

Monday

Breakfast



- Choice of cereal
 - porridge made with full cream milk, wheat biscuits, bran flakes, mini shreddies, cornflakes, rice crispies
- Full creamed milk, fruit yoghurt
- Choice of wholemeal or white toast or bread with a choice of preserves
 - marmalade, jam, honey
 - butter, margarine or low fat spread
- Choice of fruit:
 - fresh grapefruit, fresh stewed prunes, tinned mandarin segments, fresh banana
 - fruit juice: orange, apple, pineapple or cranberry
- Cooked breakfast to order only Monday to Saturday
 - grilled bacon, grilled sausage, fresh tomatoes, egg (fried, scrambled, poached or boiled)
- Choice of beverages
 - tea, coffee, milk, fruit juice

Mid Morning



- Biscuits
- Tea, coffee, squash

Lunch



- Irish stew
 - Cod bake
 - Mashed & Boiled potatoes
 - Mixed vegetables
 - Broccoli
 - Banana Fritters or sliced banana with custard
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- Alternative desserts: jelly, yoghurt, ice-cream, fresh fruit
 - Beverages with lunch: coffee, tea or squash, fizzy drinks (such as lemonade or cola)

Monday

Mid Afternoon



- Cakes
- Tea, coffee, squash, fizzy drinks (such as lemonade or cola)

Tea / Supper



- Cream of mushroom soup
- Dish of the day
- Cheese or ham omelette
- Potato croquettes
- Selection of sandwiches (tea & supper)
- Cheese & biscuits

- Choice of desserts: jelly, yoghurt, ice-cream, fresh fruit, puree fruit i.e. mashed banana & cream

- Beverages with tea: coffee, tea or squash, fizzy drinks (such as lemonade or cola)
- Beverages at supper: malted drinks i.e. ovaltine/horlicks, hot chocolate (made with milk), tea & biscuits

Supper time: 8-9 p.m.

Tuesday

Breakfast



- Choice of cereal
 - porridge made with full cream milk, wheat biscuits, bran flakes, mini shreddies, cornflakes, rice crispies
- Full creamed milk, fruit yoghurt
- Choice of wholemeal or white toast or bread with a choice of preserves
 - marmalade, jam, honey
 - butter, margarine or low fat spread
- Choice of fruit:
 - fresh grapefruit, fresh stewed prunes, tinned mandarin segments, fresh banana
 - fruit juice: orange, apple, pineapple or cranberry
- Cooked breakfast to order only Monday to Saturday
 - grilled bacon, grilled sausage, fresh tomatoes, egg (fried, scrambled, poached or boiled)
- Choice of beverages
 - tea, coffee, milk, fruit juice

Mid Morning



- Biscuits
- Tea, coffee, squash

Lunch



- Toad in the hole
- Steak & mushroom casserole
- Mashed & parmentier potatoes
- Carrots
- Brussels
- Plum crunch with custard or ice cream
- Alternative desserts: jelly, yoghurt, ice-cream, fresh fruit
- Beverages with lunch: coffee, tea or squash, fizzy drinks (such as lemonade or cola)

Tuesday

Mid Afternoon



- Manera cake
- Tea, coffee, squash, fizzy drinks (such as lemonade or cola)

Tea / Supper



- Soup
- Jacket Potatoes with ham or tuna
- Quiche Lorraine & salad
- Selection of sandwiches (tea & supper)
- Cheese & biscuits
- Choice of desserts: jelly, yoghurt, ice-cream, fresh fruit, puree fruit i.e. mashed banana & cream
- Beverages with tea: coffee, tea or squash, fizzy drinks (such as lemonade or cola)
- Beverages at supper: malted drinks i.e. ovaltine/horlicks, hot chocolate (made with milk), tea & biscuits

Supper time: 8-9 p.m.

