

(Menu plan 3 – Monday)

### **Breakfast**

Fresh Orange Juice  
Porridge or choice of cereals and milk  
Toast (white or brown)  
Preserves (jam, marmalade, honey)  
Choice of tea or coffee  
*Cooked breakfast provided on request*

### **Morning tea**

Homemade scones with butter and a selection of biscuits  
Choice of tea or coffee  
Choice of cold drinks

### **Lunch**

Homemade steak casserole with onions or homemade chicken pie  
Hot buttered new potatoes  
Choice of seasonal vegetables  
Homemade rice pudding or ice cream and fruit  
Choice of hot and cold drinks

### **Afternoon tea**

Selection of biscuits and a choice of hot and cold drinks

### **Tea**

Homemade chicken and lentil soup  
Homemade bacon quiche or roasted cheese with seasonal salad and buttered bread  
Selection of homemade cakes and/or fruit yoghurts  
Choice of hot and cold drinks

### **Supper**

Hot buttered toast (white or brown) and selection of biscuits  
Choice of hot and cold drinks including Horlicks

Alcoholic drink (optional)

Individual requests can be made to the kitchen staff and provided depending on supplies. Special diets can be catered for. Additional snacks can be provided on request. Alternative dishes will be available at each meal time. Residents are involved in menu planning and menu reviews. Menu plans change daily.