

## Menu: Week 1

|           | <u>Breakfast</u>  | <u>Lunch</u>   | <u>Light lunch option</u>                            | <u>Lunch dessert</u>                            | <u>Dinner</u>   |
|-----------|---|--|--|---|---|
| Monday    | Full English breakfast<br>Bacon & sausage<br>Black pudding,<br>Fried, scrambled or<br>Poached eggs<br>Fresh fruit<br>Porridge<br>French toast | Meat & potato pie<br>A medley of<br>vegetables                                 | Omelette selection                                   | Strawberry cream<br>sponge                      | Cheese pie<br><br>Strawberry jam &<br>Cream scones<br><br>Assortment of<br>freshly cut<br>Sandwiches                                      |
| Tuesday   | Full English breakfast<br>Bacon & sausage<br>Black pudding,<br>Fried, scrambled or<br>Poached eggs<br>Fresh fruit<br>Porridge<br>French toast | Poached fish<br>Hollandaise sauce<br>Potatoes &<br>A medley of<br>vegetables   | Jacket potato<br>Cheese & beans<br>Salad<br>Coleslaw | Fruit crumble<br>Custard                        | Corned Beef Hash<br><br>Earl Grey fruitcake<br><br>Assortment of<br>freshly cut<br>Sandwiches   |
| Wednesday | Full English breakfast<br>Bacon & sausage<br>Black pudding,<br>Fried, scrambled or<br>Poached eggs<br>Fresh fruit<br>Porridge<br>French toast | Toad in the hole<br>Red onion gravy<br>Potatoes &<br>A medley of<br>vegetables | Cheesy Bubble &<br>Squeak                            | Coconut sponge<br>Custard                       | Tuna Fishcakes<br><br>Fruit tart<br><br>Assortment of<br>freshly cut<br>Sandwiches  |
| Thursday  | Full English breakfast<br>Bacon & sausage<br>Black pudding,<br>Fried, scrambled or<br>Poached eggs<br>Fresh fruit<br>Porridge<br>French toast | Gammon & Parsley<br>sauce<br>Potatoes &<br>A medley of<br>vegetables           | Jacket filled<br>Shepard's pie                       | Fruit pie &<br>Vanilla custard                  | Salmon & leek tart<br><br>Victoria sponge<br><br>Assortment of<br>freshly cut<br>Sandwiches   |
| Friday    | Full English breakfast<br>Bacon & sausage<br>Black pudding,<br>Fried, scrambled or<br>Poached eggs<br>Fresh fruit<br>Porridge<br>French toast | Crispy battered<br>Haddock (skin on )<br>Chipped potatoes<br>Garden peas       | Sausage & chips<br>Peas                              | Bakewell tart<br>Served with<br>Vanilla custard | Potato Boats filled<br>with Chicken &<br>Mushrooms<br>Green leaves<br>Chocolate<br>brownies<br>Assortment of<br>freshly cut<br>Sandwiches |

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| Saturday   | Full English breakfast<br>Bacon & sausage<br>Black pudding,<br>Fried, scrambled or<br>Poached eggs<br>Fresh fruit<br>Porridge<br>French toast | Beef Hot Pot<br>Served with<br>Baked winter<br>vegetables               | Cassoulet or<br>Omelette selection   | Banana Bread &<br>Butter pudding<br>Served with<br>Vanilla custard | Cheese potato<br>Gratin<br><br>Strawberry<br>Mousse &<br>Shortbread<br><br>Assortment of<br>freshly cut<br>Sandwiches |
| Sunday   | Full English breakfast<br>Bacon & sausage<br>Black pudding,<br>Fried, scrambled or<br>Poached eggs<br>Fresh fruit<br>Porridge<br>French toast | Roast chicken,<br>seasoning,<br>Potatoes &<br>A medley of<br>vegetables | Selection of<br>freshly made<br>salads   | Cherry pie<br>Vanilla cream<br>custard                             | Buffet tea<br>Selection of small<br>freshly cut<br>sandwiches &<br>pasties,<br><br>Fresh cream<br>gateau              |
| <p>Mid morning everyday:<br/>Tea, Coffee, Biscuits or Fruit<br/>A selection of cold drinks, fruit juices &amp; water are available<br/>throughout the day</p>  |   |   | <p>Afternoon Tea everyday:<br/>Tea, Coffee, Biscuits or Fruit<br/>An assortment of Cakes</p> |  |   |
| <p>Dinner:<br/>A selection of freshly cut sandwiches &amp; salad<br/>A hot light meal &amp; dessert or Milk pudding choice for soft diet<br/>is always served with dinner</p>  |   |   |  |  |   |
| <p>We aim to provide our residents with a varied, nutritional and well balanced diet, catering for all individual dietary requirements and requests.<br/>We serve three main meals daily as well as morning and afternoon drinks.<br/>Residents may choose to eat their main meal at lunch or dinner time.<br/>Sandwiches are offered at supper time along with a selection of hot beverages.</p> <p>Menus are subject to change</p> |   |   |  |  |   |