Wednesday

Breakfast



- Choice of cereal
 - porridge made with full cream milk, wheat biscuits, bran flakes, mini shreddies, cornflakes, rice crispies
- Full creamed milk, fruit yoghurt
- Choice of wholemeal or white toast or bread with a choice of preserves
 - marmalade, jam, honey
 - butter, margarine or low fat spread
- Choice of fruit:
 - fresh grapefruit, fresh stewed prunes, tinned mandarin segments, fresh banana
 - fruit juice: orange, apple, pineapple or cranberry
- Cooked breakfast to order only Monday to Saturday
 - grilled bacon, grilled sausage, fresh tomatoes, egg (fried, scrambled, poached or boiled)
- Choice of beverages
 - tea, coffee, milk, fruit juice

Mid Morning



- Biscuits
- Tea, coffee, squash

Lunch



- Braised gammon with pineapple
- Chicken & mushroom sauté
- Parsley & mashed potatoes
- Peas
- Swede
- Apple & sultana pie with custard or cream
- Alternative desserts: jelly, yoghurt, ice-cream, fresh fruit
- Beverages with lunch: coffee, tea or squash, fizzy drinks (such as lemonade or cola)

Wednesday

Mid Afternoon



- Scones, jam & cream
- Tea, coffee, squash, fizzy drinks (such as lemonade or cola)

Tea / Supper



- Soup
- Cauliflower cheese
- Potato waffles
- Poached eggs on toast
- Selection of sandwiches (tea & supper)
- Cheese & biscuits
- Choice of desserts: jelly, yoghurt, ice-cream, fresh fruit, puree fruit i.e. mashed banana & cream
- Beverages with tea: coffee, tea or squash, fizzy drinks (such as lemonade or cola)
- Beverages at supper: malted drinks i.e. ovaltine/horlicks, hot chocolate (made with milk), tea & biscuits

Supper time: 8-9 p.m.

Thursday

Breakfast



- Choice of cereal
 - porridge made with full cream milk, wheat biscuits, bran flakes, mini shreddies, cornflakes, rice crispies
- Full creamed milk, fruit yoghurt
- Choice of wholemeal or white toast or bread with a choice of preserves
 - marmalade, jam, honey
 - butter, margarine or low fat spread
- Choice of fruit:
 - fresh grapefruit, fresh stewed prunes, tinned mandarin segments, fresh banana
 - fruit juice: orange, apple, pineapple or cranberry
- Cooked breakfast to order only Monday to Saturday
 - grilled bacon, grilled sausage, fresh tomatoes, egg (fried, scrambled, poached or boiled)
- Choice of beverages
 - tea, coffee, milk, fruit juice

Mid Morning



- Biscuits
- Tea, coffee, squash

Lunch



- Shepherd's pie
- Braised steak
- Sauté & mashed potatoes
- Green beans
- Sweetcorn
- Semolina pudding & jam

- Alternative desserts: jelly, yoghurt, ice-cream, fresh fruit
- Beverages with lunch: coffee, tea or squash, fizzy drinks (such as lemonade or cola)

Thursday

Mid Afternoon



- Chocolate marble cake
- Tea, coffee, squash, fizzy drinks (such as lemonade or cola)

Tea / Supper



- Soup
- Sausage roll
- Fish fingers
- Chips
- Baked beans
- Selection of sandwiches (tea & supper)
- Cheese & biscuits

- Choice of desserts: jelly, yoghurt, ice-cream, fresh fruit, puree fruit i.e. mashed banana & cream

- Beverages with tea: coffee, tea or squash, fizzy drinks (such as lemonade or cola)

- Beverages at supper: malted drinks i.e. ovaltine/horlicks, hot chocolate (made with milk), tea & biscuits

Supper time: 8-9 p.m.

Friday

Breakfast



- Choice of cereal
 - porridge made with full cream milk, wheat biscuits, bran flakes, mini shreddies, cornflakes, rice crispies
- Full creamed milk, fruit yoghurt
- Choice of wholemeal or white toast or bread with a choice of preserves
 - marmalade, jam, honey
 - butter, margarine or low fat spread
- Choice of fruit:
 - fresh grapefruit, fresh stewed prunes, tinned mandarin segments, fresh banana
 - fruit juice: orange, apple, pineapple or cranberry
- Cooked breakfast to order only Monday to Saturday
 - grilled bacon, grilled sausage, fresh tomatoes, egg (fried, scrambled, poached or boiled)
- Choice of beverages
 - tea, coffee, milk, fruit juice

Mid Morning



- Biscuits
- Tea, coffee, squash

Lunch



- Fried haddock
- Chicken, ham & leek pie
- Chips
- Mashed potato
- Carrots
- Peas
- Eve's pudding & custard or cream

- Alternative desserts: jelly, yoghurt, ice-cream, fresh fruit
- Beverages with lunch: coffee, tea or squash, fizzy drinks (such as lemonade or cola)

