



WEEK 1 - MONDAY

BREAKFAST

Continental Breakfast

Choice of fresh cut fruit, juice, cereals, porridge, prunes, toast, jams

LUNCH

Sandwich of the day Mixed
Salad of the day Chicken Caesar (Bacon, Parmesan, Egg)

MAIN MEAL Lamb Summer Casserole **Suitable for Soft**

ALTERNATIVE MEAL Cheese and Ham Omelette **Suitable for Soft**

Puree Lamb
Starch Potato Mash
Vegetables Sweet potato/ Red Cabbage

DESSERT

Dessert Apple Tea Cake with Custard
Low Fat/Low Sugar Apple with Custard
Puree Apple Puree and Custard

DINNER

Soup of the day Potato and Leek

EVENING MAIN MEAL Spring Rolls Stir fry Vegetables and Noodles
Evening Soft Option Omelette and Vegetables

Puree Chicken





Menu

WEEK 1 - TUESDAY

BREAKFAST

Order hot breakfast for next day

Continental Breakfast

Choice of fresh cut fruit, juice cereals, porridge, prunes, toast, jams

LUNCH

Sandwich of the day	Turkey and Cranberry
Salad of the day	Champagne Ham and Coleslaw
Wrap Option	Champagne Ham and Coleslaw
MAIN MEAL	Mild Fish and Prawn Curry
Main Soft Option	Steamed Fish in Mild Curry Sauce
ALTERNATIVE MEAL	Minced Beef filled Tomatoes
Puree	Fish
Starch	Rice
Vegetables	Pumpkin/Peas

DESSERT

Dessert	Crème Caramel
Low Fat/Low Sugar	Crème Caramel
Puree	Crème Caramel

DINNER

Soup of the day	Carrot and Coriander
EVENING MAIN MEAL	Chicken and Creamed Corn Frittata with Salad
Evening Soft Option	Chicken and Creamed Corn Frittata
Puree	Beef





WEEK 1 - WEDNESDAY

HOT BREAKFAST

Hot Cakes and Maple Syrup

Continental Breakfast

Choice of fresh cut fruit, juice cereals, porridge, prunes, toast, jams

LUNCH

Sandwich of the day

Ham, Cheese and Tomato

Salad of the day

Corned meat and pickles

MAIN MEAL

Beef Eggplant Stew

Suitable for Soft

ALTERNATIVE MEAL

Turkey Steak Diane (Contains mushrooms)

Suitable for Soft

Puree

Beef

Starch

Potato Gratin

Vegetables

Vegetable Medley

DESSERT

Dessert

Summer Chilled Lemon Pudding

Low Fat/Low Sugar

Lemon Mousse

Puree

Lemon Mousse

DINNER

Soup of the Day

Thick Vegetable

EVENING MAIN MEAL

Hotdog and Chips

Evening Soft Option

Sausages and Mash

Puree

Lamb





WEEK 1 - THURSDAY

BREAKFAST

Continental Breakfast

Choice of fresh cut fruit, juice cereals, porridge, prunes, toast, jams

LUNCH

Sandwich of the day	Roast Chicken Lettuce and Mayonnaise
Wrap Option	Roast Chicken Lettuce and Mayonnaise
Salad of the day	Avocado and Feta Cheese
MAIN MEAL	Thick Pork Sausages and Onion Gravy
Main Soft Option	Skinless Sausages and Gravy
ALTERNATIVE MEAL	Spinach Pumpkin and Brie Quiche
Alternative Soft	Spinach Pumpkin and Brie Omelette
Puree	Pork
Starch	Sweet Potato Mash
Vegetables	Cauliflower/Broccoli

DESSERT

Dessert	Sweet French Toast with Berries and Honey Cream
Low Fat/Low Sugar	Berries Greek Yoghurt
Puree	Berry Mousse

DINNER

Soup of the day	Chicken and Leek
EVENING MAIN MEAL	Tasty Beef and Vegetable Rolls with Tossed Salad
Evening Soft Option	Beef Rissoles and Mash
Puree	Beef



WEEK 1 - FRIDAY

BREAKFAST

Continental Breakfast

Choice of fresh cut fruit, juice cereals, porridge, prunes, toast, jams

LUNCH

Sandwich of the day	Ham and Seeded Mustard
Salad of the day	Turkey and Cranberry
MAIN MEAL	Crumbed Fish with Lemon
Main Soft Option	Steamed Fish with Lemon Sauce
ALTERNATIVE MEAL	Savoury filled Mushrooms
Alternative Soft	Mushroom Omelette
Puree	Fish
Starch	Chips
Vegetables	Green Bean Salad

Food Allergies
Food Allergies

DESSERT

Dessert	Gourmet Ice-cream with Topping
Low Fat/Low Sugar	Diet Ice-cream
Puree	Frozen Vanilla Mousse

DINNER

Soup of the day	Bacon and Corn Chowder
EVENING MAIN MEAL	Cajun Flavoured Chicken Tenders on Rice
Evening Soft Option	Chicken Tender on Mash
Puree	Chicken





WEEK 1 - SATURDAY

BREAKFAST

Continental Breakfast
 Choice of fresh cut fruit, juice cereals, porridge, prunes, toast, jams

LUNCH

Sandwich of the day	Egg and Lettuce	
Salad of the day	Roast Beef and Chutney	
MAIN MEAL	Homemade Lamb Patties with Mint Gravy	Suitable for Soft
ALTERNATIVE MEAL	Chicken Provencale (Tomato and Olives)	
Alternative Soft	Tender Chicken with Gravy	
Puree	Lamb	
Starch	Creamy Mashed Potato	
Vegetables	Pumpkin and Zucchini	

DESSERT

Dessert	Butterscotch Self-saucing Pudding
Low Fat/Low Sugar	Diet Jelly Fruit
Puree	Butterscotch Pudding

DINNER

Soup of the day	Hearty Vegetable
EVENING MAIN MEAL	Macaroni Cheese with Garlic Bread
Evening Soft Option	Macaroni Cheese
Puree	Beef



WEEK 1 - SUNDAY

HOT BREAKFAST

Bacon and Eggs

Choice of fresh cut fruit, juice, cereals, porridge, prunes toast, jams

LUNCH

Sandwich of the Day	Salmon and Spring Onion	
Salad of the Day	Shaved Ham and Swiss Cheese	
MAIN MEAL	Roast Pork with Apple Sauce and Gravy	Suitable for Soft
Puree	Pork	
Starch	Roasted Potato	
Vegetables	Honey Carrots and Beans	

DESSERT

Dessert	Chocolate Meringue Cake
Low Fat/Low Sugar	Chocolate Mousse
Puree	Chocolate Mousse

DINNER

Soup of the day	Cream of Cauliflower
EVENING MAIN MEAL	Crumbed Fish and Chips
Evening Soft Option	Steamed Fish with Soft Vegetables
Puree	Fish