



Sample menu

Breakfast

Cooked Breakfast
Selection of cereals and porridge
Toast and preserves
Yoghurts and fresh fruit
Tea, coffee and fresh fruit juices

Lunch

Prawn Cocktail
or
Garlic Mushrooms in a cream sauce
Steak and Onion Pie with tender pieces of beef steak
in a shortcrust pastry parcel and rich beef gravy
or
Cod Loin topped with a red pepper, cherry tomato, garlic and olive sauce
Served with seasonal vegetables and potato accompaniment
White Chocolate Cheesecake with berry coulis or Strawberry Pavlova

Evening meal

Homemade Red Pepper and Tomato Soup
Selection of fresh sandwiches
Chicken and Smoked Bacon Pasta Bake with salad and coleslaw
Hot Pear and Sultana Crumble with custard
Selection of yoghurts and fruit

An alternative menu is also on offer for lighter meals
All dietary requirements are catered for
This sample menu is representative of a typical day