

7.30-9am Breakfast

Cereal: Corn Flakes, Rice Crispies, Weetabix, Muesli
Porridge, Fresh Fruit
Toasts/ Homemade Brown Bread
Selection of Jams & Marmalade
Fruit Juice/ Tea/ Coffee
Yogurt or Actimel Drink

10.30-11.00am Mid Morning Snack

Soup: Carrot & Coriander
Tea/ Coffee/ Fresh Fruit & Juice
Biscuits

12.00 & 12.30pm Lunch

Roast Rib of Beef with Horseradish Sauce
Buttered Parsnip & Leeks
Creamed Potatoes

Dessert: Lemon Meringue Pie & Fresh Cream
Tea/ Coffee

2pm Afternoon Snack

Choice of Fresh Fruit & Juice
Tea/ Coffee & Biscuits

4.30 & 5.00pm Tea

Scrambled Egg & Waffle
Chicken a la King & Boiled Rice
Salmon Mayonnaise

Dessert: Freshly Baked Brown Bread
Fruit Scone or Homemade Swiss Rolls
Tea/ Coffee

8 pm Supper

Hot Chocolate/ Ovaltine/ Hot Milk/ Tea
Biscuits/ Sandwiches on request