

# ALLENBROOK NURSING HOME

Menu Week 1	<u>Breakfast</u>	<u>Lunch</u>	<u>Lunch Dessert</u>	<u>Evening Meal</u>
Monday	Cereals Porridge Cooked Breakfast Toast Jam or Marmalade Tea or Coffee	Roast Chicken Breast Or Sausage & Bean Casserole	Selection from the Dessert trolley	Homemade Soup Selection of Sandwiches  Scrambled Egg on Toast  Selection from the Dessert trolley
Tuesday	Cereals Porridge Cooked Breakfast Toast Jam or Marmalade Tea or Coffee	Braised Steak Or Hot Sausage Roll	Selection from the Dessert trolley	Homemade Soup Selection of Sandwiches  Fish Fingers & Baked Beans  Selection from the Dessert trolley
Wednesday	Cereals Porridge Cooked Breakfast Toast Jam or Marmalade Tea or Coffee	Sheppard's Pie Or Bacon & Egg Tomato	Selection from the Dessert trolley	Soup Selection of Sandwiches  Spaghetti on Toast  Selection from the Dessert trolley
Thursday	Cereals Porridge Cooked Breakfast Toast Jam or Marmalade Tea or Coffee	Beef Casserole & Dumplings Or Spanish omelette & salad	Selection from the Dessert trolley	Soup Selection of Sandwiches  Cheese & Potato Pie with beans  Selection from the Dessert trolley
Friday	Cereals Porridge Cooked Breakfast Toast Jam or Marmalade Tea or Coffee	Cod in Batter Soft fish Or Braised Faggotts in gravy	Selection from the Dessert trolley	Soup Selection of Sandwiches  Marmalade or Jam on toast  Selection from the Dessert trolley

Saturday	Cereals Porridge Cooked Breakfast Toast Jam or Marmalade Tea or Coffee	Minced beef & Onion Pie Or Jacket Potatoes Cheese Baked Beans	Selection from the Dessert trolley	Soup Selection of Sandwiches  Egg & Chips  Selection from the Dessert trolley
Sunday	Cereals Porridge Cooked Breakfast Toast Jam or Marmalade Tea or Coffee	Roast Beef & Yorkshire pudding Sunday lunch	Selection from the Dessert trolley	Soup Selection of Sandwiches  Buffet style tea  Selection from the Dessert trolley
<p>Mid morning everyday: Tea, Coffee, Hot Chocolate Biscuits or Fruit A selection of cold drinks, fruit juices &amp; water are available throughout the day</p>		<p>Afternoon Tea everyday: Tea, Coffee, Biscuits or Fruit An assortment of Cakes</p>		
<p>Supper Hot or Cold Drinks Snacks or Sandwiches</p>				
<p>All main Lunch menus are served with chef's choice of seasonal vegetables or salads</p> <p>Menus are subject to change</p>				

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Menu Week 2	<u>Breakfast</u>	<u>Lunch</u>	<u>Lunch Dessert</u>	<u>Evening Meal</u>
Monday	Cereals Porridge Cooked Breakfast Toast Jam or Marmalade Tea or Coffee	Stuffed Chicken thighs Or  Broccoli & Cauliflower Gratin	Selection from the Dessert trolley	Homemade Soup Selection of Sandwiches  Sausage & Chips  Selection from the Dessert trolley
Tuesday	Cereals Porridge Cooked Breakfast Toast Jam or Marmalade Tea or Coffee	Liver Onions & Bacon Gravy Or  Cheese & Onions Quiche	Selection from the Dessert trolley	Homemade Soup Selection of Sandwiches  Beans on Toast  Selection from the Dessert trolley
Wednesday	Cereals Porridge Cooked Breakfast Toast Jam or Marmalade Tea or Coffee	Pork Hot-Pot Or  Chicken Curry & Rice	Selection from the Dessert trolley	Soup Selection of Sandwiches  Jacket potato Cheese  Selection from the Dessert trolley
Thursday	Cereals Porridge Cooked Breakfast Toast Jam or Marmalade Tea or Coffee	Roast Brisket of Beef Or  Jacket Potato Tuna Cheese Salad	Selection from the Dessert trolley	Soup Selection of Sandwiches  Bacon Roll  Selection from the Dessert trolley
Friday	Cereals Porridge Cooked Breakfast Toast Jam or Marmalade Tea or Coffee	Fish Fingers (Soft Fish) Or  Sausage & Egg	Selection from the Dessert trolley	Soup Selection of Sandwiches  Cheese Toasties  Selection from the Dessert trolley

Saturday	Cereals Porridge Cooked Breakfast Toast Jam or Marmalade Tea or Coffee	Chicken & Mushroom Pie Or  Ravioli Gratin	Selection from the Dessert trolley	Soup Selection of Sandwiches  Egg & Chips  Selection from the Dessert trolley
Sunday	Cereals Porridge Cooked Breakfast Toast Jam or Marmalade Tea or Coffee	Roast Turkey Dinner Sunday Lunch	Selection from the Dessert trolley	Soup Selection of Sandwiches  Buffet style tea  Selection from the Dessert trolley

Mid morning everyday:  
Tea, Coffee, Hot Chocolate  
Biscuits or Fruit  
A selection of cold drinks, fruit juices & water are  
available throughout the day

Afternoon Tea everyday:  
Tea, Coffee, Biscuits or Fruit  
An assortment of Cakes

Supper  
Hot or Cold Drinks  
Snacks or Sandwiches

All main Lunch menus are served with chef's choice of seasonal vegetables or salads

