

Week 3 Menu

Breakfast: The service users have a choice of the following for breakfast on any day of the week.

Cornflakes, Bran flakes, Weetabix, Rice Krispies, shredded wheat, porridge, eggs (cooked in preferred form) cooked breakfast items that available on the day e.g. bacon, sausage etc.

Lunch/ tea: These options below are the main choices for the day however there is alternatives that are always kept in stock as in sausage, burgers, Baked potatoes, Omelettes and salad, meals that have been made up and leftovers saved e.g.: Bolognese, chilli, stew, casseroles etc. these will be suggested to the service user if they do not like the main option for that day

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chilli con carne with rice or on tortillas Hunters chicken Seasonal Veg Apple Strudel & Ice-cream	Cod in Parsley sauce, new potatoes, and green beans. Or Pizza & potato wedges Lemon pudding & custard	Roast Dinner Chicken, Seasonal Veg, Roast Potatoes & Stuffing Or Baked potato Berry Eton Mess	Savoury mince cobbler Seasonal veg. Or Tuna pasta bake Stewed fruit & cream & cream	Breaded Cod, scampi, or burger, Chips, Mushy peas Homemade Cheesecake	Beef goulash or Liver & onions, Mash & seasonal vegetables Cherry pie & custard	Roast Dinner Pork, Seasonal Veg, Roast Potatoes, roasted parsnips. Apple sauce Or Omelette Profiteroles
Tea	Tea	Tea	Tea	Tea	Tea	Tea
Pilchards on toast Chocolate brownie	Stuffed mushrooms Flap jack	Soup of the day & Sandwiches Angel delight	Boiled egg and soldiers Danish pastry	Homemade crustless quiche Jelly & ice cream	Fishcake & beans Fresh fruit Greek yoghurt with a drizzle of honey	Soup of the day & Sandwiches Assorted Cakes

Supper: supper will be offered to all service users and will vary between crumpets, teacakes, cheese and crackers, sandwiches, biscuits and cakes.