## Menu: Week 2

|           | <u>Breakfast</u>  | <u>Lunch</u>  | <u>Light lunch option</u>            | <u>Lunch dessert</u>                        | <u>Dinner</u>   |
|-----------|---|---|--------------------------------------|---|---|
| Monday    | Full English breakfast<br>Bacon & sausage<br>Black pudding,<br>Fried, scrambled or<br>Poached eggs<br>Fresh fruit<br>Porridge<br>French toast | Steak & Ale pie<br>Potatoes<br>A medley of<br>vegetables        | Omelette selection                   | Chefs selection                             | Crispy Fish sticks<br><br>Cherry scones                                   |
| Tuesday   | Full English breakfast<br>Bacon & sausage<br>Black pudding,<br>Fried, scrambled or<br>Poached eggs<br>Fresh fruit<br>Porridge<br>French toast | Cod in tomato<br>sauce<br>Potatoes<br>A medley of<br>vegetables | Vegetable tart                       | Pineapple upside<br>down pudding<br>Custard | Mini Cornish<br>pasties<br><br>Buttered Malt<br>bread                     |
| Wednesday | Full English breakfast<br>Bacon & sausage<br>Black pudding,<br>Fried, scrambled or<br>Poached eggs<br>Fresh fruit<br>Porridge<br>French toast | Pork & leek<br>Sausage<br>Mash Vegetables                       | Cheesy mash<br>Baked beans           | Fresh fruit flan                            | Scrambled egg on<br>toast<br><br>Custard slice                            |
| Thursday  | Full English breakfast<br>Bacon & sausage<br>Black pudding,<br>Fried, scrambled or<br>Poached eggs<br>Fresh fruit<br>Porridge<br>French toast | Ham & eggs Fried<br>potatoes Onions                             | Jackets potato<br>Cole slaw<br>Salad | Pear Bakewell tart<br>Custard               | Cheese & potato<br>pie<br><br>Tea bread<br>Butter & fruit<br>perverse     |
| Friday    | Full English breakfast<br>Bacon & sausage<br>Black pudding,<br>Fried, scrambled or<br>Poached eggs<br>Fresh fruit<br>Porridge<br>French toast | Bread crumbed<br>Salmon fingers<br>Chips<br>Peas                | Egg & chips<br>Beans                 | Coffee & ginger<br>pudding<br>Toffee sauce  | Ham & cheese<br>filled Potato Boat<br>Green leaves<br><br>Manchester tart |

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| Saturday | Full English breakfast<br>Bacon & sausage<br>Black pudding,<br>Fried, scrambled or<br>Poached eggs<br>Fresh fruit<br>Porridge<br>French toast | Mince Beef Hotpot  | Broccoli cheese                     | Cherry flan served<br>with vanilla custard | Vegetable tart<br><br>Fresh fruit flan<br>served with vanilla<br>custard cream                           |
| Sunday   | Full English breakfast<br>Bacon & sausage<br>Black pudding,<br>Fried, scrambled or<br>Poached eggs<br>Fresh fruit<br>Porridge<br>French toast | Slow Roast Brisket<br>of Beef Yorkshire<br>pudding Potatoes<br>Medley of<br>vegetables | Selection of freshly<br>made salads | Apple tart<br>Carmel sauce                 | Buffet tea<br>Selection of small<br>freshly cut<br>sandwiches &<br>pasties,<br><br>Fresh cream<br>gateau |

Mid morning everyday:  
Tea, Coffee, Biscuits or Fruit  
A selection of cold drinks, fruit juices & water are available  
throughout the day

Afternoon Tea everyday:  
Tea, Coffee, Biscuits or Fruit  
An assortment of Cakes

Dinner:  
A selection of freshly cut sandwiches & salad  
A hot light meal & dessert or Milk pudding choice for soft diet  
is always served with dinner

We aim to provide our residents with a varied, nutritional and well balanced diet, catering for all individual dietary requirements and requests.

