

Sample Lunch Time Menu



Specialist care home for adults
with mental health needs
Opening the door to recovery

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Course	Bacon, cheese, mushroom & spinach pasta	Beef Stew	Spanish style pork steak & tomato piquant sauce	Shepherd's pie, carrots and peas	Haddock Fillet with prawn & parsley sauce, local potatoes and peas	Local sausages, chips & beans	Pork roast & all the trimmings
Vegetarian	Cheese, mushroom & spinach pasta	Vegetable stew	Quorn fillet Vegetable rice	Quorn Pie	Roast med. Veg (peppers, mushroom, aubergine) in tomato sauce	Quorn sausages	Nut roast
Dessert	Fruit cocktail	Chocolate mousse	Swiss roll	Flapjack	Ice cream	Strawberry Cheesecake	Apple Strudel

