

1 WEEK SIMPLIFIED MENU CYCLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			EARLY MORNING			
Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee
			BREAKFAST			
Cereals Porridge Toast & preserves Grapefruit segments Grilled bacon & tomatoes	Cereals Porridge Toast & preserves Orange segments Scrambled eggs & toast	Cereals Porridge Toast & preserves Prunes Mushrooms on toast	Cereals Porridge Toast & preserves Melon Boiled eggs & toast	Cereals Porridge Toast & preserves Peach slices Grilled bacon & mushrooms	Cereals Porridge Toast & preserves Pineapple Kippers & tomatoes	Cereals Porridge Toast & preserves Fruit salad Cooked breakfast
			MID MORNING			
Tea/Coffee/Squash Fruit Chocolate cookie	Tea/Coffee/Squash Fruit Blueberry muffin	Tea/Coffee/Squash Fruit Shortbread	Tea/Coffee/Squash Fruit Doughnut	Tea/Coffee/Squash Fruit Hot cross bun	Tea/Coffee/Squash Fruit Millionaire shortbread	Tea/Coffee/Squash Fruit Danish assortment
			LUNCH			
FISH DISH	PORK DISH	POULTRY DISH	RED MEAT DISH	FISH DISH	POULTRY DISH	Roast beef & Yorkshire pudding
VEGETARIAN DISH	VEGETARIAN DISH	VEGETARIAN DISH	VEGETARIAN DISH	VEGETARIAN DISH	VEGETARIAN DISH	VEGETARIAN DISH
Rice 2 seasonal vegetables Lemon meringue pie	Chips 2 seasonal vegetables Rice pudding with apricot puree	Mashed potatoes 2 seasonal vegetables Fruit trifle	2 seasonal vegetables Bread & butter pudding	Chips or new potatoes 2 seasonal vegetables Arctic roll and red berries	Mashed potatoes 2 seasonal vegetables Fruit crumble & custard	Roast & mashed potatoes Carrots, swede, peas Raspberry pavlova
			MID AFTERNOON			
Tea/Coffee/Squash Fruit Jam tart	Tea/Coffee/Squash Fruit Flapjack	Tea/Coffee/Squash Fruit Chocolate éclair	Tea/Coffee/Squash Fruit Carrot cake	Tea/Coffee/Squash Fruit Victoria sponge	Tea/Coffee/Squash Fruit Fruit scone	Tea/Coffee/Squash Fruit Crumpet
			EVENING MEAL			
Fruit juice Assorted Sandwiches Soup of the day Poached eggs on toast Various fillings Grilled tomatoes Fruit & jelly	Fruit juice Assorted Sandwiches Soup of the day Jacket potatoes Various fillings Salad Syrup sponge & custard	Fruit juice Assorted Sandwiches Soup of the day Omelette Various fillings Salad Mandarin cheesecake	Fruit juice Assorted Sandwiches Soup of the day Salmon & haddock fish cakes Peaches & cream	Fruit juice Assorted Sandwiches Soup of the day Beans on toast Salad Crème caramel	Fruit juice Assorted Sandwiches Soup of the day Quiche Tomato salad Egg custard tart	Fruit juice Assorted Sandwiches Soup of the day Toasted sandwiches Various fillings Salad Ice cream sundae
			SUPPER			
Tea/Coffee/Squash Yoghurt	Tea/Coffee/Squash scone	Tea/Coffee/Squash Toast	Tea/Coffee/Squash Crumpets	Tea/Coffee/Squash Cheese & crackers	Tea/Coffee/Squash Toasted teacake	Tea/Coffee/Squash Biscuits
			LATE EVENING			
Hot milky drink	Hot milky drink	Hot milky drink	Hot milky drink	Hot milky drink	Hot milky drink	Hot milky drink

DISH TYPE



Pork



Vegetarian



Poultry



Red meat



Fish