

## **SUNDAY WEEK 1**

### **BREAKFAST 8AM-9AM**

FRUIT JUICE  
CHOICE OF CEREAL, PORRIDGE,  
TOAST WITH JAM OR MARMALADE  
TEA/COFFEE

### **10.30-11AM**

TEA/COFFEE & BISCUITS

### **LUNCH 12PM-1PM**

HOMEMADE SOUP OF THE DAY OR GRAPEFRUIT/MELON

ROAST BEEF, YORKSHIRE PUDDING, CREAMED & ROAST POTATOES  
VEGETABLES OF THE DAY  
GRAVY OR SALAD

OR

SALMON FILLET IN FISH VELOUTE SAUCE

### **SWEET**

CHEF'S TRIFLE

### **3PM**

TEA/COFFEE & SUNDRIES

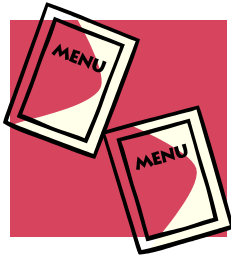
### **5PM-6PM**

SELECTION OF SANDWICHES SERVED WITH A SALAD GARNISH

### **SWEET**

PEACHES & ICE CREAM

TEA/COFFEE



## **MONDAY WEEK 1**

### **BREAKFAST 8AM-9AM**

FRUIT JUICE  
CHOICE OF CEREAL, PORRIDGE,  
TOAST WITH JAM OR MARMALADE  
HOT CHOICE - SCRAMBLED EGG & BACON, BREAD & BUTTER  
TEA/COFFEE

### **10.30-11AM**

TEA/COFFEE & BISCUITS

### **LUNCH 12PM-1PM**

HOMEMADE SOUP OF THE DAY OR GRAPEFRUIT/MELON

SHEPARDS PIE SERVED WITH VEGETABLES OF THE DAY  
MINT GRAVY

OR

HADDOCK OR SALAD

### **SWEET**

FRUIT CRUMBLE SERVED WITH CUSTARD

### **3PM**

TEA/COFFEE & SUNDRIES

### **5PM-6PM**

SELECTION OF SANDWICHES SERVED WITH A SALAD GARNISH

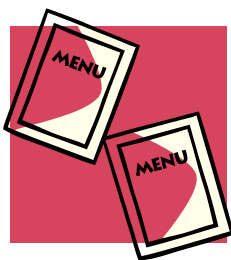
OR

HOMEMADE CHICKEN CURRY & RICE

### **SWEET**

HOMEMADE LEMON DRIZZLE CAKE

TEA/COFFEE



## **TUESDAY WEEK 1**

### **BREAKFAST 8AM-9AM**

FRUIT JUICE  
CHOICE OF CEREAL, PORRIDGE,  
TOAST WITH JAM OR MARMALADE  
HOT CHOICE - BLACK PUDDING BACON & TOMATOES WITH BREAD & BUTTER  
TEA/COFFEE

### **10.30-11AM**

TEA/COFFEE & BISCUITS

### **LUNCH 12PM-1PM**

HOMEMADE SOUP OF THE DAY

DICED PORK COOKED WITH APPLE & CIDER SERVED WITH DELPHINE POTATOES &  
VEGETABLES OF THE DAY

OR

CHICKEN LEGS OR SALAD

### **SWEET**

RICE PUDDING OR YOGHURT

### **3PM**

TEA/COFFEE & SUNDRIES

### **5PM-6PM**

SELECTION OF SANDWICHES

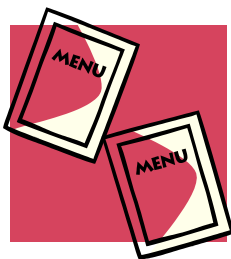
OR

SPAGHETTI & MEATBALLS

### **SWEET**

YOGHURTS OR FRESH FRUIT

TEA/COFFEE



## **WEDNESDAY WEEK 1**

### **BREAKFAST 8AM-9AM**

FRUIT JUICE  
CHOICE OF CEREAL, PORRIDGE,  
TOAST WITH JAM OR MARMALADE  
HOT CHOICE - BACON, FRIED BREAD & EGG  
TEA/COFFEE

### **10.30-11AM**

TEA/COFFEE & BISCUITS

### **LUNCH 12PM-1PM**

HOMEMADE SOUP OF THE DAY OR GRAPEFRUIT/MELON  
ROAST CHICKEN, CREAMED POTATOES, VEGETABLES SERVED WITH STUFFING &  
GRAVY OR SALAD

