <input type="checkbox"/>	Apple Pie & Custard <input type="checkbox"/>	Chocolate Mousse <input type="checkbox"/>	Bakewell Sponge & Custard <input type="checkbox"/>

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course 1	Steak & Mushroom Casserole <input type="checkbox"/>	Lancashire Hotpot <input type="checkbox"/>	Chicken & Mushroom Pie <input type="checkbox"/>	Cumberland Sausage's <input type="checkbox"/>	Ham & Leek Crumble <input type="checkbox"/>	Minted Lamb & Dumpling <input type="checkbox"/>	Lamb in Gravy <input type="checkbox"/>
Main Course 2	Sausage Casserole <input type="checkbox"/>	Chicken Curry with Rice <input type="checkbox"/>	Beef Stew & Dumplings <input type="checkbox"/>	Chicken Breast with Bacon <input type="checkbox"/>	Vienna Steak <input type="checkbox"/>	Sweet & Sour Chicken <input type="checkbox"/>	All Day Breakfast <input type="checkbox"/>
Fish Course	Fish in Parsley Sauce <input type="checkbox"/>	Salmon Supreme <input type="checkbox"/>	Fish in Butter Sauce <input type="checkbox"/>	Fisherman's Pie <input type="checkbox"/>	Breaded Fish & Potato <input type="checkbox"/>	Salmon Crumble <input type="checkbox"/>	Fishcake with Diced Potatoes <input type="checkbox"/>
Vegetarian	Cheesy Vegetable Bake <input type="checkbox"/>	Vegetable Curry <input type="checkbox"/>	Vegetable Cottage Pie <input type="checkbox"/>	Macaroni Cheese <input type="checkbox"/>	Vegetable Lasagne <input type="checkbox"/>	Vegetable & Bean Casserole <input type="checkbox"/>	Cauliflower & Broccoli Bake <input type="checkbox"/>
Dessert 1	Blackcurrant Pie & Custard <input type="checkbox"/>	Apple & Blackberry Crumble <input type="checkbox"/>	Rice & Stewed Apple <input type="checkbox"/>	Spotted Dick with Custard <input type="checkbox"/>	Baked Fruit Bread & Custard <input type="checkbox"/>	Ginger Sponge & Custard <input type="checkbox"/>	Plum & Cherry Crumble <input type="checkbox"/>
Dessert 2	Lemon Sponge & Custard <input type="checkbox"/>	Summer Fruit Pie & Custard <input type="checkbox"/>	Bread & Butter Pudding <input type="checkbox"/>	Rice Pudding & Apricots <input type="checkbox"/>	Lemon Sponge & White Chocolate <input type="checkbox"/>	Apricot Crumble & Custard <input type="checkbox"/>	Blackcurrant Sponge & Custard <input type="checkbox"/>
Diabetic Dessert	DB-Apple Pie & Custard <input type="checkbox"/>	DB-Lemon Sponge & Custard <input type="checkbox"/>	DB-Stewed Apple & Custard <input type="checkbox"/>	DB-Apple & Blackberry Crumble <input type="checkbox"/>	DB-Jam Roly Poly <input type="checkbox"/>	DB-Syrup Sponge & Custard <input type="checkbox"/>	DB-Rhubarb Crumble & Custard <input type="checkbox"/>
Cold Dessert	Strawberry Cheesecake <input type="checkbox"/>	Fruit Cocktail <input type="checkbox"/>	Caramel Sundae <input type="checkbox"/>	Chocolate Mousse <input type="checkbox"/>	Strawberry Trifle <input type="checkbox"/>	Strawberry Sundae <input type="checkbox"/>	Coffee Dessert <input type="checkbox"/>
Thick Puréed Meal	Beef Stew <input type="checkbox"/>	Turkey in Gravy <input type="checkbox"/>	Chicken Casserole <input type="checkbox"/>	Pork & Apple Casserole <input type="checkbox"/>	Shepherds Pie <input type="checkbox"/>	Chicken & Gravy <input type="checkbox"/>	Beef & Gravy <input type="checkbox"/>
Hot Puréed Dessert	Rice Pudding <input type="checkbox"/>	Summer Fruits & Custard <input type="checkbox"/>	Lemon Sponge <input type="checkbox"/>	Sticky Toffee Pudding <input type="checkbox"/>	Apple Pie & Custard <input type="checkbox"/>	Chocolate Mousse <input type="checkbox"/>	Bakewell Sponge & Custard <input type="checkbox"/>

Please tick your selected choice