

One Week Sample Menu - Woodview Care Home

	Breakfast	Lunch	Tea
Monday	Cereals, fruit juice, porridge	Spaghetti on toast	Fisherman's pie
		Fresh fruit salad	Trifle
Tuesday	Cereals, fruit juice, bacon, tomatoes and mushrooms	Cream of mushroom soup	Spaghetti Bolognese
		Fruit buns	Plum Crumble and custard
Wednesday	Cereals, fruit juice, scrambled egg	Courgette tartlets	Chicken and mushroom pie, vegetables and mashed potatoes
		Shortcake	Angel delight
Thursday	Cereals, fruit juice, porridge	Beans on toast	Chilli con carne and rice
		Apricots in cream	Lemon meringue pie
Friday	Cereals, fruit juice, bacon and tomatoes	Cream of tomato soup and croutons	Blanquette, vegetables and mashed potatoes
		Apple crumble	Cheese cake
Saturday	Cereals, fruit juice and porridge	Salmon tartlets	Chicken curry and rice
		Carrot and raisin salad	Semolina
Sunday	Sweet waffles	Cheese and potato bake	Lamb with lemon and garlic, roast potatoes and vegetables
		Fresh fruit salad	Pear sponge and custard