

ALLENBROOK NURSING HOME

Menu: Week 1

Monday

Breakfast

- Assortment of Cereals/Porridge
- Cooked breakfast
- Toast with jams or Marmalade
- Tea & Coffee

Lunch

- Beef Casserole or Fish Pie
- Creamed Potatoes
- Seasonal Vegetables
- Creamed Rice Pudding

Evening Meal

- Soup ,bread and butter
- Egg on toast
- Sandwiches
- Banana Loaf

Thursday

Breakfast

- Assortment of Cereals
- Porridge
- Cooked breakfast
- Toast with jams or Marmalade
- Tea & Coffee

Lunch

- Meatballs or Quiche
- Creamed/new potatoes
- Seasonal Vegetables
- Strawberry Cheesecake

Evening Meal

- Soup, bread and butter
- Toasties
- Sandwiches
- Scones with jam and cream

Sunday

Breakfast

- Assortment of Cereals
- Porridge
- Cooked breakfast
- Toast with jams or Marmalade
- Tea & Coffee

Lunch

- Roast Turkey or Savoury Cheese Slice
- Roast/Mashed Potatoes
- Stuffing
- Seasonal Vegetables
- Apple Strudel/custard

Evening Meal

- Soup, bread and butter
- Meat/cheese salad
- Sandwiches
- Fresh Cream Trifle

Tuesday

Breakfast

- Assortment of Cereals
- Porridge
- Cooked breakfast
- Toast with jams or Marmalade
- Tea & Coffee

Lunch

- Liver with Onions or Sausages
- Cheesy Mash
- Seasonal Vegetables
- Fruit Crumble/Custard

Evening Meal

- Soup ,bread and butter
- Spaghetti on toast
- Sandwiches
- Crème Caramel

Friday

Breakfast

- Assortment of Cereals
- Porridge
- Cooked breakfast
- Toast with jams or Marmalade
- Tea & Coffee

Lunch

- Fish in Parsley Sauce or Gammon
- Chips/Mash
- Seasonal Vegetables
- Fruit pie/custard

Evening Meal

- Soup ,bread and butter
- Spanish Omelette
- Sandwiches
- Scones with jam and cream

Mid-morning Coffee Time

Breakfast

- Coffee/tea or hot chocolate

Lunch

- Biscuits' or fruit

Evening Meal

- Hot or cold drinks
- Snacks or sandwiches

Wednesday

Breakfast

- Assortment of Cereals
- Porridge
- Cooked breakfast
- Toast with jams or Marmalade
- Tea & Coffee

Lunch

- Roast Pork or Cauliflower Cheese
- Seasonal Vegetables
- Roast Potatoes
- Lemon Sponge Custard/Cream

Evening Meal

- Soup ,bread and butter
- Pork pie and pickles
- Sandwiches
- Fruit fool

Saturday

Breakfast

- Assortment of Cereals
- Porridge
- Cooked breakfast
- Toast with jams or Marmalade
- Tea & Coffee

Lunch

- Chicken Pie or Vegetable Pasta
- Creamed Potatoes
- Seasonal Vegetables
- Queen of Puddings/Cream

Evening Meal

- Soup ,bread and butter
- Welsh rarebit
- Sandwiches
- Yogurt or fresh fruit

Afternoon tea

Breakfast

- Coffee/tea or hot chocolate

Lunch

- Assortment of cakes and fresh fruit

Evening Meal

- N/A

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ALLENBROOK NURSING HOME

Menu: Week 2

Monday

Breakfast

- Assortment of Cereals/Porridge
- Cooked breakfast
- Toast with jams or Marmalade
- Tea & Coffee

Lunch

- Shepherd's pie or Cheese and potato pie
- Creamed Potatoes
- Seasonal Vegetables
- Jam and coconut sponge Custard/ Cream

Evening Meal

- Soup ,bread and butter
- Chicken Goujons and pickles
- Sandwiches
- Fresh Fruit Salad

Thursday

Breakfast

- Assortment of Cereals
- Porridge
- Cooked breakfast
- Toast with jams or Marmalade
- Tea & Coffee

Lunch

- Toad in the Hole or Vegetable Lasagne
- Mashed Potatoes
- Seasonal Vegetables
- Fruit Crumble/Custard

Evening Meal

- Soup, bread and butter
- Beans on Toast
- Sandwiches
- Mixed fruit in Jelly/Ice cream

Sunday

Breakfast

- Assortment of Cereals
- Porridge
- Cooked breakfast
- Toast with jams or Marmalade
- Tea & Coffee

Lunch

- Roast Beef or Roman Pie
- Roast/Mashed Potatoes
- Yorkshire Pudding
- Seasonal Vegetables
- Treacle tart /Custard

