

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	Toast	Toast	Toast	Toast	Toast	Toast	Toast
	Cereals	Cereals	Cereals	Cereals	Cereals	Cereals	Cereals
	Cooked Breakfast	Cooked Breakfast	Cooked Breakfast	Cooked Breakfast	Cooked Breakfast	Cooked Breakfast	Cooked Breakfast
	Tea & Coffee	Tea & Coffee	Tea & Coffee	Tea & Coffee	Tea & Coffee	Tea & Coffee	Tea & Coffee
	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
	Milk Shake	Milk Shake	Milk Shake	Milk Shake	Milk Shake	Milk Shake	Milk Shake
LUNCH	Beef Stew	Salmon with New Potatoes	Honey Roasted Gammon Roast Potatoes	Liver & Bacon Creamy Mash	Battered Fish Chips	Toad in the Hole Mash Potatoes	Roast Chicken Roasted Potatoes
	Creamy Mash Potato	Fresh Vegetables	Mixed Vegetables	Fresh Vegetable	Peas or Beans	Fresh Vegetables	Fresh Vegetables
	Or						
	Boiled Potatoes						
<p><b>VEGETARIAN OPTIONS AVAILABLE</b>  <i>Jacket Potato's, Salads and Omelettes available daily with various fillings.            Yoghurts and ice cream also available.</i></p>							
DESSERTS	Pavlova	Fresh Fruit & Ice Cream	Cheese Cake & Cream	Trifle	Apple Pie & Custard	Fruit Flan & Cream	Fresh Fruit Jelly & Ice Cream
SUPPER	Homemade Soup	Homemade Soup	Homemade Soup	Homemade Soup	Homemade Soup	Homemade Soup	Homemade Soup
	Crumpets	Potato Pie	Prawn Cocktail	Sausage Rolls	Omelette & Salad	Beef Burgers & Onions	Salmon & Cucumber Sandwiches
	Fresh Sandwiches	Fresh Sandwiches	Fresh Sandwiches	Fresh Sandwiches	Fresh Sandwiches		

	Homemade Cup Cakes	Fresh Fruit & Cream	Toasted Tea Cakes	Angel Delight	Marble Cake	Fruit & Ice Cream	Homemade Jam Tarts
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FRUIT AND SNACKS AVAILABLE ON REQUEST