

Sample Daily Menu – Monday

Breakfast

Choice of cereals, mandarin, grapefruit, banana, prunes or porridge
Scrambled, poached or fried eggs
Brown or white toast & a selection of preserves
Tea, coffee and a selection of fruit juices

Mid-morning tea/coffee

Selection of biscuits

Lunch

Soup of the day

Chicken with stuffing

or

Minute steak with honey mustard sauce

served with

Cabbage, potatoes & garden peas

Chocolate sponge with custard / ice cream

Afternoon tea

Selection of cakes or biscuits

Supper

Choice of omelette or sandwiches

Fresh fruit with cream