

## Menu for Week Commencing 8<sup>th</sup> of January 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Drink	Tea or Juice	Tea or Juice	Tea or Juice	Tea or Juice	Tea or Juice	Tea or Juice	Tea or Juice
<b>Full glass of water given with early morning medication</b>							
Breakfast	Cereals/porridge Bacon & Beans Toast & Preserves Tea/coffee	Cereals/porridge Scrambled Egg Toast & Preserves Tea/coffee	Cereals/porridge Sausage & Tomato Toast & Preserves Tea/coffee	Cereals/porridge Fried Egg Toast & Preserves Tea/coffee	Cereals/porridge Bacon & Beans Toast & Preserves Tea/coffee	Cereals/porridge Scrambled Egg Toast & Preserves Tea/coffee	Cereals/porridge Sausage & Beans Toast & Preserves Tea/coffee
<b>Water and fruit squash available throughout the morning in resident's lounges</b>							
Mid-morning	Tea or Coffee Water or squash Biscuits	Tea or Coffee Water or squash Biscuits	Tea or Coffee Water or squash Biscuits	Tea or Coffee Water or squash Biscuits	Tea or Coffee Water or squash Biscuits	Tea or Coffee Water or squash Biscuits	Tea or Coffee Water or squash Biscuits
Lunch	Shepherd's pie OR Spanish Omelette With Vegetables & Mashed Potatoes	Beef Bordelaise OR Vegetable Quiche With vegetables & Lyonnais potatoes	Chicken in white wine sauce OR Fried fish fillets Vegetables & Potatoes	Herby Lamb stew OR Chicken escalope With Potatoes & Vegetables	Fried Fish OR Shepherd's pie With Chips & Mixed Vegetables	Meat loaf OR Beef stew With Vegetables & Mashed Potatoes	Roast Gammon With Roast Potatoes & Vegetables
	Pineapple upside cake Fresh Fruit salad	Chocolate pot Fresh Fruit salad	Cheesecake Fresh Fruit salad	Steamed sponge Fresh Fruit salad	Rice pudding Fresh Fruit salad	Apple crumble Fresh Fruit salad	Milky Jelly Fresh Fruit salad
<b>With water / fruit squashes and tea or coffee served after meal</b>							
Mid- Afternoon Tea	Tea or Coffee Water or squash Homemade biscuits	Tea or Coffee Water or squash Homemade biscuits	Tea or Coffee Water or squash Homemade biscuits	Tea or Coffee Water or squash Homemade biscuits	Tea or Coffee Water or squash Homemade biscuits	Tea or Coffee Water or squash Homemade biscuits	Tea or Coffee Water or squash Homemade biscuits
<b>Water and fruit squash available throughout the afternoon in the resident's lounges</b>							
Evening Meal	Soup Jacket potatoes Assorted Sandwiches Mandarin jelly	Soup Pasta carbonara Assorted Sandwiches Muffins	Soup Sausage Rolls Assorted Sandwiches Irish Crème	Soup Leek, Cheese & Potato Pie Assorted Sandwiches Banana Mousse	Soup Poached egg On toast Assorted Sandwiches Cup cakes	Soup Cheese Puffs Assorted Sandwiches Yoghurt with various toppings	Soup Potato & Bacon Crunch Assorted Sandwiches Victoria sponge
Late Evening	<b>Milky drink biscuits</b>	<b>Milky drink biscuits</b>	<b>Milky drink biscuits</b>	<b>Milky drink biscuits</b>	<b>Milky drink biscuits</b>	<b>Milky drink Biscuits</b>	<b>Milky drink Biscuits</b>

Water jugs available in residents' rooms during the night.

Hot drinks & biscuits offered if residents wake during night.

*Some of our dishes may contain allergens. Please ask our Chef for further information.*