

Example Weekly Menu

EXAMPLE MENU	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast Selection	Fruit Smoothies, Cereal selection, Toast, Porridge, Fruit, Yoghurt Tea, Coffee, Hot Milky drinks, Water and Fruit Juice						
Mid-Morning Snack	Smoothies, Biscuits, Toast, Yoghurt, Crumpet, Fresh Fruit Tea, Coffee, Hot Milky drinks, Water and Fruit Juice						
Starter Option 1: Soup	Green Split Pea & Ham with Bread & Butter	Cream of Cauliflower with Bread & Butter	Spinach, Watercress & Pea with Bread & Butter	Minestrone with Bread & Butter	Yellow Pea & Chive with Bread & Butter	Sweet Potato and Ginger with Bread & Butter	Curried Parsnip with Bread & Butter
Starter Option 2	Onion Rings with Dip	Hummus with Naan Bread	Cheese Garlic Bread	Fresh Fruit Cocktail	Breaded Mushroom with Garlic Dip	Greek Salad	Black Pudding and Stilton Bonbons
Lunch Option 1	Tomato & Feta Tart	Black Pudding, Grilled Tomato & Hash Browns	Cold Meat Platter with Cheeses, Salad & Bread	Lamb Mince Hotpot	Fresh Battered Fish	Braised Burger	Roast Pork with Trimmings
Lunch Lighter Option	BBQ Glazed Chicken	Broccoli & Cauliflower Mornay	Salmon Fishcakes with Creamed Peas & Leeks	Chicken Cesar Salad	Selection of Open Sandwiches	Crispy Colcannon Cakes with Sliced Ham	Crispy Topped Cheese Potato Bake
Afternoon Snack	Today's Homebaking, Fruit Smoothies, Fresh Fruit Salad, Yoghurts and a selection of Sandwiches Tea, Coffee, Hot Milky drinks, Water and Fruit Juice						
Dinner Option 1	Beef Scotch-A-Noff Pies	Beef Olives	Bangers & Mash	Macaroni Cheese with Garlic Bread	Chicken Breast in a Parsley Sauce	Vegetable Korma with Rice	Smoked Haddock Goujons
Dinner Lighter Option	Baked Omelette	Veggie Stir Fry	Scrambled Egg & Beans on Toast	Baked Potato with Various Fillings	Potato & Cheese Pie	BBQ Pork Steaks	Cottage Pie
All lunch and dinner options will be served with vegetables, potatoes, cous cous, rice, noodles, or breads. A mix of these will be available throughout meal services, as well as salads, coleslaws, beans or spaghetti.							
Dessert Option 1	Chocolate Fudge Gateaux	Semolina with Berry Compote	Peach Melba with Ice Cream	Cranberry Frangipane with Vanilla Sauce	Jam and Coconut Sponge with Custard	Poached Pear with Chocolate sauce	Trifle
Dessert Option 2 Selection	Fruit Cocktail, Jelly, Milky Jelly, Ice Cream, Citrus Sorbets or Yoghurt						
Evening Snack Ideas	Pate & Oatcakes, Sandwiches, Toast & Jam, Toasties, Sausage Roll, Quiche, Homebaking, Cheese & Cracker, Yoghurts, Tea, Coffee, Hot Milky drinks, Water and Fruit Juice						
For those on textured diets, we offer the same meals adapted to each individual and including breakfast, lunch, evening meal and snacks.							

A PERSONAL CONNECTION

