

One Week Sample Menu - Valley View Care Home

	Breakfast	Lunch	Tea
Monday	Continental	Faggots, creamed potato and mushy peas	Soup with added veg and rolls
		Pureed fruit and sponge pudding	Scones with jam and cream
Tuesday	Continental	Fish and broccoli bake with seasonal vegetables	Sandwiches
		Strawberry gateau	Home made apple pie
Wednesday	Continental	Chicken casserole with seasonal vegetables	Tomato and mushroom omelette and beans
		Peach sponge	Syrup sponge pudding
Thursday	Continental	Lamb lasagne with seasonal vegetables	Soup with added veg and rolls
		Baked egg custard	Fruit meringue
Friday	Continental	Braised lamb's liver and onion gravy with seasonal vegetables	Spaghetti on toast
		Fresh strawberry trifle	Rice pudding
Saturday	Continental	Takeaway	Sandwiches
		Sweet of the day	Sweet of the day
Sunday	Continental	Roast of the week with seasonal vegetables and potatoes	Scotch egg salad
		Sweet of the day	Sweet of the day

Supper is available daily: Yogurt/fruit/crumpets or cereal