Evening Meal

- Soup, bread and butter
- Meat/cheese salad
- Hot Sausage Rolls
- Sandwiches
- Eclairs/Cream

Tuesday

Breakfast

- Assortment of Cereals
- Porridge
- Cooked breakfast
- Toast with jams or Marmalade
- Tea & Coffee

Lunch

- Roast Chicken or Vegetable Grills
- Creamed mash
- Seasonal Vegetables
- Semolina and jam

Evening Meal

- Soup ,bread and butter
- Scrambled eggs on toast
- Sandwiches
- Fruit flan

Friday

Breakfast

- Assortment of Cereals
- Porridge
- Cooked breakfast
- Toast with jams or Marmalade
- Tea & Coffee

Lunch

- Fish in Bread crumbs or Cottage Pie
- Chips/Mash
- Seasonal Vegetables
- Bread and Butter Pudding

Evening Meal

- Soup ,bread and butter
- Bacon and Tomatoes
- Sandwiches
- Arctic roll/ cream

Mid-morning Coffee Time

Breakfast

- Coffee/tea or hot chocolate

Lunch

- Biscuits' or fruit

Evening Meal

- Hot or cold drinks
- Snacks or sandwiches

Wednesday

Breakfast

- Assortment of Cereals
- Porridge
- Cooked breakfast
- Toast with jams or Marmalade
- Tea & Coffee

Lunch

- Steak and Kidney pie or Quiche Lorraine
- New potatoes/ Creamed
- Seasonal vegetables or Salad
- Jam Sponge Custard/cream

Evening Meal

- Soup ,bread and butter
- Broccoli Bake
- Sandwiches
- Cheese cake and cream

Saturday

Breakfast

- Assortment of Cereals
- Porridge
- Cooked breakfast
- Toast with jams or Marmalade
- Tea & Coffee

Lunch

- Pork Casserole or Vegetable Bake
- Creamed Potatoes
- Seasonal Vegetables
- Chocolate Roll and Chocolate Sauce

Evening Meal

- Soup ,bread and butter
- Jacket Potatoes + cheese/beans
- Sandwiches
- Blancmange

Afternoon tea

Breakfast

- Coffee/tea or hot chocolate

Lunch

- Assortment of cakes and fresh fruit

Evening Meal

- N/A

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ALLENBROOK NURSING HOME

Menu: Week 3

Monday

Breakfast

- Assortment of Cereals/Porridge
- Cooked breakfast
- Toast with jams or Marmalade
- Tea & Coffee

Lunch

- Gammon or Chees/Onion Bake
- Creamed Potatoes
- Seasonal Vegetables
- Banana Custard

Evening Meal

- Soup ,bread and butter
- Beef Burger and Chips
- Sandwiches
- Mouse

Tuesday

Breakfast

- Assortment of Cereals
- Porridge
- Cooked breakfast
- Toast with jams or Marmalade
- Tea & Coffee

Lunch

- Beef Lasagne or Fish Cakes
- Creamed mash
- Seasonal Vegetables
- Apricot Upside Down Cake Custard

Evening Meal

- Soup ,bread and butter
- Cheese Omelette
- Sandwiches
- Bakewell Tart

Wednesday

Breakfast

- Assortment of Cereals
- Porridge
- Cooked breakfast
- Toast with jams or Marmalade
- Tea & Coffee

Lunch

- Chicken Casserole or Pizza
- Chips/Creamed
- Seasonal vegetables or Salad
- Tapioca

Evening Meal

- Soup ,bread and butter
- Baked Beans on Toast
- Sandwiches
- Cheese cake and cream

Thursday

Breakfast

- Assortment of Cereals
- Porridge
- Cooked breakfast
- Toast with jams or Marmalade
- Tea & Coffee

Lunch

- Beef Hot Pot or Cheesy Jacket Potato
- Mashed Potatoes
- Seasonal Vegetables
- Fruit Compote

Evening Meal

- Soup, bread and butter
- Mini Pasties
- Sandwiches
- Mixed Cakes

Friday

Breakfast

- Assortment of Cereals
- Porridge
- Cooked breakfast
- Toast with jams or Marmalade
- Tea & Coffee

Lunch

- White Fish and Parsley Sauce or Chicken Chasseur
- Chips/Mash
- Seasonal Vegetables
- Gateaux and Cream

Evening Meal

- Soup ,bread and butter
- Creamed Mushrooms
- Sandwiches
- Banana and Honey Muffins

Saturday

Breakfast

- Assortment of Cereals
- Porridge
- Cooked breakfast
- Toast with jams or Marmalade
- Tea & Coffee

