

# 2019 Menu

# Week 1



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>		Cooked Breakfast Fresh Porridge Toast, Choice of Eggs Cereals, Fruit Juice Tea or coffee	Continental Breakfast Fresh Porridge Toast, Choice of Eggs Cereals, Fruit Juice Tea or coffee	Omelette Fresh Porridge Toast, Choice of Eggs Cereals, Fruit Juice Tea or coffee	Continental Breakfast Fresh Porridge Toast, Choice of Eggs Cereals, Fruit Juice Tea or coffee	Cooked Breakfast Fresh Porridge Toast, Choice of Eggs Cereals, Fruit Juice Tea or coffee	Pancakes Fresh Porridge Toast, Choice of Eggs Cereals, Fruit Juice Tea or coffee	Continental Breakfast Fresh Porridge Toast, Choice of Eggs Cereals, Fruit Juice Tea or coffee
		<b>Super Berry Smoothie</b>	<b>Peach Melba Smoothie</b>	<b>Pineapple Smoothie</b>	<b>Apple Smoothie</b>	<b>Mandarin Smoothie</b>	<b>Pear &amp; Banana Smoothie</b>	<b>Sunshine Smoothies</b>
<b>Mid-morning Tea</b>	10.00-10.30 am	<b>Tea &amp; Biscuits</b>	<b>Tea &amp; Biscuits</b>	<b>Tea &amp; Biscuits</b>	<b>Tea &amp; Biscuits</b>	<b>Tea &amp; Biscuits</b>	<b>Tea &amp; Biscuits</b>	<b>Tea &amp; Biscuits</b>
<b>Lunch</b>	Option 1	Stuffed Pork Steaks	Cottage Pie with Wholegrain Mustard Mash	Roast Lamb	Sausage & Apple Tray Bake	Cod & Chips	Beef & Mushroom Casserole	Roast Pork with Apple Sauce
	Option 2	Cod in Fresh Parsley Sauce	Chicken in Red Wine	Faggots & Onion Gravy	Turkey & Leek pie	Ham, Egg & Chips	Chicken Wrapped in Bacon	Honey & Mustard Fillet of Salmon
<b>Vegetarian</b>		Quorn Chicken with Mushrooms	Vegetarian Cottage Pie	Quorn Sausage Casserole with Beans	Vegetarian Pie	Veggie Burger	Vegetarian Chicken Lemon Bake	Mushroom, Spinach & Potato Pie
<b>Dysphagia</b>	Option 1	Pork Steaks	Savoury Mince & Potato Bake	Roast Lamb with mint sauce	Smokey Braised Pork Steaks	Poached Cod with Sauce	Beef & Mushroom Stew	Roast Pork with Gravy
	Option 2	Cod in Parsley Sauce	Chicken in Red Wine	Faggots	Turkey & Leek in White Sauce	Cauliflower & Potato Bake	Chicken Casserole	Honey & Mustard Fillet of Salmon
<b>Side Dishes</b>		Wholegrain Mustard Mash Fresh Cauliflower Fresh Cabbage	Buttered New Potatoes Fresh Broccoli Fresh Swede	Roast Potatoes Sprouts Braised Red Cabbage	Croquette Potatoes Fresh Carrots Sweetcorn	Chips Mushy Peas Roasted Tomato (Fresh Lemon for Fish)	Lyonnais Potato Fresh Cauliflower Fresh Broccoli	Roast Potatoes Roasted Parsnips Mixed Carrots & Peas
<b>Dessert</b>		Apple & Cherry Crumble	Lemon Cheesecake	Strawberry Trifle	Chocolate Sponge with Custard	Rice Pudding	Peach Melba	Butterscotch Banana Pie
<b>Afternoon Tea</b>	15.00 – 15.30 pm	<b>Victoria Sponge &amp; Fresh Fruit</b>	<b>Ginger Biscuits &amp; Fresh Fruit</b>	<b>Carrot Cake &amp; Fresh Fruit</b>	<b>Viennese Whirls &amp; Fresh Fruit</b>	<b>Lemon &amp; Poppyseed Cake &amp; Fresh Fruit</b>	<b>Chocolate Chip Biscuits &amp; Fresh Fruit</b>	<b>Fruit Loaf Cake &amp; Fresh Fruit</b>
<b>Supper</b>		Jacket Potato with a Choice of Fillings	Creamy Mushrooms on Toast	Chicken Goujons with Fries	Hot Toasted Crumpets	Corned Beef & Potato Pie with Baked Beans	Cheese & Onion Quiche	Vegetarian Pizza
<b>Dysphagia</b>		Potato with Beans and Cheese	Creamy mushrooms with Potato	Chicken, Vegetables & Potato with Gravy	Scrambled Egg with Potato & Cheese	Corned Beef Hash with Baked Beans	Cheese & Onion Bake	Sausages, Vegetables, Potato & Gravy
<b>Soup &amp; Sandwiches</b>		Fresh Leek & Potato Soup	Creamy Broccoli Soup	Carrot & Fresh Coriander Soup	Creamy Onion Soup	Smooth Butternut Squash soup	Fresh Vegetable Soup	Tomato soup
		Sandwich of the day + Selection of Freshly Made Sandwiches	Sandwich of the day + Selection of Freshly Made Sandwiches	Sandwich of the day + Selection of Freshly Made Sandwiches	Sandwich of the day + Selection of Freshly Made Sandwiches	Sandwich of the day + Selection of Freshly Made Sandwiches	Sandwich of the day + Selection of Freshly Made Sandwiches	Sandwich of the day + Selection of Freshly Made Sandwiches
		Coffee & Mandarin Gateaux	Éclairs	Doughnuts	Mousse	Black Forrest Gateaux	Fresh Fruit with Cream	Doughnuts
		Pineapple Fruit Pots with added cream	Peach Fruit Pots with added cream	Pear Fruit Pots with added cream	Fruit Cocktail Pots with added cream	Apple Fruit Pots with added cream	Apricot & Banana Fruit Pots with added cream	Melon & Mixed Berry Fruit Pots with added cream

Fruit Pots to be made available throughout the day