

**Week 1**

**Monday**

Cheesy pizza	0.14
Herby diced potatoes	0.19
Baked beans or Sweetcorn	0.1
Chocolate Krispie Cake	0.13
Fresh Fruit Wedges	0.24

**Tuesday**

Sausages	0.29
Knorr Gravy	0.06
Mashed or boiled potatoes	0.07
Carrots & Peas	0.07
Cookie	0.08
Carton of Apple or Orange juice	0.22
Fresh Fruit Wedges	0.24

**Wednesday**

Chicken Tikka Curry	1.26
Rice	0.04
½ Naan Bread	0.08
Mixed Vegetables	0.06
Chocolate Cake	0.08
Fresh Fruit Wedges	0.24

**Thursday**

Roast Turkey	0.48
Sage & Onion Stuffing	0.02
Knorr Gravy	0.06
Mashed or boiled potatoes	0.07
Carrots & Broccoli	0.08
Shortbread Biscuit	0.03
Carton of Apple or Orange juice	0.22
Fresh Fruit Wedges	0.24

**Friday**

Fish Finger or Salmon Finger	0.59
Chips or Pasta	0.16
Baked Beans or Peas	0.1
Tomato Ketchup	0.01
Fruit Muffin	0.12
Fresh Fruit Wedges	0.24

**Week 2**

**Monday**

Lamb Grill in a Bap	0.33
Herby diced potatoes	0.19
Baked beans or Sweetcorn	0.1
Chocolate Krispie Cake	0.13
Fresh Fruit Wedges	0.24

**Tuesday**

Roast Chicken	0.41
Sage & Onion Stuffing	0.02
Knorr Gravy	0.06
Mashed or boiled potatoes	0.07
Carrots & Broccoli	0.08
Cookie	0.08
Carton of Apple or Orange juice	0.22
Fresh Fruit Wedges	0.24

**Wednesday**

Homemade Bolognese	0.29
Spaghetti	0.04
Garlic Bread	0.04
Sweetcorn & Peas	0.1
Chocolate Cake	0.08
Fresh Fruit Wedges	0.24

**Thursday**

Roast Pork	0.38
Apple Sauce	0.02
Roast Potato	0.04
Knorr Gravy	0.06
Mashed or boiled potatoes	0.07
Carrots & Green Beans	0.07
Shortbread Biscuit	0.03
Carton of Apple or Orange juice	0.22
Fresh Fruit Wedges	0.24

**Friday**

Fish in Batter or Salmon Finger	0.59
Chips or Pasta	0.16
Baked Beans or Peas	0.1
Tomato Ketchup	0.01
Fruit Muffin	0.12
Fresh Fruit Wedges	0.24

**Week 3**

**Monday**

Meatballs	0.69
Pasta	0.04
Garlic Bread	0.04
Mixed Vegetables	0.06
Chocolate Krispie Cake	0.13
Fresh Fruit Wedges	0.24

**Tuesday**

Roast Turkey	0.48
Sage & Onion Stuffing	0.02
Knorr Gravy	0.06
Mashed or boiled potatoes	0.07
Carrots & Peas	0.07
Cookie	0.08
Carton of Apple or Orange juice	0.22
Fresh Fruit Wedges	0.24

**Wednesday**

Bacon	0.24
Sausage	0.15
½ Omelette	0.23
Hash Browns	0.19
Baked Beans or Tinned Tomatoes	0.1
Chocolate Cake	0.08
Fresh Fruit Wedges	0.24

**Thursday**

Roast Beef	0.46
Yorkshire Pudding	0.06
Knorr Gravy	0.06
Mashed or boiled potatoes	0.07
Carrots & Green Cabbage	0.07
Shortbread Biscuit	0.03
Carton of Apple or Orange juice	0.22
Fresh Fruit Wedges	0.24

**Friday**

Fish Finger or Salmon Finger	0.59
Chips or Pasta	0.16
Baked Beans or Peas	0.1
Tomato Ketchup	0.01
Fruit Muffin	0.12
Fresh Fruit Wedges	0.24

Average cost over Week 1

Main Meal with Dessert	4.97	£0.99
Main Meal with Fruit	5.33	£1.07

Average cost over Week 2

	4.11	£0.82
	£4.87	£0.97

Average cost over Week 3

	4.9	£0.98
	5.66	£1.13

Average over the 3 Weeks

Main Meal with Dessert	£0.93
Main Meal with Fruit	£1.06

13.98  
£15.86