Lunch

- Faggots or Veggie Burgers
- Creamed Potatoes
- Seasonal Vegetables
- Lemon Meringue Pie

Evening Meal

- Soup ,bread and butter
- Tomato and Basil Pasta
- Sandwiches
- Raspberry and Coconut Slice

Sunday

Breakfast

- Assortment of Cereals
- Porridge
- Cooked breakfast
- Toast with jams or Marmalade
- Tea & Coffee

Lunch

- Roast Pork or Cauliflower Cheese
- Roast/Mashed Potatoes
- Apple Sauce
- Seasonal Vegetables
- Rhubarb Crumble/Custard

Evening Meal

- Soup, bread and butter
- Buffet Tea
- Hot Sausage Rolls
- Sandwiches
- Tiramisu

Mid-morning Coffee Time

Breakfast

- Coffee/tea or hot chocolate

Lunch

- Biscuits' or fruit

Evening Meal

- Hot or cold drinks
- Snacks or sandwiches

Afternoon tea

Breakfast

- Coffee/tea or hot chocolate

Lunch

- Assortment of cakes and fresh fruit

Evening Meal

- N/A

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ALLENBROOK NURSING HOME

Menu: Week 4

Monday

Breakfast

- Assortment of Cereals/Porridge
- Cooked breakfast
- Toast with jams or Marmalade
- Tea & Coffee

Lunch

- Savoury Mince/Dumplings or fish and white sauce
- Creamed Potatoes
- Seasonal Vegetables
- Jam Tart/Custard

Evening Meal

- Soup ,bread and butter
- Tomatoes on Toast
- Sandwiches
- Fruit Turnovers

Thursday

Breakfast

- Assortment of Cereals
- Porridge
- Cooked breakfast
- Toast with jams or Marmalade
- Tea & Coffee

Lunch

- Chicken in White Wine Sauce or Cheese Pasties
- Mashed Potatoes
- Seasonal Vegetables/Salad
- Amish Shoo-Fly Cake

Evening Meal

- Soup, bread and butter
- Savoury Scones
- Sandwiches
- Fresh Fruit Salad/Cream

Sunday

Breakfast

- Assortment of Cereals
- Porridge
- Cooked breakfast
- Toast with jams or Marmalade
- Tea & Coffee

Lunch

- Roast Chicken
- Roast/Mashed Potatoes
- Stuffing
- Seasonal Vegetables
- Bread Pudding/Custard

Evening Meal

- Soup, bread and butter
- Buffet Tea
- Hot Sausage Rolls
- Sandwiches
- Syllabub

Tuesday

Breakfast

- Assortment of Cereals
- Porridge
- Cooked breakfast
- Toast with jams or Marmalade
- Tea & Coffee

Lunch

- Brisket of Beef or Scampi
- Creamed mash
- Seasonal Vegetables
- Cherry Flan/Custard

Evening Meal

- Soup ,bread and butter
- Cheesy Chips
- Sandwiches
- Meringues/Cream

Friday

Breakfast

- Assortment of Cereals
- Porridge
- Cooked breakfast
- Toast with jams or Marmalade
- Tea & Coffee

Lunch

- Battered Fish or Faggots
- Chips/Mash
- Seasonal Vegetables
- Spotted Cake/Custard

Evening Meal

- Soup ,bread and butter
- Pepperonata Eggs
- Sandwiches
- Orange Drizzle Cake

Mid-morning Coffee Time

Breakfast

- Coffee/tea or hot chocolate

Lunch

- Biscuits' or fruit

Evening Meal

- Hot or cold drinks
- Snacks or sandwiches

Wednesday

Breakfast

- Assortment of Cereals
- Porridge
- Cooked breakfast
- Toast with jams or Marmalade
- Tea & Coffee

Lunch

- Gammon/Three Bean Casserole
- Chips/Creamed
- Seasonal vegetables or Salad
- Ice Cream and fruit

Evening Meal

- Soup ,bread and butter
- Quiche Salad
- Sandwiches
- Welsh Cakes

Saturday

Breakfast

- Assortment of Cereals
- Porridge
- Cooked breakfast
- Toast with jams or Marmalade
- Tea & Coffee

Lunch

- Pork Chops or Gloucester Pie
- Creamed Potatoes
- Seasonal Vegetables
- Sweet Trolley

Evening Meal

- Soup ,bread and butter
- Pilchards on Toast
- Sandwiches
- Sweet Pancakes

Afternoon tea

Breakfast

- Coffee/tea or hot chocolate

Lunch

- Assortment of cakes and fresh fruit

Evening Meal

- N/A

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