Friday

Mid Afternoon



- Jam tartlet
- Tea, coffee, squash, fizzy drinks (such as lemonade or cola)

Tea / Supper



- Scotch broth
- Cheese & potato pie
- Bacon & grilled fresh tomatoes
- Selection of sandwiches (tea & supper)
- Cheese & biscuits
- Choice of desserts: jelly, yoghurt, ice-cream, fresh fruit, puree fruit i.e. mashed banana & cream
- Beverages with tea: coffee, tea or squash, fizzy drinks (such as lemonade or cola)
- Beverages at supper: malted drinks i.e. ovaltine/horlicks, hot chocolate (made with milk), tea & biscuits

Supper time: 8-9 p.m.

Saturday

Breakfast



- Choice of cereal
 - porridge made with full cream milk, wheat biscuits, bran flakes, mini shreddies, cornflakes, rice crispies
- Full creamed milk, fruit yoghurt
- Choice of wholemeal or white toast or bread with a choice of preserves
 - marmalade, jam, honey
 - butter, margarine or low fat spread
- Choice of fruit:
 - fresh grapefruit, fresh stewed prunes, tinned mandarin segments, fresh banana
 - fruit juice: orange, apple, pineapple or cranberry
- Cooked breakfast to order only Monday to Saturday
 - grilled bacon, grilled sausage, fresh tomatoes, egg (fried, scrambled, poached or boiled)
- Choice of beverages
 - tea, coffee, milk, fruit juice

Mid Morning



- Biscuits
- Tea, coffee, squash

Lunch



- Sweet & sour pork
- Liver & bacon casserole
- Mashed potato
- Green beans
- Roast parsnips
- Rice pudding & jam
- Alternative desserts: jelly, yoghurt, ice-cream, fresh fruit
- Beverages with lunch: coffee, tea or squash, fizzy drinks (such as lemonade or cola)

Saturday

Mid Afternoon



- Ginger cake
- Tea, coffee, squash, fizzy drinks (such as lemonade or cola)

Tea / Supper



- Soup
- Beef burger & chips
- Cheese on toast
- Selection of sandwiches (tea & supper)
- Cheese & biscuits
- Choice of desserts: jelly, yoghurt, ice-cream, fresh fruit, puree fruit i.e. mashed banana & cream
- Beverages with tea: coffee, tea or squash, fizzy drinks (such as lemonade or cola)
- Beverages at supper: malted drinks i.e. ovaltine/horlicks, hot chocolate (made with milk), tea & biscuits

Supper time: 8-9 p.m.

Sunday

Breakfast



- Choice of cereal
 - porridge made with full cream milk, wheat biscuits, bran flakes, mini shreddies, cornflakes, rice crispies
- Full creamed milk, fruit yoghurt
- Choice of wholemeal or white toast or bread with a choice of preserves
 - marmalade, jam, honey
 - butter, margarine or low fat spread
- Choice of fruit:
 - fresh grapefruit, fresh stewed prunes, tinned mandarin segments, fresh banana
 - fruit juice: orange, apple, pineapple or cranberry
- Cooked breakfast
 - grilled bacon, grilled sausage, fresh tomatoes, egg (fried, scrambled, poached or boiled)
- Choice of beverages
 - tea, coffee, milk, fruit juice

Mid Morning



- Biscuits
- Tea, coffee, squash

Lunch



- Roast beef & Yorkshire pudding, horseradish sauce
- Roast chicken
- Creamed potatoes
- Roast potatoes
- Broccoli
- Cauliflower cheese
- Bread & butter pudding with custard or cream

- Alternative desserts: jelly, yoghurt, ice-cream, fresh fruit
- Beverages with lunch: coffee, tea or squash, fizzy drinks (such as lemonade or cola)

Sunday

Mid Afternoon



- Cherry cake
- Tea, coffee, squash, fizzy drinks (such as lemonade or cola)

Tea / Supper



- Soup
- Ravioli
- Chicken goujons
- Potato croquettes
- Selection of sandwiches (tea & supper)
- Cheese & biscuits

- Choice of desserts: jelly, yoghurt, ice-cream, fresh fruit, puree fruit i.e. mashed banana & cream

- Beverages with tea: coffee, tea or squash, fizzy drinks (such as lemonade or cola)

- Beverages at supper: malted drinks i.e. ovaltine/horlicks, hot chocolate (made with milk), tea & biscuits

Supper time: 8-9 p.m.