

## Breakfast



### Fruit

Prunes  
Banana  
Grapefruit Segments

### Cereal

Porridge  
Cornflakes  
Weetabix  
Cornflakes  
Rice Crispies

### Dairy

Cold Milk  
Hot Milk  
Yoghurt

### Bread / Toast

White Bread	or	Toast	Butter
Brown Bread	or	Toast	Margarine
Strawberry Jam		Honey	Marmalade

### Breakfast Options

**Monday** - Poached egg on toast

**Tuesday** - Bacon with tin tomato on toast

**Wednesday** - Boiled egg with bread and butter

**Thursday** - Baked beans on toast

**Friday** - Scrambled egg on toast

**Saturday** - Sausage, potato waffle & baked beans

**Sunday** - Bacon and fried egg

## Drinks



### Hot Drink

Tea  
Coffee  
Hot Chocolate  
Hot Milk



### Squash

Orange  
Black Currant

### Fruit Juice

Orange  
Apple  
Cranberry

### Other Drinks

Cold Milk  
Cold Filtered Water

## Morning Refreshments



Selection of Biscuits

## Afternoon Refreshments



Home made cakes

## Deserts and Snacks

Yoghurt, Fresh Fruit (apples, banana's etc.)

Desert of the day (shown on lunch menu)

Ice Cream

**Everything listed in this column is available at any time – please tell a carer what you would like.**

## Supper

### Every Day

Selection of sandwiches

Jacket Potato with choice of

- Beans
- Tuna
- Cheese
- Cottage cheese
- Or chef special



### Supper Options

#### Monday

Welsh rarebit & Tomato Soup

#### Tuesday

Cheese Omelette & Leek and Potato Soup

#### Wednesday

Corned beef hash & Savoury Parsnip Soup

#### Thursday

Tomato Pasta Bake & Roasted Red Pepper Soup

#### Friday

Cauliflower cheese & Vegetable Soup

#### Saturday

Cheese and Onion Quiche & Carrot and Coriander Soup

#### Sunday

Sardines on Toast & Onion Soup

## Special Diets

We cater for all needs such as diabetic, low fat, high or low protein etc.

Any of the options listed can be served as a soft meal or a puree meal.

