

# ALLENBROOK NURSING HOME

## Monday

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### Breakfast

- Fruit Juice
- Prunes
- Cereal
- Toast & Preserves
- Tea & Coffee

### Lunch

- Gammon with Parsley Sauce
- Cottage Pie
- Vegetarian Option
- Selection of Vegetables
- Raspberry Meringue Roulade with Cream

### Evening Meal

- Macaroni Cheese
- Leek and Potato Soup
- Sandwiches
- Prune and Apricot Flapjacks
- Ice Cream

## Thursday

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### Breakfast

- Fruit Juice
- Cereals
- Toast & Preserves
- Tea & Coffee

### Lunch

- Steak & Kidney Pie
- Turkey, Potatoes and a selection of vegetables
- Vegetarian Option
- Fruit Crumble and Custard

### Evening Meal

- Tomato & Basil Pasta Bake with Garlic Bread
- Soup
- Sandwiches
- Banana Cake or Ice Cream

## Sunday

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### Breakfast

- Fruit Juice
- Cereals
- Toast & Preserves
- Poached Egg
- Tea & Coffee

### Lunch

- Roast Turkey & Stuffing
- Vegetarian Option
- Selection of Vegetables
- Tiramisu

### Evening Meal

- Buffet
- Soup
- Sandwiches
- Fairy Cakes

## Tuesday

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### Breakfast

- Fruit Juice
- Cereal
- Porridge
- Toast & Preserves
- Tea & Coffee

### Lunch

- Beef Casserole
- Cod in Tomato Sauce
- Vegetarian Option
- Selection of Vegetables
- Mandarin Cheesecake

### Evening Meal

- Jacket Potato with Tuna & Cheese
- Scotch Broth Soup
- Artie Roll

## Friday

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### Breakfast

- Fruit Juice
- Cereal
- Porridge
- Baked Beans on Toast
- Toast & Preserves
- Tea & Coffee

### Lunch

- Fish, Chips & Mushy Peas
- Vegetarian Option
- Rice Pudding

### Evening Meal

- Cauliflower Cheese
- Bacon and Onion Soup
- Sandwiches
- Fresh Fruit Salad and Yoghurt

## Wednesday

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### Breakfast

- Fruit Juice
- Cereal
- Apricot Soaked in Orange Juice
- Toast & Preserves
- Tea & Coffee

### Lunch

- Roast Chicken & Stuffing, Roast Potatoes, Boiled Potatoes & selection of Vegetables
- Vegetarian Option
- Eves Pudding & Custard

### Evening Meal

- Haddock & Spring Onion Fishcakes
- Spaghetti Hoops
- Soup
- Sandwiches
- Fruit Flan & Yoghurt
- Chocolate Mousse

## Saturday

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### Breakfast

- Fruit Juice
- Cereals
- Toast & Preserves
- Tea & Coffee

### Lunch

- Braised Steak
- Sweet & Sour Pork with Rice
- Vegetarian Option
- Selection of Vegetables
- Jam Sponge & Custard

### Evening Meal

- Cheesy Beans on Toast
- Golden Vegetable Soup
- Sandwiches
- Pears with Chocolate Custard

We aim to provide our residents with a varied, tempting and well-balanced diet. Our catering staff are pleased to accommodate individual requests and requirements. We serve three main meals each day as well as morning and afternoon drinks and a light supper, but residents are free to eat at a time of their choosing. Visitors are invited to view our kitchens and sample the food available to our residents.

In addition, we serve early-morning tea or coffee (prior to breakfast), mid-morning tea and coffee and afternoon tea or coffee with cakes or biscuits. We also offer a light supper of tea, coffee drinking chocolate, Horlicks and Ovaltine with biscuits and assorted sandwiches.