### **SWEET**

BAKED APPLES

### **3PM**

TEA/COFFEE & SUNDRIES

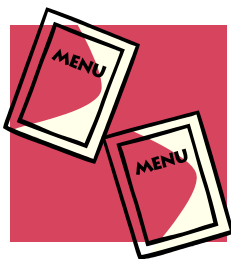
### **5PM-6PM**

SARDINES ON TOAST OR SELECTION OF SANDWICHES

### **SWEET**

CREME CARAMEL

TEA/COFFEE



## **THURSDAY WEEK 1**

### **BREAKFAST 8AM-9AM**

FRUIT JUICE  
CHOICE OF CEREAL, PORRIDGE,  
TOAST WITH JAM OR MARMALADE  
HOT CHOICE - TOMATOES ON TOAST  
TEA/COFFEE

### **10.30-11AM**

TEA/COFFEE & BISCUITS

### **LUNCH 12PM-1PM**

HOMEMADE SOUP OF THE DAY OR GRAPEFRUIT

MEAT LOAF SERVED WITH TOMATOES & BASIL SAUCE WITH VEGETABLES & NEW  
POTATOES

OR

SMOKED HADDOCK OR SALAD

### **SWEET**

ICE CREAM SUNDAE

### **3PM**

TEA/COFFEE & SUNDRIES

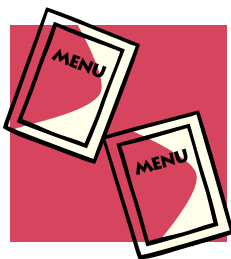
### **5PM-6PM**

CREAM MUSHROOMS SERVED WITH RICE OR SALAD SANDWICHES

### **SWEET**

HOME MADE CHOCOLATE CAKE

TEA/COFFEE



## **THURSDAY WEEK 1**

### **BREAKFAST 8AM-9AM**

FRUIT JUICE  
CHOICE OF CEREAL, PORRIDGE,  
TOAST WITH JAM OR MARMALADE  
HOT CHOICE - TOMATOES ON TOAST  
TEA/COFFEE

### **10.30-11AM**

TEA/COFFEE & BISCUITS

### **LUNCH 12PM-1PM**

HOMEMADE SOUP OF THE DAY OR GRAPEFRUIT

MEAT LOAF SERVED WITH TOMATOES & BASIL SAUCE WITH VEGETABLES & NEW  
POTATOES

OR

SMOKED HADDOCK OR SALAD

### **SWEET**

ICE CREAM SUNDAE

### **3PM**

TEA/COFFEE & SUNDRIES

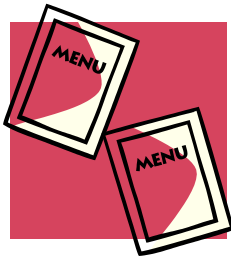
### **5PM-6PM**

CREAM MUSHROOMS SERVED WITH RICE OR SALAD SANDWICHES

### **SWEET**

HOME MADE CHOCOLATE CAKE

TEA/COFFEE



## **FRIDAY WEEK 1**

### **BREAKFAST 8AM-9AM**

FRUIT JUICE  
CHOICE OF CEREAL, PORRIDGE,  
TOAST WITH JAM OR MARMALADE  
HOT CHOICE - OMLETTE WITH BREAD & BUTTER  
TEA/COFFEE

### **10.30-11AM**

TEA/COFFEE & BISCUITS

### **LUNCH 12PM-1PM**

HOMEMADE SOUP OF THE DAY OR GRAPEFRUIT  
FISH OF THE DAY WITH CHIPS OR CREAMED POTATOES & VEGETABLES

OR

SALAD

### **SWEET**

BANNANAS - ICE CREAM

### **3PM**

TEA/COFFEE & SUNDRIES

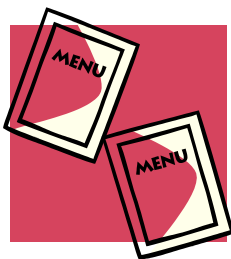
### **5PM-6PM**

HOT DOGS & ONIONS WITH CURLY FRIES  
OR  
SALAD SANDWICHES

### **SWEET**

EGG CUSTARD

TEA/COFFEE



## **SATURDAY WEEK 1**

### **BREAKFAST 8AM-9AM**

FRUIT JUICE  
CHOICE OF CEREAL, PORRIDGE,  
TOAST WITH JAM OR MARMALADE  
TEA/COFFEE

### **10.30-11AM**

TEA/COFFEE & BISCUITS

### **LUNCH 12PM-1PM**

HOMEMADE SOUP OF THE DAY OR GRAPEFRUIT

LIVER & ONIONS OR DICED CHICKEN  
SERVED WITH POTATOES & VEGETABLES

### **SWEET**

HOMEMADE PIE WITH CUSTARD OR CREAM/ICE CREAM

### **3PM**

TEA/COFFEE & SUNDRIES

### **5PM-6PM**

SELECTION OF SANDWICHES & SALAD  
OR  
PASTA & TUNA, BREAD & BUTTER

### **SWEET**

JELLY & CREAM

TEA/COFFEE