

# WEEK

# Sample Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**Breakfast**



**Breakfast**



**Breakfast**



**Breakfast**



**Breakfast**



**Breakfast**



**Breakfast**



Every day, we have a selection available for breakfast, but if you would like something other than what's below, let us know and our chef can rustle something up for you. We serve:

**Porridge | Bacon Sandwich | Toast | Cereal**

**Lunch**



**Lunch**



**Lunch**



**Lunch**



**Lunch**



**Lunch**



**Lunch**



Cumberland Pie

Chicken, Mushroom & Tarragon Stew

Spaghetti Bolognese

Sweet & Sour Pork

Salmon with Avocado Mask

Chicken Curry with Rice

Roast of the day with all the trimmings

**Or**  
Grilled Smoked Haddock

**Or**  
Poached Salmon  
Hollandaise

**Or**  
Egg Florentine & Salad

**Or**  
Beef Bourguignon

**Or**  
Vegetable Pasta Bake

**Or**  
Vegetarian Option

**Dessert**  
Peach Melba

**Dessert**  
Semi Fredo

**Dessert**  
Raspberry Cobbler

**Dessert**  
Lemon Panna Cotta

**Dessert**  
Bakewell Tart

**Dessert**  
Syrup Sponge with Custard

**Dessert**  
Apple & Blackberry Crumble

If you're not keen on the dessert option for any day, there's also Yoghurt, Ice Cream or Fresh Fruit available.

**Soup**



**Soup**



**Soup**



**Soup**



**Soup**



**Soup**



**Soup**



Fresh Home-Made Soup

Fresh Home-Made Soup

Fresh Home-Made Soup

Fresh Home-Made Soup

Fresh Home-Made Soup

Fresh Home-Made Soup

Fresh Home-Made Soup

**Afternoon Tea**



**Afternoon Tea**



**Afternoon Tea**



**Afternoon Tea**



**Afternoon Tea**



**Afternoon Tea**



**Afternoon Tea**



Cake

Cake

Cake

Cake

Cake

Cake

Cake

**Supper**



**Supper**



**Supper**



**Supper**



**Supper**



**Supper**



**Supper**



Jacket Potato & Filing  
**Or**  
Tuna & Cucumber  
Sandwich

Cauliflower Cheese  
**Or**  
Cheese & Onion

Watercress Scones &  
Smoked Trout  
**Or**  
Chicken Mayo Sandwich

Vegetable Frittata  
**Or**  
Prawn Salad Sandwich

Macaroni Cheese  
**Or**  
Beef & Mustard Sandwich

Mackerel & Potato Salad  
**Or**  
Cheese & Tomato Sandwich

Poached Eggs & Cheese on  
Muffins  
**Or**  
Sardine & Tomato Sandwich

**Dessert**  
Pear & Chocolate

**Dessert**  
Rice Pudding

**Dessert**  
Brownie & Crème Fraiche

**Dessert**  
Jelly & Ice Cream

**Dessert**  
Raspberry Fool

**Dessert**  
Tiramisu

**Dessert**  
Greek Yoghurt with Honey

If you're not keen on the dessert option for any day, there's also Yoghurt, Ice Cream or Fresh Fruit available.

**Snacks**



**Snacks**



**Snacks**



**Snacks**



**Snacks**



**Snacks**



**Snacks**



We have a variety of light bites available during the day, including:

**Cheese & Biscuits | Crisps | Tea & biscuits | Yogurt | Cereal | Toast | Cheese or Beans on Toast | Cup-a-Soup**

We do try and cater to everyone's tastes but if you're not keen on the options available at any given mealtime, please feel free to let us know and we'll cook you something you like. **If you have any allergies or dietary requirements, please let a member of staff know, thank you.**

**SOUTHCARE HOMES GROUP**  
Your Home. Your Care. Your Way.