



# Sample Menu

## Monday

### Breakfast

Served 08:00 - 10:30

Full English Cooked Breakfast  
Porridge (VG)  
Selection of Cereals

### Lunch

Served 12:30 - 13:30

Mushroom Soup (V)  
Tuna Garnish OR Bubble & Squeak  
Lemon Posset

### Dinner

Served 17:30 - 18:30

Gammon & Pineapple (DF)  
OR Cheese & Onion Frittata (V)  
Bread & Butter Pudding OR Jelly & Ice Cream

## Tuesday

### Breakfast

Served 08:00 - 10:30

Full English Cooked Breakfast  
Porridge (VG)  
Selection of Cereals

### Lunch

Served 12:30 - 13:30

Tomato Soup (V)  
Sausage Roll & Spaghetti Hoops  
OR Tuna Pasta Bake  
Mandarin Jelly

### Dinner

Served 17:30 - 18:30

Lamb & Vegetable Hot Pot  
Or Egg, Chips & Beans (DF)  
Banana Split OR Chocolate Cupcake

## Wednesday

### Breakfast

Served 08:00 - 10:30

Full English Cooked Breakfast  
Porridge (VG)  
Selection of Cereals

### Lunch

Served 12:30 - 13:30

Vegetable Soup (VG)  
Potato Cakes & Sauce OR Welsh Rarebit (V)  
Peaches & Cream (V/GF)

### Dinner

Served 17:30 - 18:30

Roast Chicken (GF)  
Savoury Rice (GF/DF)  
Lemon Sponge & Custard  
OR Chocolate Ice Cream

## Thursday

### Breakfast

Served 08:00 - 10:30

Full English Cooked Breakfast  
Porridge (VG)  
Selection of Cereal

### Lunch

Served 12:30 - 13:30

Chicken Soup  
Bacon & Mushroom Rolls  
OR Bacon Potato Cakes  
Arctic Roll

### Dinner

Served 17:30 - 18:30

Lasagne & Chips OR Vegetable Bake (V)  
Apple Crumble & Almond Sauce  
OR Jam Doughnuts

#### Menu Key

V - Vegetarian | GF - Gluten Free | VG - Vegan | DF Dairy Free



# Sample Menu

## Friday

### Breakfast

Served 08:00 - 10:30

Full English Cooked Breakfast  
Porridge (VG)  
Selection of Cereals

### Lunch

Served 12:30 - 13:30

Minestrone Soup (VG)  
Scotch Egg Garnish OR Shepherd's Pie  
Fruit Flan & Cream (GF/V)

### Dinner

Served 17:30 - 18:30

Poached Cod with Cheese Sauce (GF)  
OR Scampi & Chips  
Broccoli Quiche (V)  
Poached Pears (DF) OR Lemon Gateaux

## Saturday

### Breakfast

Served 08:00 - 10:30

Full English Cooked Breakfast  
Porridge (VG)  
Selection of Cereals

### Lunch

Served 12:30 - 13:30

Tomato Soup (V)  
Chicken Mayonnaise Sandwich  
OR Chicken Pot Pie  
Raspberry Cheesecake

### Dinner

Served 17:30 - 18:30

Roast Pork with Apple Sage Gravy  
OR Vegetable Curry & Rice (V)  
Cherry Pie & Custard OR Fruit Meringues

## Sunday

### Breakfast

Served 08:00 - 10:30

Full English Cooked Breakfast  
Porridge (VG)  
Selection of Cereals

### Lunch

Served 12:30 - 13:30

Golden Vegetable Soup (V)  
Prawn Marie Rose Rolls  
OR Leek & Potato Pie (V)  
Sherry Trifle

### Dinner

Served 17:30 - 18:30

Roast Beef & Yorkshire Pudding  
OR Vegetable Casserole (V)  
Fruit Sponge & Custard OR Chocolate Mousse

Mealtimes may vary slightly at your chosen home.