

SAMPLE MENU

BREAKFAST

Choice of cereals or porridge
Fruit juice
Prunes or grapefruit
Scrambled eggs on toast
Toast and marmalade/strawberry preserve
Tea & coffee



LUNCH

Chicken soup
Steak & kidney pie
Creamed or boiled potatoes
Cabbage, carrots, swede
Choice of salads
Rice pudding / Seasonal fruit / Ice cream



TEA

Homemade quiche with coleslaw & potato salad
Choice of sandwiches
Doughnuts or assorted cakes or yoghurt
Tea & coffee

