

## Sample Weekly Menu at Walmer House

	Lunch	High Tea
<b>Monday</b>	<p><b>Main course:</b> Shepherds' pie, with swede, green beans, carrots and gravy</p> <p><b>Desserts:</b> Apple crumble &amp; custard; tropical fruit salad with ice cream, semolina or yoghurt</p>	<p>Home-made soup or fish fingers &amp; chips or sausage rolls &amp; tomatoes</p> <p>Bread &amp; butter with preserves, and assortment of home-made cakes</p>
<b>Tuesday</b>	<p><b>Main course:</b> Roast pork, with roast potatoes, cauliflower, broccoli, apple sauce, sage &amp; onion stuffing and gravy</p> <p><b>Desserts:</b> Fruit sponge &amp; custard; apple tart &amp; custard; fruit cocktail &amp; ice cream; chocolate roulade</p>	<p>Home-made soup or sardines on toast</p> <p>Toasted tea cakes, bread &amp; butter with preserves, and assortment of home-made cakes</p>
<b>Wednesday</b>	<p><b>Main course:</b> Braising steak, with creamed potatoes, cabbage, swede, mushrooms and gravy</p> <p><b>Desserts:</b> Sponge &amp; custard; strawberry mousse; fruit cocktail &amp; ice cream; bananas &amp; cream</p>	<p>Home-made soup or cheese flan with tomatoes or baked beans on toast</p> <p>Bread &amp; butter with preserves, and assortment of home-made cakes</p>
<b>Thursday</b>	<p><b>Main course:</b> Lamb chops, with roast potatoes, carrots, broccoli, mushrooms, mint sauce and gravy</p> <p><b>Desserts:</b> Rice pudding; 'spotted dick'; fresh fruit salad with ice cream, cream, fruit jelly or yoghurt</p>	<p>Home-made soup or home-made Scotch egg with salad or jacket potato with cheese</p> <p>Toasted tea cakes, bread &amp; butter with preserves, and assortment of home-made cakes</p>
<b>Friday</b>	<p><b>Main course:</b> Fish/scampi &amp; chips or poached fish with creamed potato and peas or salad garnish or omelette</p> <p><b>Desserts:</b> Steamed pudding; rice pudding; egg custard; fresh fruit salad with cream, custard or yoghurt</p>	<p>Home-made soup or cheese on toast or beans on toast</p> <p>Bread &amp; butter with preserves, and assortment of home-made cakes</p>
<b>Saturday</b>	<p><b>Main course:</b> Gammon, egg &amp; chips or potato &amp; parsley sauce, pineapple, tomatoes and peas</p> <p><b>Desserts:</b> Bread &amp; butter pudding; syrup sponge; macaroni pudding; fresh fruit salad with custard, ice cream or cream</p>	<p>Home-made soup or poached egg on toast or spaghetti on toast</p> <p>Toasted tea cakes, bread &amp; butter with preserves, and assortment of home-made cakes</p>
<b>Sunday</b>	<p><b>Main course:</b> Roast beef, chicken, lamb or pork with roast potatoes, creamed potatoes, roast parsnips, cabbage, Yorkshire pudding, sauces and gravy</p> <p><b>Desserts:</b> Peach crumble; rice pudding; trifle; fruit jelly with custard, ice cream, cream or yoghurt</p>	<p>Home-made soup; assorted sandwiches with salad garnish; crisps; cheese &amp; biscuits</p> <p>Gateaux with strawberries &amp; cream, and assortment of home-made cakes</p>