

Meadowside

RESIDENTIAL CARE HOME

WEEK 4

	BREAKFAST		LUNCH		SUPPER
MONDAY	Fruit Juice Prunes/Grapefruit Porridge/Cereal Toast/Marmalade (Cooked on Request)	Coffee & Biscuits	Gammon with Leek Sauce, Potatoes & Fresh Veg Hot Trifle	Tea & Cakes	Fish Fingers Beans / Tomatoes / Spaghetti Hot Lemon Meringue Pie
TUESDAY	Fruit Juice Prunes/Grapefruit Porridge/Cereal Toast/Marmalade (Cooked on Request)	Coffee & Biscuits	Roast Chicken. Roast/Boiled Potatoes, & Fresh Veg Cook's Choice	Tea & Cakes	Scrambled Egg on Toast Milk Jelly & Ice Cream
WEDNESDAY	Fruit Juice Prunes/Grapefruit Porridge/Cereal Toast/Marmalade (Cooked on Request)	Coffee & Biscuits	Braised Pork Boiled Potatoes & Fresh Veg Apple Batter Pudding	Tea & Cakes	Corned Beef Hash Fruit Salad & Cream
THURSDAY	Fruit Juice Prunes/Grapefruit Porridge/Cereal Toast/Marmalade (Cooked on Request)	Coffee & Biscuits	Beef Goulash Roast/Boiled Potatoes & Fresh Veg Steamed Sponge & Custard	Tea & Cakes	Salad or Soup & Sandwiches Banana Split
FRIDAY	Fruit Juice Prunes/Grapefruit Porridge/Cereal Toast/Marmalade (Cooked on Request)	Coffee & Biscuits	Poached/Fried Fish Potatoes/Chips & Peas Semolina	Tea & Cakes	Cheese & Onion Savoury Tart Mousse
SATURDAY	Fruit Juice Prunes/Grapefruit Porridge/Cereal Toast/Marmalade (Cooked on Request)	Coffee & Biscuits	Chicken Pie Potatoes & Mixed Veg Profiteroles	Tea & Cakes	Cheese on Toast Cheese Cake
SUNDAY	Fruit Juice Prunes/Grapefruit Porridge/Cereal Toast/Marmalade (Cooked on Request)	Coffee & Biscuits	Roast Lamb Roast/Boiled Potatoes & Veg Fruit & Cream	Tea & Cakes	Sandwiches & Cold Buffet Artic Roll

ALTERNATIVES ARE ALWAYS AVAILABLE

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