



Sample Menu



DAY	BREAKFAST	AM TEA	LUNCH	PM TEA	DINNER
MONDAY	Porridge, cereal, toast and fruit	Blueberry muffins	Chicken Parmigiana Potato bake, broccoli, carrots. Steamed syrup sponge and hot custard	Biscuits	Tomato soup Asparagus vol-au-vent or salad plate and sandwiches. Fresh fruit or yohgurt.
TUESDAY	Porridge, cereal, toast and fruit	Custard tarts	Fish pie, mixed vegetables. Sago pudding	Biscuits	Cream of chicken and mushroom soup, quiche Lorraine or salad plate and sandwiches. Fresh fruit or yohgurt
WEDNESDAY	Porridge, cereal, toast and fruit	Apple and rhubarb muffins	Pork with leek and sage, carrots and cabbage Lemon Delicious with cream	Biscuits	Beef and barley soup Tuna mornay or salad plate and sandwiches. Fresh fruit or yohgurt.
THURSDAY	Porridge, cereal, toast and fruit	Orange cake	Meat loaf Potato wedges, green beans and gravy. Queen pudding	Biscuits	Creamy zucchini soup Pork casserole and bread rolls or salad plate and sandwiches. Fresh fruit or yohgurt.
FRIDAY	Porridge, cereal, toast and fruit	Terence tuna crackers	Fish and chips Steamed fish Roast chicken wings with chips and salad	Biscuits	Ham bone soup Spaghetti bolognaise or salad plate and sandwiches. Fresh fruit or yohgurt.
SATURDAY	Porridge, cereal, toast and fruit	Marble cake	Lancashire hotpot with green beans. Lemon meringue pie	Biscuits	Minestrone soup Toasted sandwiches or salad plate and sandwiches. Fresh fruit or yohgurt.
SUNDAY	Porridge, cereal, toast, bacon, scrambled egg and fruit	Date scones	Roast pork, roast potato, roast pumpkin, cauliflower, green beans and gravy. Steamed raisin sponge with hot custard and cream	Biscuits	Thick beef and vegetable soup Chicken pasties or salad plate and sandwiches.