

Meadowside

RESIDENTIAL CARE HOME

WEEK 1

| | BREAKFAST | | LUNCH | | SUPPER |
|------------------|---|-------------------------|--|-------------------|---|
| MONDAY | Fruit Juice Prunes/Grapefruit Porridge/Cereal Toast/Marmalade (Cooked on Request) | Coffee & Biscuits | Steak Pie Potatoes & Fresh Veg Egg Custard | Tea & Cakes | Fish Cakes Beans / Tomatoes / Spaghetti Trifle |
| TUESDAY | Fruit Juice Prunes/Grapefruit Porridge/Cereal Toast/Marmalade (Cooked on Request) | Coffee & Biscuits | Fisherman's Bake Potatoes & Fresh Veg Treachle Sponge Pudding | Tea & Cakes | Ham & Chips Bananas & Cream |
| WEDNESDAY | Fruit Juice Prunes/Grapefruit Porridge/Cereal Toast/Marmalade (Cooked on Request) | Coffee & Biscuits | Roast Chicken Roast/Boiled Potatoes & Fresh Veg Seasonal Fruit & Ice Cream | Tea & Cakes | Soup & Sandwiches Blancmange & Fruit |
| THURSDAY | Fruit Juice Prunes/Grapefruit Porridge/Cereal Toast/Marmalade (Cooked on Request) | Coffee & Biscuits | Cottage Pie Fresh Veg Queen of Puddings | Tea & Cakes | Quiche with Salad or Beans Yogurt & Jelly |
| FRIDAY | Fruit Juice Prunes/Grapefruit Porridge/Cereal Toast/Marmalade (Cooked on Request) | Coffee & Biscuits | Poached/Fried Fish Potatoes/Chips & Peas Cream Caramel | Tea & Cakes | Cheese on Toast Fruit Flan & Cream |
| SATURDAY | Fruit Juice Prunes/Grapefruit Porridge/Cereal Toast/Marmalade (Cooked on Request) | Coffee & Biscuits | Beef Stew Potatoes & Mixed Veg Stewed Fruit & Custard | Tea & Cakes | Omelettes Gateaux |
| SUNDAY | Fruit Juice Prunes/Grapefruit Porridge/Cereal Toast/Marmalade (Cooked on Request) | Coffee & Biscuits | Roast Chicken Roast/Boiled Potatoes & Veg Ice Cream & Fruit | Tea & Cakes | Sandwiches & Cold Buffet Eclairs |

ALTERNATIVES ARE ALWAYS AVAILABLE

i.e. Braised chicken, Omelettes, Soups, Yoghurt, Ice cream , Cheese & Biscuits, Fresh fruit