

## One Week Sample Menu - Oakside

	<b>Breakfast</b>	<b>Lunch</b>	<b>Tea</b>	<b>Supper</b>
<b>Monday</b>	Fruit Juice, Choice of cereal, toast	Mushrooms and tomatoes on toast	Tuna and broccoli pasta bake	Fruit
		Fresh fruit		
<b>Tuesday</b>	Fruit Juice, Choice of cereal, toast	Scrambled egg on toast	Meatloaf, veg, new potatoes	Fruit loaf
		Fruit		
<b>Wednesday</b>	Fruit Juice, Choice of cereal, toast	Lunch out	Fish pie and veg	Yogurt
			Fruit	
<b>Thursday</b>	Fruit Juice, Choice of cereal, toast	Cheese and onion omelette, baked beans	Chicken, potatoes, veg and gravy	Fruit
		Tinned fruit		
<b>Friday</b>	Fruit Juice, Choice of cereal, toast	Leek and potato soup and bread roll	Sausage and tomato casserole and veg	Yogurt
			Fruit pie and custard	
<b>Saturday</b>	Fruit Juice, Choice of cereal, toast	Take away	Pork pie salad	Crackers with low fat cheese spread
			Fruit pie and custard	
<b>Sunday</b>	Fruit Juice, Choice of cereal, toast	Joint of lamb, potatoes, veg and gravy	Mixed sandwiches	Yogurt
		Fresh fruit	Salad	

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