

MENU PLAN: Week 1.

There is a separate menu for residents who are vegetarian and those who require a soft diet.

Each day should offer a choice of at least two main dishes and a hot and cold dessert.

DAY	OPTION 1	OPTION 2	OPTION 3:	DESSERT
Monday	Sausages in onion gravy, mashed potato and peas.	Chicken kiev's, mashed potato and baked beans.	Sliced chicken, lettuce, tomato, cucumber, beetroot, pickled onion and coleslaw.	Stewed apples & custard OR Profiteroles.
Tuesday	Fish in parsley sauce, bubble and squeak, mashed carrots and swede.	Chicken supreme, bubble and squeak, mashed carrots and swede.	Tuna mayo, lettuce, tomato, cucumber, beetroot, pickled onion and coleslaw.	Cherry sponge & custard OR Chocolate gateaux.
Wednesday	Shepherd's pie, green beans and cabbage.	Cold turkey, roast potatoes, green beans and cabbage.	Sliced beef, lettuce, tomato, cucumber, beetroot, pickled onion and coleslaw.	Rhubarb crumble and custard OR Strawberries and cream.

Thursday	Chicken and vegetable pie, Mashed potato, cauliflower and broccoli.	Cheese, bacon and potato bake, cauliflower and broccoli.	Sliced ham, lettuce, tomato, cucumber, beetroot, pickled onion and coleslaw.	Creamy rice pudding and jam OR Fruit cocktail and ice cream.
Friday	Battered fish, chips, peas and tartar sauce.	Ham, fried egg, chips and baked beans.	Cheese, lettuce, tomato, cucumber, beetroot, pickled onion and coleslaw.	Bread and butter pudding with custard OR Bannoffe pie with whipped cream.
Saturday	Beef cobbler, new potatoes, diced carrots and cabbage.	Jacket potato filled with tuna and sweetcorn with a side salad.	Boiled egg, lettuce, tomato, cucumber, beetroot, pickled onion and coleslaw.	Peaches and custard OR Artic roll.
Sunday	Roast pork, roast potatoes, sprouts, honey glazed parsnips, Yorkshire pudding and apple sauce.			Coffee cake and custard OR Sherry trifle.