We serve three main meals daily as well as morning and afternoon drinks.  
Residents may choose to eat their main meal at lunch or dinner time.  
Sandwiches are offered at supper time along with a selection of hot beverages.

Menus are subject to change

## Menu: Week 3

|           | <u>Breakfast</u>  | <u>Lunch</u>   | <u>Light lunch option</u>   | <u>Lunch dessert</u>                                   | <u>Dinner</u>  |
|-----------|---|--|---|--|--|
| Monday    | Full English breakfast<br>Bacon & sausage<br>Black pudding,<br>Fried, scrambled or<br>Poached eggs<br>Fresh fruit<br>Porridge<br>French toast | Shepherd's pie<br>Potatoes<br>A medley of<br>vegetables                            | Vegetable<br>Omelette   | Chocolate<br>Sponge pudding<br>Mint chocolate<br>sauce | Broad beans & Bacon<br><br>Treacle tart                                |
| Tuesday   | Full English breakfast<br>Bacon & sausage<br>Black pudding,<br>Fried, scrambled or<br>Poached eggs<br>Fresh fruit<br>Porridge<br>French toast | Smoked Haddock<br>Crumble<br>Cheese sauce<br>Potatoes<br>A medley of<br>vegetables | Jacket potato<br>Cole slaw<br>Salad   | Marble sponge<br>pudding                               | Tomato & bacon<br>tart<br><br>Banana & vanilla<br>mousse               |
| Wednesday | Full English breakfast<br>Bacon & sausage<br>Black pudding,<br>Fried, scrambled or<br>Poached eggs<br>Fresh fruit<br>Porridge<br>French toast | Beef stew &<br>dumplings   | Roast Chicken in<br>Red wine sauce<br>Potatoes<br>A medley of<br>vegetables | Bread & butter<br>pudding                              | Welsh rarebit<br><br>Victoria sandwich                                 |
| Thursday  | Full English breakfast<br>Bacon & sausage<br>Black pudding,<br>Fried, scrambled or<br>Poached eggs<br>Fresh fruit<br>Porridge<br>French toast | Lambs liver & bacon<br>Potatoes<br>A medley of<br>vegetables                       | Toad in the hole<br>Potatoes<br>A medley of<br>vegetables                   | Lemon drizzle<br>sponge pudding                        | Corn Beef Hash<br><br>Jam tart selection                               |
| Friday    | Full English breakfast<br>Bacon & sausage<br>Black pudding,<br>Fried, scrambled or<br>Poached eggs<br>Fresh fruit<br>Porridge<br>French toast | Plaice Goujons with<br>Wholemeal crumb<br>Chunky chips<br>Peas                     | Sausage & Chips<br>Peas   | Bananas<br>Vanilla custard<br>Shortbread               | Shepherds filled<br>Potato boats<br>Green leaves<br><br>Apple flapjack |

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|-----------------|---|---|--|---|--|
| <b>Saturday</b> | Full English breakfast<br>Bacon & sausage<br>Black pudding,<br>Fried, scrambled or<br>Poached eggs<br>Fresh fruit<br>Porridge<br>French toast | Chicken<br>Potatoes<br>A medley of<br>vegetables                                | Vegetable crumble<br>Potatoes<br>A medley of<br>vegetables | Baked bananas<br>Rum & chocolate<br>sauce | Omelette choice<br>Salad selection<br><br>Coconut sponge   |
| <b>Sunday</b>   | Full English breakfast<br>Bacon & sausage<br>Black pudding,<br>Fried, scrambled or<br>Poached eggs<br>Fresh fruit<br>Porridge<br>French toast | Roast Pork<br>Seasoning<br>Apple sauce<br>Potatoes<br>A medley of<br>vegetables | Selection of freshly<br>made salads                        | Fruit crumble<br>Vanilla cream<br>custard | Buffet tea<br>Selection of small<br>freshly cut<br>sandwiches &<br>pasties,<br><br>Fresh cream<br>gateau |

