

## One Week Sample Menu - Coppice

	<b>Breakfast</b>	<b>Lunch</b>	<b>Tea</b>	<b>Supper</b>
<b>Monday</b>	Fruit Juice, Choice of cereal, toast	Jacket Potatoes, cheese and beans	Spaghetti bolognaise or corned beef hash and mixed veg	Rice pudding or yogurt
		Prunes		
<b>Tuesday</b>	Fruit Juice, Choice of cereal, toast	Sardines on toast and tomatoes	Take away	Malt loaf or yogurt
		Pears		
<b>Wednesday</b>	Fruit Juice, Choice of cereal, toast	Assorted sandwiches	Chicken stew and dumplings	Angel delight or yogurt
		Oranges		
<b>Thursday</b>	Fruit Juice, Choice of cereal, toast	Cornish pasties, cheese and onion pasties, beans	Smoked ham, green beans, cauliflower, potatoes, peas and white sauce	Toast and yogurt
		Prunes		
<b>Friday</b>	Fruit Juice, Choice of cereal, toast	Bacon, waffles, mushrooms and tomatoes	Fish, potatoes, peas and parsley sauce	Sandwiches and yogurt
<b>Saturday</b>	Fruit Juice, Choice of cereal, toast	Beans on toast	Beef, potatoes, carrots, cabbage and Yorkshire puddings	Mousse or yogurt
		Apples		
<b>Sunday</b>	Fruit Juice, Choice of cereal, toast	Mushrooms and onion omelettes and tomatoes	Sausage croquets, beans	Weetabix and yogurt
		Peaches		

Hot and cold drinks are available throughout the day, service users are also offered mid-morning and afternoon snacks