Menus are subject to change

## ALLENBROOK NURSING HOME

Menu Week 3	<u>Breakfast</u>	<u>Lunch</u>	<u>Lunch Dessert</u>	<u>Evening Meal</u>
Monday	Cereals Porridge Cooked Breakfast Toast Jam or Marmalade Tea or Coffee	Beef Olives Or Smoked Haddock	Selection from the Dessert trolley	Homemade Soup Selection of Sandwiches  Scrambled Egg on Toast  Selection from the Dessert trolley
Tuesday	Cereals Porridge Cooked Breakfast Toast Jam or Marmalade Tea or Coffee	Roast Gammon Or Cheese & Onion Quiche	Selection from the Dessert trolley	Homemade Soup Selection of Sandwiches  Sausage roll & Baked Beans  Selection from the Dessert trolley
Wednesday	Cereals Porridge Cooked Breakfast Toast Jam or Marmalade Tea or Coffee	Chicken Chasseur Or Creamy Tomato Pasta bake	Selection from the Dessert trolley	Soup Selection of Sandwiches  Fish fingers & Chips  Selection from the Dessert trolley
Thursday	Cereals Porridge Cooked Breakfast Toast Jam or Marmalade Tea or Coffee	Pork Chop & Apple Sauce Or Macaroni Cheese	Selection from the Dessert trolley	Soup Selection of Sandwiches  Spaghetti on Toast  Selection from the Dessert trolley
Friday	Cereals Porridge Cooked Breakfast Toast Jam or Marmalade Tea or Coffee	Scampi (Soft Fish) Or Corned Beef Pasties	Selection from the Dessert trolley	Soup Selection of Sandwiches  Sausage Sandwiches  Selection from the Dessert trolley

Saturday	Cereals Porridge Cooked Breakfast Toast Jam or Marmalade Tea or Coffee	Mixed Grill  Or  Cauliflower Cheese	Selection from the Dessert trolley	Soup Selection of Sandwiches  Poached Egg on Toast  Selection from the Dessert trolley
Sunday	Cereals Porridge Cooked Breakfast Toast Jam or Marmalade Tea or Coffee	Roast Lamb Mint Sauce	Selection from the Dessert trolley	Soup Selection of Sandwiches  Buffet style tea  Selection from the Dessert trolley
<p>Mid morning everyday: Tea, Coffee, Hot Chocolate Biscuits or Fruit A selection of cold drinks, fruit juices &amp; water are available throughout the day</p>		<p>Afternoon Tea everyday: Tea, Coffee, Biscuits or Fruit An assortment of Cakes</p>		
<p>Supper Hot or Cold Drinks Snacks or Sandwiches</p>				
<p>All main Lunch menus are served with chef's choice of seasonal vegetables or salads</p> <p>Menus are subject to change</p>				

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Menu Week 4	<u>Breakfast</u>	<u>Lunch</u>	<u>Lunch Dessert</u>	<u>Evening Meal</u>
Monday	Cereals Porridge Cooked Breakfast Toast Jam or Marmalade Tea or Coffee	Farm House Chicken Or Homemade Leek & Ham Pie	Selection from the Dessert trolley	Homemade Soup Selection of Sandwiches  Jacket Potato with Cheese or & Beans  Selection from the Dessert trolley
Tuesday	Cereals Porridge Cooked Breakfast Toast Jam or Marmalade Tea or Coffee	Homemade Minted Lamb Burgers Or Spaghetti Bolognaise	Selection from the Dessert trolley	Homemade Soup Selection of Sandwiches  Sausage & Chips  Selection from the Dessert trolley
Wednesday	Cereals Porridge Cooked Breakfast Toast Jam or Marmalade Tea or Coffee	Gammon Steak Or Sweet & Sour Chicken	Selection from the Dessert trolley	Soup Selection of Sandwiches  Beans on Toast  Selection from the Dessert trolley
Thursday	Cereals Porridge Cooked Breakfast Toast Jam or Marmalade Tea or Coffee	Roast Chicken Or Jacket Potatoes Beans Cheese Tuna	Selection from the Dessert trolley	Soup Selection of Sandwiches  Bacon Sandwiches  Selection from the Dessert trolley
Friday	Cereals Porridge Cooked Breakfast Toast Jam or Marmalade Tea or Coffee	Sausage & Egg Or  Homemade Fish Cakes	Selection from the Dessert trolley	Soup Selection of Sandwiches  Scrambled Egg on Toast  Selection from the Dessert trolley

Saturday	Cereals Porridge Cooked Breakfast Toast Jam or Marmalade Tea or Coffee	Lancashire Hot Pot Or  Beef Burger Soft bap Salad	Selection from the Dessert trolley	Soup Selection of Sandwiches  Cheese Toasties  Selection from the Dessert trolley
Sunday	Cereals Porridge Cooked Breakfast Toast Jam or Marmalade Tea or Coffee	Roast Pork Apple Sauce	Selection from the Dessert trolley	Soup Selection of Sandwiches  Buffet style tea  Selection from the Dessert trolley
<p>Mid morning everyday: Tea, Coffee, Hot Chocolate Biscuits or Fruit A selection of cold drinks, fruit juices &amp; water are available throughout the day</p>		<p>Afternoon Tea everyday: Tea, Coffee, Biscuits or Fruit An assortment of Cakes</p>		
<p>Supper Hot or Cold Drinks Snacks or Sandwiches</p>				
<p>All main Lunch menus are served with chef's choice of seasonal vegetables or salads</p> <p>Menus are subject to change</p>				