

Meadowside

RESIDENTIAL CARE HOME

WEEK 3

	BREAKFAST		LUNCH		SUPPER
MONDAY	Fruit Juice Prunes/Grapefruit Porridge/Cereal Toast/Marmalade (Cooked on Request)	Coffee & Biscuits.	Shepherds Pie & Fresh Veg Seasonal Fruit & Ice Cream	Tea & Cakes	Egg & Chips Profiteroles
TUESDAY	Fruit Juice Prunes/Grapefruit Porridge/Cereal Toast/Marmalade (Cooked on Request)	Coffee & Biscuits	Sausage Plait Potatoes & Fresh Veg Fruit Batter pudding	Tea & Cakes	Smoked Haddock or Kippers Trifle
WEDNESDAY	Fruit Juice Prunes/Grapefruit Porridge/Cereal Toast/Marmalade (Cooked on Request)	Coffee & Biscuits	Roast Beef Roast/Boiled Potatoes & Fresh Veg Apple Cake & Custard	Tea & Cakes	Soup & Sandwich Meringue Nests, Mousse & Fruit
THURSDAY	Fruit Juice Prunes/Grapefruit Porridge/Cereal Toast/Marmalade (Cooked on Request)	Coffee & Biscuits	Chicken Bake Potatoes & Veg Lemon Pudding	Tea & Cakes	Cauliflower Cheese Jelly Yogurt
FRIDAY	Fruit Juice Prunes/Grapefruit Porridge/Cereal Toast/Marmalade (Cooked on Request)	Coffee & Biscuits	Poached/Fried Fish Potatoes/Chips & Peas Fruit Tart	Tea & Cakes	Omelettes Mandarins & Cream
SATURDAY	Fruit Juice Prunes/Grapefruit Porridge/Cereal Toast/Marmalade (Cooked on Request)	Coffee & Biscuits	Gammon & potato Casserole Potatoes & Veg Apple Crumble & Ice Cream	Tea & Cakes	Beans on Toast Gateaux
SUNDAY	Fruit Juice Prunes/Grapefruit Porridge/Cereal Toast/Marmalade (Cooked on Request)	Coffee & Biscuits	Roast Turkey Roast/Boiled Potatoes & Veg Banana Custard	Tea & Cakes	Sandwiches, Cheese & Biscuits Choc-Ices

ALTERNATIVES ARE ALWAYS AVAILABLE

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