

EXAMPLE OF WEEKLY MENU

	Breakfast	Lunch	Tea
Monday	Cereal Porridge Grapefruit, Prunes Fruit Juice Toast and Marmalade Tea or Coffee	Sausage & Mash & Peas Liver & Bacon & Mash Semolina & Jam Fruit & Ice Cream	Scrambled Eggs & Toast or Ham Sandwiches
Tuesday	Cereal etc.,	Beef Stew & Dumplings & Boiled potatoes Sweet & sour Chicken and Rice Stewed Apples & Custard or Trifle	Fish Fingers or Cold Meat & Pickles
Wednesday	Cereal etc.,	Gammon & Pineapple Slice & Potatoes Egg & Cheese Flan, Jacket Potatoes & Peas Peaches & Cream Jam Tarts & Custard	Mixed Sandwiches or Sausage Rolls
Thursday	Cereal etc.,	Shepherds Pie Lasagne Fruit Jelly & Ice Cream Yoghurt	Egg & Cheese Flan or Beans on Toast
Friday	Cereal etc.,	Steamed Fish & Mash Fried Fish & Chips Pears & Cream Mousse	Spaghetti & Cheese & Toast Or Chicken Drumsticks
Saturday	Cereal etc.,	Port Chops & Roast Potatoes, Apple Sauce Steak Pie & Mashed Potatoes Fruit Crumble & Custard Fruit Cocktail	Cheese, Salmon or Egg Salad Or Corned Beef & Tomatoes
Sunday	Fried Egg & Bacon on request & usual breakfast menu	Roast Beef & Roast Potatoes & Lemon Pie Lasagne & Salad Gateaux or Fruit & Ice Cream	Mixed Sandwiches Cake & Bread & Butter

SNACKS/DRINKS available on request especially 10.30 am, 2.30 pm and 7.00 pm