



ROTHERWOOD

HEALTHCARE

SAMPLE MENU

Monday

BREAKFAST - SERVED 08.00 - 10:30

Full English Cooked Breakfast
Porridge
Selection of Cereals

LUNCH - SERVED 12:30 - 13:30

Gammon & Pineapple OR Cheese & Onion Frittata
Bread & Butter Pudding OR Jelly & Ice Cream

DINNER - SERVED 17:30 - 18:30

Mushroom Soup
Tuna Garnish OR Bubble & Squeak
Lemon Posset

Tuesday

BREAKFAST - SERVED 08.00 - 10:30

Full English Cooked Breakfast
Porridge
Selection of Cereals

LUNCH - SERVED 12:30 - 13:30

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

DINNER - SERVED 17:30 - 18:30

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

Wednesday

BREAKFAST - SERVED 08.00 - 10:30

Full English Cooked Breakfast
Porridge
Selection of Cereals

LUNCH - SERVED 12:30 - 13:30

Roast Chicken
Savoury Rice
Lemon Sponge & Custard OR Chocolate Ice Cream

DINNER - SERVED 17:30 - 18:30

Vegetable Soup
Potato Cakes & Sauce OR Welsh Rarebit
Peaches & Cream

Thursday

BREAKFAST - SERVED 08.00 - 10:30

Full English Cooked Breakfast
Porridge
Selection of Cereals

LUNCH - SERVED 12:30 - 13:30

Lasagna & Chips OR Vegetable Bake
Apple Crumble & Almond Sauce OR Jam Doughnuts

DINNER - SERVED 17:30 - 18:30

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



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Friday

BREAKFAST - SERVED 08.00 - 10:30

Full English Cooked Breakfast
Porridge
Selection of Cereals

LUNCH - SERVED 12:30 - 13:30

Poached Cod with Cheese Sauce OR Scampi & Chips
Broccoli Quiche
Poached Pears OR Lemon Gateaux

DINNER - SERVED 17:30 - 18:30

Minestrone Soup
Scotch Egg Garnish OR Shepherd's Pie
Fruit Flan & Cream

Saturday

BREAKFAST - SERVED 08.00 - 10:30

Full English Cooked Breakfast
Porridge
Selection of Cereals

LUNCH - SERVED 12:30 - 13:30

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

DINNER - SERVED 17:30 - 18:30

Tomato Soup
Chicken Mayonnaise Sandwich OR Chicken Pot Pie
Raspberry Cheesecake

Sunday

BREAKFAST - SERVED 08.00 - 10:30

Full English Cooked Breakfast
Porridge
Selection of Cereals

LUNCH - SERVED 12:30 - 13:30

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

DINNER - SERVED 17:30 - 18:30

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