

# Meadowside

RESIDENTIAL CARE HOME

## WEEK 2

	<b>BREAKFAST</b>		<b>LUNCH</b>		<b>SUPPER</b>
<b>MONDAY</b>	Fruit Juice Prunes/Grapefruit Porridge/Cereal Toast/Marmalade (Cooked on Request)	Coffee & Biscuits.	Gammon with Leek Sauce, Potatoes & Fresh Veg Fruit Fritters	Tea & Cakes	Fish Fingers Beans/ Tom/ Spaghetti  Cheese-Cake
<b>TUESDAY</b>	Fruit Juice Prunes/Grapefruit Porridge/Cereal Toast/Marmalade (Cooked on Request)	Coffee & Biscuits	Minty Lamb hot pot Potatoes & Fresh Veg Fruit Crumble & Custard	Tea & Cakes	Cheese & Onion Savoury Bake  Tiramisu
<b>WEDNESDAY</b>	Fruit Juice Prunes/Grapefruit Porridge/Cereal Toast/Marmalade (Cooked on Request)	Coffee & Biscuits	Cornish Pasties, Potatoes & Fresh Veg Rice Pudding	Tea & Cakes	Sausage & Chips  Peaches & Cream
<b>THURSDAY</b>	Fruit Juice Prunes/Grapefruit Porridge/Cereal Toast/Marmalade (Cooked on Request)	Coffee & Biscuits	Chicken & Ham Bake & Veg Bread & Butter Pudding	Tea & Cakes	Poached Egg on Toast  Banana Splits
<b>FRIDAY</b>	Fruit Juice Prunes/Grapefruit Porridge/Cereal Toast/Marmalade (Cooked on Request)	Coffee & Biscuits	Poached/Fried Fish Potatoes/Chips & Peas Up-Side-Down Cake & Custard	Tea & Cakes	Ham / Cheese or Tuna Salad  Creme Caramel
<b>SATURDAY</b>	Fruit Juice Prunes/Grapefruit Porridge/Cereal Toast/Marmalade (Cooked on Request)	Coffee & Biscuits	Chicken Casserole Potatoes & Mixed Veg Vienetta	Tea & Cakes	Corned Beef Hash  Tinned Rice & Fruit
<b>SUNDAY</b>	Fruit Juice Prunes/Grapefruit Porridge/Cereal Toast/Marmalade (Cooked on Request)	Coffee & Biscuits	Roast Pork Roast/Boiled Potatoes & Veg Fruit Flan & Cream	Tea & Cakes	Sandwiches & Cold Buffet  Choc Ices

ALTERNATIVES ARE ALWAYS AVAILABLE

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