

One Week Sample Menu - Highfields Care Home

	BREAKFAST	LUNCH	TEA	SUPPER
MONDAY	Cereal and fruit juice or fruit on cereal	Gratin of vegetables	Tuna pate on toasted buttered breadcrumbs	Cereal/toast/cake/ biscuits and milky drink
		Cake	Fruit smoothie	
TUESDAY	Cereal and fruit juice or fruit on cereal	Lemon chicken	Leek, potato and carrot soup	Cereal/toast/cake/ biscuits and milky drink
		Thick yoghurt	Minty Choc mousse	
WEDNESDAY	Cereal and fruit juice or fruit on cereal	Sweet and sour pork and rice (incl min 2 veg with pork)	Jacket potato, cheese and beans	Cereal/toast/cake/ biscuits and milky drink
		fruit and cream	Jam roly poly and custard	
THURSDAY	Cereal and fruit juice or fruit on cereal	Shepherd's pie (lamb mince) with 2 seasonal vegetables	Pasta Napoletana	Cereal/toast/cake/ biscuits and milky drink
		angel delight	Fresh fruit and cream	
FRIDAY	Cereal and fruit juice or fruit on cereal	Fish cakes with 2 green veg	Grilled red pepper filled with egg mayonnaise and parsley	Cereal/toast/cake/ biscuits and milky drink
		cake	Gateaux	
SATURDAY	Sausage, egg and beans	Vegetarian hash potatoes	Szechuan Turkey	Cereal/toast/cake/ biscuits and milky drink
	Strawberry yogurt whizz		Thick yoghurt	
SUNDAY	Cereal and fruit juice or fruit on cereal	Roast beef, Yorkshire pudding, roast potatoes, 2 seasonal veg and gravy	Herb and feta balls with tomato sauce	Cereal/toast/cake/ biscuits and milky drink
		Chocolate bar	Fruit trifle	