

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



- Boiled ham & mushy peas
 - Lambs liver in onion gravy
 - Boiled & mashed potatoes
 - Grilled tomatoes
 - Cabbage
 - Baked egg & 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



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

Tea / Supper



- Soup
- Jacket potatoes + fillings
- Scrambled egg or poached egg on toast
- Cheese & biscuits
- Selection of sandwiches (tea & supper)
- Fruit flan

- Alternative 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



- Salmon & broccoli bake
- Chicken & mushroom sauté
- New mashed potatoes
- Carrots Vichy & sweetcorn
- Fruit salad & 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



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

Tea / Supper



- Soup
- Dish of the day
- Sauté potatoes
- Cheese & biscuits
- Selection of sandwiches (tea & supper)
- Banana custard

- Alternative 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



- Lancashire hotpot
- Pork stew
- Boiled & mashed potatoes
- Mixed veg
- Runner beans
- Dutch apple pie & custard
- 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



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

Tea / Supper



- Soup
- Dish of the day
- Macaroni cheese
- Croquette potatoes
- Cheese & biscuits
- Selection of sandwiches (tea & supper)
- Scotch pancakes

- Alternative 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



- Cottage pie
- Chicken risotto
- Mashed potatoes
- Stir fry vegetables
- Peas
- Bread & butter pudding, custard & cream
- 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



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

Tea / Supper



- Soup
- Bacon, fried egg & tomatoes
- Beans on toast
- Chipped potatoes
- Cheese & biscuits
- Selection of sandwiches (tea & supper)
- Fruit & ice-cream

- Alternative 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 cod & chips
- Spanish omelette
- Mashed potatoes
- Greens beans & sweetcorn
- Semolina pudding & custard

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

Tea / Supper



- Soup
- Dish of the day
- Vegetable pasties
- Duchesse potatoes
- Cheese & biscuits
- Selection of sandwiches (tea & supper)
- Kiwi gateaux
- Alternative 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



- Lamb casserole
- Boiled ham
- Boiled & mashed potatoes
- Brussels sprouts & marrow
- Grilled tomatoes
- Rhubarb & custard
- 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



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

Tea / Supper



- Soup
- Ploughman's salad
- Sardines & tomato on toast
- Jacket potato
- Cheese & biscuits
- Selection of sandwiches (tea & supper)
- Choc ice

- Alternative 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



- Soup
- Roast beef & Yorkshire
- Roast chicken
- Roast & mashed potatoes
- Carrots & cabbage
- Pineapple fool

- 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



- Ring doughnuts (Brakes)
- Tea, coffee, squash, fizzy drinks (such as lemonade or cola)

Tea / Supper



- Soup
- Cold meats & salad
- Poached egg on toast
- Cheese & biscuits
- Selection of sandwiches (tea & supper)
- Fruit compote & cream

- Alternative 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.