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| <p>Mid morning everyday:<br/>Tea, Coffee, Biscuits or Fruit<br/>A selection of cold drinks, fruit juices &amp; water are available<br/>throughout the day</p> | <p>Afternoon Tea everyday:<br/>Tea, Coffee, Biscuits or Fruit<br/>An assortment of Cakes</p> |
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| <p><b>Dinner:</b><br/>A selection of freshly cut sandwiches &amp; salad<br/>A hot light meal &amp; dessert or Milk pudding choice for soft diet<br/>is always served with dinner</p> |
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Menus are subject to change

## Menu: Week 4

|           | <u>Breakfast</u>  | <u>Lunch</u>  | <u>Light lunch option</u>        | <u>Lunch dessert</u>                             | <u>Dinner</u>  |
|-----------|---|---|----------------------------------|--|--|
| Monday    | Full English breakfast<br>Bacon & sausage<br>Black pudding,<br>Fried, scrambled or<br>Poached eggs<br>Fresh fruit<br>Porridge<br>French toast | Chicken & ham pie<br>Potatoes<br>A medley of<br>vegetables    | Omelette<br>selection            | Bread & butter<br>pudding                        | Home Baked<br>Cheese scones<br><br>Semolina                            |
| Tuesday   | Full English breakfast<br>Bacon & sausage<br>Black pudding,<br>Fried, scrambled or<br>Poached eggs<br>Fresh fruit<br>Porridge<br>French toast | Fishermen's pie<br>Potatoes<br>A medley of<br>vegetables      | Jacket potato<br>Cheese<br>Salad | Queen of Pudding<br>Vanilla custard              | Sausages on rolls<br><br>Rice pudding                                  |
| Wednesday | Full English breakfast<br>Bacon & sausage<br>Black pudding,<br>Fried, scrambled or<br>Poached eggs<br>Fresh fruit<br>Porridge<br>French toast | Mince Beef & Onion<br>A medley of<br>vegetables               | Vegetable tart                   | Eve's pudding<br>Vanilla custard                 | Baked beans on<br>toast<br><br>Lemon tart<br>Whipped cream             |
| Thursday  | Full English breakfast<br>Bacon & sausage<br>Black pudding,<br>Fried, scrambled or<br>Poached eggs<br>Fresh fruit<br>Porridge<br>French toast | Beef Hotpot<br>Potatoes<br>A medley of<br>vegetables          | Homemade<br>Sausage Roll         | Sticky Toffee<br>pudding<br>Caramel sauce        | Breaded Chicken<br>Fingers<br>Pickles<br><br>Rock cakes                |
| Friday    | Full English breakfast<br>Bacon & sausage<br>Black pudding,<br>Fried, scrambled or<br>Poached eggs<br>Fresh fruit<br>Porridge<br>French toast | Beer Battered Cod<br>Deep Fried<br>Chunky chips<br>Mushy peas | Egg & Chips<br>Baked Beans       | Lamingtons<br>Coconut & jam<br>sponge<br>Custard | Minted Lamb filled<br>Potato Boats<br>Green leaves<br><br>Banana bread |

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|----------|---|--|--|-----------------------|---|
| Saturday | Full English breakfast<br>Bacon & sausage<br>Black pudding,<br>Fried, scrambled or<br>Poached eggs<br>Fresh fruit<br>Porridge<br>French toast | Beef cobbler with<br>Potatoes<br>A medley of<br>vegetables                       | Vegetable pie<br>Potatoes<br>A medley of<br>vegetables | Rice pudding          | Omelette choice<br><br>Baked egg custard  |
| Sunday   | Full English breakfast<br>Bacon & sausage<br>Black pudding,<br>Fried, scrambled or<br>Poached eggs<br>Fresh fruit<br>Porridge<br>French toast | Roast Shoulder of<br>Lamb<br>Mint sauce<br>Potatoes<br>A medley of<br>vegetables | Selection of<br>freshly made<br>salads                 | Lemon Meringue<br>Pie | Buffet tea<br>Selection of small<br>sandwiches &<br>pasties,<br>Fresh cream<br>gateau |

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An assortment of Cakes

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