

Cedars Care Group – Menu – Week 1



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cereal or Porridge with fruit puree Toast & Preserves	Cereal Egg on Toast (Scrambled, Fried or Poached) Toast & Preserves	Cereal or Grapefruit Toast & Preserves	Cereal Cooked breakfast Toast & Preserves	Cereal or Porridge with fruit puree Toast & Preserves	Cereal Egg on Toast (Scrambled, Fried or Poached) Toast & Preserves	Cereal or Cooked Breakfast Toast & Preserves
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Liver and onions served with mashed potatoes Or Macaroni Cheese & Seasonal Vegetables Fruit Crumble with Custard or Ice Cream	Homemade Fish Cakes with Parsley Sauce Or Chicken with Parsley Sauce Potatoes & Seasonal Vegetables Lemon Sponge with Custard or Cream	Roast Lamb with Mint Sauce Or Toad in the Hole Meat or Vegetarian sausages Roast Potatoes & Seasonal Vegetables Tapioca Pudding with fruit	Steak & Ale Pie Or Cornish Pasty Potatoes & Seasonal Vegetables Sherry Trifle	Fish of the Day Or Chicken & Mushroom Pie Chips Mushy Peas or Garden Peas Bread & Butter Pudding with Cream	Chicken Casserole with Potatoes Or Pasta Bake Seasonal Vegetables Bakewell Tart	Roast Beef & Yorkshire Pudding Or Tomato & Vegetable Hot pot Potatoes & Seasonal Vegetable Fruit Salad and Custard or Cream
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Jacket Potatoes with a choice of fillings Artic Roll	Homemade soup & fresh bread roll Or Warm Scotch Egg with potato salad Yogurt &/or Fruit	Homemade soup Or Bacon & Cauliflower Bake Fresh Bread Gateaux	Homemade soup & sandwiches Or Corned Beef Hash Custard Tart	Homemade soup Or Cheese and Potato Pie with coleslaw Fruit Flan & Cream	Jumbo Sausage Roll with Pickles Meat or Vegetarian option Apple Crumble & Ice Cream or Cream	Homemade soup Or Ham & Cheese Pickle Ploughman's Rice Pudding

Alternative options or dietary requirements always available.

Sandwiches and snacks are available throughout the day on request.