Monday’s Menu

**Breakfast**
Porridge, Wheatabix, Readybrek, Cornflakes
Yoghurt, Fresh Fruit, Boiled Eggs
Brown bread, Toast
Tea or Coffee, Fruit juices

**Mid-Morning**
Soup served with homemade brown bread

**Dinner**
Chicken and Vegetable Stew or Eamonn's Homemade Beef Burger served with potatoes and a selection of vegetables
Warm Apple Crumble
Ice Cream
Tea & Biscuits

**Supper**
Tomato and Cheese Omelette
Fruit Scones

*Enjoy your meal*
Tuesday’s Menu

**Breakfast**
Porridge, Wheatabix, Readybrek, Cornflakes
Yoghurt, Fresh Fruit
Boiled eggs, Brown bread, Toast
Tea or Coffee, Fruit juices

**Mid-Morning**
Soup served with homemade brown bread

**Dinner**
Braised Pork Chops with Mushroom Sauce *or* Irish Stew
Served with potatoes and a selection of vegetables

Rice Pudding with Strawberry Jam
Tea & Biscuits

**Supper**
Sausage, Tomato and Black Pudding
Fruit Scones

*Enjoy your meal*
Wednesday’s Menu

**Breakfast**
Porridge, Wheatabix, Readybrek, Cornflakes
Yoghurt, Fresh Fruit
Boiled eggs, Brown bread, Toast
Tea or Coffee, Fruit juices

**Mid-Morning**
Soup served with homemade brown bread
Tea or Coffee

**Dinner**
Poached Salmon *or*
Baked Codling
Served with potatoes and mixed vegetables

Bread and Butter Pudding
Tea & Biscuits.

**Supper**
Homemade Vegetable Soup
Brown Bread, Fruit Scones

*Enjoy your meal*
Thursday’s Menu

Breakfast
Porridge, Wheatabix, Readybrek, Cornflakes
Yoghurt, Fresh Fruit
Boiled eggs, Brown bread, Toast
Tea or Coffee, Fruit juices

Mid-Morning
Soup served with Homemade brown bread

Dinner
Steak and Mushroom Casserole or
Bacon and Cabbage with Parsley Sauce
Served with creamed mash potato and a
selection of vegetables

Custard & Apple Stew, Tea & Biscuits

Supper
Cold Meat Salad with Cheese & Potato Salad
Homemade Brown Bread, Fruit Scones

Enjoy your meal
Friday’s Menu

**Breakfast**
Porridge, Wheatabix, Readybrek, Cornflakes
Yoghurt, Fresh Fruit
Boiled eggs, Brown bread, Toast
Tea or Coffee, Fruit juices

**Mid-Morning**
Soup served with homemade brown bread
Tea or Coffee

**Dinner**
Poached Smoked Haddock *or*
Baked Salmon
Served with potatoes and vegetables

Sherry Trifle and Cream

**Supper**
Scrambled Eggs, Tomatoes and Chips
Homemade Brown Bread, Fruit Scones

Enjoy your meal
Saturday’s Menu

Breakfast
Porridge, Wheatabix, Readybrek, Cornflakes
Yoghurt, Fresh Fruit
Boiled eggs, Brown bread, Toast
Tea or Coffee, Fruit juices

Mid-Morning
Soup served with Homemade brown bread

Dinner
Braised Liver and Bacon or
Cottage Pie
Served with creamed mash potato and a selection of garden vegetables

Jelly & Ice Cream

Evening Tea
Cold salad plate with beetroot, potato salad, lettuce and cheese
Homemade Brown Bread, Fruit Scones

Enjoy your meal
Sunday’s Menu

**Breakfast**
Porridge, Wheatabix, Readybrek, Cornflakes
Yoghurt, Fresh Fruit
Boiled eggs, Brown bread, Toast
Tea or Coffee, Fruit juices

**Mid-Morning**
Soup served with Homemade brown bread

**Dinner**
Roast Chicken, Stuffing and Gravy or
Roast Loin of Pork with Apple Sauce
Served with creamed mash potato and a selection of garden vegetables

Fruit Crumble with Custard

**Supper**
Selection of Sandwich’s Fruit Cake, Fresh Fruit

Enjoy your meal
# Meal Times

<table>
<thead>
<tr>
<th></th>
<th>Time Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>7.30am – 9.00am (flexible)</td>
</tr>
<tr>
<td><strong>Tea &amp; Soup</strong></td>
<td>10.45 am Monday – Friday</td>
</tr>
<tr>
<td></td>
<td>10.15 am Saturday</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>12.30 pm Assisted meals begin at 12.15 pm</td>
</tr>
<tr>
<td><strong>Supper</strong></td>
<td>4.45 pm Assisted meals begin at 4.15 pm</td>
</tr>
<tr>
<td><strong>Late Tea</strong></td>
<td>9.00 pm</td>
</tr>
</tbody>
</table>

*Enjoy your meal*