

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

**Breakfast**

Each day there is a choice of tea, coffee and a selection of fruit juices. There is also toast, porridge, marmalade, a selection of cheeses and prunes. Residents can have grilled tomatoes, eggs or grilled mushrooms on request.

**Lunch**

Starter: Mandarin segments  
  
Main: Fairy steak, broad beans and roast or mashed potatoes  
  
Vegetarian main: Vegetable hotpot  
  
Dessert: Jam & coconut cake and Alpro custard

Starter: Orange segments  
  
Main: Lamb Keema curry & rice  
  
Vegetarian main: Soya mince and vegetables with rice  
  
Dessert: Baked apple and Alpro custard

Starter: Melon  
  
Main: Goujons of haddock, mushy peas, chips  
  
Vegetarian main: Mince blintz  
  
Dessert: Gooseberry crumble & custard

Starter: Mandarin  
  
Main: Lemon turkey schnitzel & gravy, spinach, tagliatelle pasta or mashed potato  
Vegetarian main: Butternut squash, chick peas, onions, soya mince & rice  
  
Dessert: Fruit jelly & ice cream

Starter: Orange  
  
Main: Fish fingers, chips  
  
Vegetarian main: Vegetable stir fry noodles  
  
Dessert: Semolina & jam

Starter: Chicken soup  
  
Main: Cold meat, potato salad, mixed salad  
  
Vegetarian main: Tuna salad  
  
Dessert: Fruit compote

Starter: Mandarin  
  
Main: Viennas, mixed vegetable, chips / mashed potatoes  
  
Vegetarian main: Vegetarian Sausages  
  
Dessert: Fruit cocktail & pareve cream

**Supper**

Starter: Mushroom soup  
  
Main: Eggs Florentine, sweet corn, mashed potato  
  
Vegetarian main: Sardine on toast & grilled tomato  
  
Dessert: Fresh fruit / Yoghurt

Starter: Carrot & coriander soup  
  
Main: Vegetable pasta bake  
  
Vegetarian main: Tinned salmon salad  
  
Dessert: Peaches & pareve cream

Starter: Barley soup  
  
Main: Jacket potato, coleslaw, cheese, side salad  
  
Vegetarian main: Beetroot & cream cheese salad  
  
Dessert: Rice pudding / Yoghurt

Starter: Pea soup  
  
Main: Leek, cheese & onion flan / baked beans  
  
Vegetarian main: Roll mop herring salad  
  
Dessert: Fresh fruit

Starter: Chicken soup  
  
Main: Roast beef, brussel sprouts and roast or mashed potatoes  
  
Vegetarian main: Sweet potato, soya mince, onions, red kidney beans & rice  
  
Dessert: Grapes

Starter: Minestrone soup  
  
Main: Assorted sandwiches  
  
Dessert: New York cheese cake & pareve cream

Starter: Lentil soup  
  
Main: Spaghetti in tomato sauce, toast  
  
Vegetarian main: Egg salad  
  
Dessert: Fresh fruit