



– SAMPLE MENU –

	<i>Breakfast</i>	<i>Lunch</i>	<i>Afternoon Tea</i>	<i>Evening Meal</i>	<i>Supper</i>
MON		Minestrone soup with bread roll. Chocolate chip sponge with whipped cream		Pork chop with mushroom sauce and mashed potato. Scampi with chips. Seasonal veg. <u>Dessert</u> Coconut and jam sponge with cream	Toast, hot drinks
TUES		Chicken broth with bread and butter. Bread rolls with roast beef and tomato or egg and cress		Chicken myers with rice. Fish cakes with parsley sauce. Duchesse potatoes and seasonal vegetables <u>Dessert</u> Cherry sponge with cream	Sandwiches, hot drinks
WED	Selection of cereals – Toasts and preserves – Yoghurts. Porridge	Cream of cauliflower soup with bread. Potato waffles and cheesy scrambled egg		Lamb shepherds pie with root vegetable mash. Chicken salad <u>Dessert</u> Banoffee pie	Toast, hot drinks
THUR	Fresh fruit – Tea, coffee and fresh fruit juices	Cream of vegetable soup. Cheeseburger roll with tomato relish	– Home baked cakes with tea/coffee –	Braised ham with pineapple. Sausage and bean casserole. Seasonal vegetables and boiled potatoes <u>Dessert</u> Chocolate rice pudding	Sandwiches, hot drinks
FRI	– Full cooked breakfast	Tomato soup with crusty bread. Home made rice pudding with cream		Fried fish. Lamb and vegetable hotpot. Chips, peas <u>Dessert</u> Orange and chocolate trifle	Toast, hot drinks
SAT		Bacon, sausage, egg, beans, tomato and hash brown. Toast		Chicken drumsticks with BBQ beans. Pasta carbonara. Roast potatoes and seasonal vegetables. <u>Dessert</u> Ice cream, jelly and fruit	Sandwiches, hot drinks
SUN		Bacon, sausage, black pudding, scrambled egg, beans, tomato, sautéed potatoes. Toast		Roast beef, Yorkshire pudding and roast potatoes with seasonal veg. <u>Dessert</u> Chocolate steamed pudding with cream	Toast, hot drinks

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Soft options and alternative snack meals and special diets are available as required or on request
Fresh fruit/smoothies and cold drinks are available throughout the day
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