

Residence with Meals: Example Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cereal, Toast, Yoghurt, Tea & Coffee Available Everyday						
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Chipolata sausage Fried potato Poached Egg Plum Tomatoes Baked Beans	Continental Breakfast Ham Cheese Jam Boiled Egg	Bacon Poached Egg Fried Bread Mushrooms	Vegetarian Sausage Boiled Egg Potato Waffle Spaghetti Rings	Beef Sausage Fried Egg Grilled Tomato English Muffin	Boiled Ham Boiled Egg Cheese	Welsh Rarebit -- Grilled Tomato Boiled Egg
Homemade Bread & Soup and a Selection of Seasonal Vegetables and Fresh Salad Available Everyday						
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
					Shepherd's Pie or Breaded Fish Cakes or ✓ Macaroni Cheese -- Spicy Diced Potato -- Mixed Salad -- Fresh Melon	Roast Pork & Apple Sauce or Beef Curry and Rice or ✓ Tomato Quiche Roast Potatoes Crispy Cabbage Baton Carrots -- Eves Pudding with Custard
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Italian chicken or Braised Beef and Carrots or ✓ Vegetable lasagne -- Garlic and Herb Mashed Potato -- Baby Potatos Cherry Pie and Custard	Battered Cod or Piri Piri Chicken or ✓ Vegetable Pasta and French Fries -- Olive Oil Mashed Potato -- Lemon Curd Sponge and Custard	Cornish Pasty Mince and Onion Pie or Minced Beef Lasagne or ✓ Veggie Shepherd's Pie -- French Fries or Mixed Salad Baked Beans -- Fresh Fruit Platter	Barbequed Spare ribs or Chicken in mustard sauce Or ✓ Vegetable tagine -- Couscous or Pasta Cabbage -- Apple and Nut Crunch Cream	Lamb Bolognaise or Pasta or ✓ Chick Pea & Vegetable Curry with Naan Bread -- Pilau Rice -- Chocolate Brownies	Thai Chicken & Lime Coconut Curry or Lamb curry or ✓ Spicy Thai Vegetables -- Noodles -- Apple Crumble with Fresh Whipped Cream	PIZZA AND PASTA NIGHT Choose from 3 Types of Pizza ✓ 3 Kinds of Pasta 3 Different Pasta Sauces Garlic Bread -- Salad Bar -- Fruit Jelly