

Breakfast

Served from 8.30am onwards.

Please choose as much or as little as you like.

JUICE	FRUIT	CERAL	TOAST	EXTRA
Cranberry <b>OR</b> Orange <b>OR</b> Pineapple	Prunes <b>OR</b> Grapefruit	Porridge <b>OR</b> Weetabix <b>OR</b> Rice Crispies <b>OR</b> Cornflakes <b>OR</b> Special K	White <b>OR</b> Brown  1 or 2  Bread & Butter	Marmalade <b>OR</b> Marmite <b>OR</b> Honey

Mid Morning Served from 10.30 onwards

Choice of Milky coffee or tea with biscuits.

Lunch

Served from 12.15pm onwards.

An example of a week's menu.

	Main Meal	Pudding
Monday	Bubble & Squeak With Bacon <b>OR</b> Lasagne with Salad	Jam Tart <b>OR</b> Fresh Fruit
Tuesday	Faggots <b>OR</b> Jacket Potatoes with a choice of Fillings	Coconut Sponge <b>OR</b> Yogurt
Wednesday	Braising Steak <b>OR</b> Sausage in Onion Gravy	Bakewell Tart <b>OR</b>
Thursday	Pork Steak <b>OR</b> Cottage Pie	Bread & Butter Pudding <b>OR</b> Melon
Friday	Fresh Salmon <b>OR</b> Cheese & Potato Pie	Eve's Pudding <b>OR</b> Stewed Fruit
Saturday	Beef Stew <b>OR</b> Chicken Supreme	Rice Pudding <b>OR</b> Yogurt
Sunday	Roast Lamb <b>OR</b> Roast Chicken	Homemade Apple Pie <b>OR</b> Fresh Fruit

Mid – afternoon Tea Served from 2.30pm onwards

A cup of tea or coffee with fresh fruit or biscuits.

Tea Served from 5pm onwards

An example of a tea menu

	TEA	PUDDING
Monday	Cheese Toasties	Fruit Flan
Tuesday	Homemade Soup	Milk Jelly
Wednesday	Teacakes	Gateau
Thursday	Cheese, cold Meat and Pickles	Crème Caramel
Friday	Egg on Toast	Fruit & Ice-cream
Saturday	Sandwiches	Cheesecake
Sunday	Buffet	Trifle

There are always sandwiches or soup as an alternative if you do not like what is on offer for tea.