

Sample Breakfast Menu

Tea or coffee
Choice of fruit juices
Toast or bread (choice of white/wholemeal bread) with
a selection of jams or marmalade
Porridge and a variety of popular cereals
(e.g. Cornflakes, Weetabix, Fruit & Fibre, Crunchy Nut Cornflakes)
Fresh Fruit

Chef's Daily Choice from:

Sausages
Bacon
Tinned tomatoes
Mushrooms
Baked Beans
Eggs - fried, scrambled, poached or boiled
Bacon or sausage sandwich

Sample Dinner and Tea Menus

	Dinner	Dessert	Tea
Monday	Homemade cheese & ham quiche Individual steak & kidney pudding	Apple puree & custard	Pizza
Tuesday	Fisherman's pie Beef & vegetable casserole	Sultana & spice cake & custard	Crumpets
Wednesday	Lamb stew Roast Mediterranean vegetable lasagne	Apple & sultana sponge & custard	Sausage rolls
Thursday	Shepherd's pie Cauliflower cheese with grilled smoky bacon	Peach upside down cake	Baked beans on toast
Friday	Cod in batter Jacket potato with coleslaw, cheese & beans	Jam sponge & custard	Cheese on toast

Saturday	Slow cooked pork steaks Cornish pasty	Rhubarb crumble & custard	Toasted tea cake
Sunday	Roast lamb Sliced chicken breast	Slice of gateau	Home-made vegetable soup