

WEEK ONE
AUTUMN MENU

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Breakfast	Cereal Porridge Fruit Juice Sausage Sandwich Tea & Coffee	Cereal Porridge Fruit Juice Bacon Sandwich Tea & Coffee	Cereal Porridge Fruit Juice Eggs and toast Tea & Coffee	Cereal Porridge Fruit Juice Sausage Sandwich Tea & Coffee	Cereal Porridge Fruit Juice Scrambled Egg on toast Tea & Coffee	Cereal Porridge Fruit Juice Full English Tea & Coffee	Cereal Porridge Fruit Juice Full English Tea & Coffee
Lunch: Green option is soft, all food can also be pureed if necessary.	Steak & kidney pie OR Mince beef and onion New potatoes, runner beans & cauliflower	Lamb casserole OR Fish pie Cream Potatoes, peas & mashed swede	Roast Gammon OR Cauliflower cheese Roast potatoes, cabbage & broccoli	Chicken Casserole OR Liver & Bacon Cream potato, sweetcorn and cauliflower	Battered Fish OR Ham Chips Mushy Peas & Grilled Tomatoes	Sausage and fried onions OR Spaghetti Bolognese Cream potatoes, runner beans & mixed veg.	Roast Lamb OR Vegetable Fingers Roast potatoes, Yorkshire pudding, broccoli & cabbage Mint sauce
VEGETARIAN OPTIONS AVAILABLE							
<i>Salads and Omelettes available daily with various fillings.</i>							
FRUIT IS AVAILABLE ON REQUEST							
Desert – always yoghurts & ice cream available	Apricot Crumble & Custard Or Jelly	Bread & butter pudding Or Ice Cream	Minced meat tart Or Fruit cocktail	Eves pudding & custard Or Ice Cream	Rice Pudding Or Fresh Fruits	Rhubarb crumble Or Ice Cream	Fruit flan & ice cream
SUPPER	Cornish Pasty	Quiche	Sausage Rolls	Pizza	Scotch Eggs & Salad	Cheese and biscuits	Quiche
	Fresh Sandwiches	Fresh Sandwiches	Fresh Sandwiches	Fresh Sandwiches	Fresh Sandwiches	Fresh Sandwiches	Fresh Sandwiches
	Homemade Soup	Homemade Soup	Homemade Soup	Homemade Soup	Homemade Soup	Homemade Soup	Homemade Soup
	Banana & ice cream	Coffee cake	Strawberry Delight	Yoghurt	Jelly and fruit	Madeira Cake	Cheese cake



Conewood Manor

Where people want to live

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