

Elshadai Care Home

Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Full English Breakfast, including..... Egg, Sausage, Bacon, Tomatoes, Beans, Mushrooms Porridge Toast and preserves Yoghurts	Full English Breakfast, including..... Egg, Sausage, Bacon, Tomatoes, Beans, Mushrooms Porridge Toast and preserves Yoghurts	Full English Breakfast, including..... Egg, Sausage, Bacon, Tomatoes, Beans, Mushrooms Porridge Toast and preserves Yoghurts	Full English Breakfast, including..... Egg, Sausage, Bacon, Tomatoes, Beans, Mushrooms Porridge Toast and preserves Yoghurts	Full English Breakfast, including..... Egg, Sausage, Bacon, Tomatoes, Beans, Mushrooms Porridge Toast and preserves Yoghurts	Full English Breakfast, including..... Egg, Sausage, Bacon, Tomatoes, Beans, Mushrooms Porridge Toast and preserves Yoghurts	Full English Breakfast, including..... Egg, Sausage, Bacon, Tomatoes, Beans, Mushrooms Porridge Toast and preserves Yoghurts
Lunch	Shepherd's pie or Faggots in gravy Served with a selection of seasonal Vegetables Mashed or boiled potatoes Chocolate Sponge & Custard	Beef Stew or Cauliflower cheese Served with a selection of seasonal Vegetables Mashed or boiled potatoes Apple Crumble, with custard or cream	Full Roast and all the trimmings. Served with a selection of seasonal Vegetables Stuffing / Yorkshires Mashed or boiled potatoes Rice Pudding	Homemade Chicken & mushroom pie or meatballs in gravy Served with a selection of seasonal Vegetables Mashed or boiled potatoes Lemon Sponge & Custard	Fish / Cod Roe or Cheese & Potato pie Served with chips & selection of seasonal Vegetables Mashed or boiled potatoes Bananas & Custard	Lamb hotpot or beef burgers with onions Served with a selection of seasonal Vegetables Mashed, chipped or boiled potatoes Semolina	Full Roast and all the Trimmings Served with a selection of seasonal Vegetables Stuffing / Yorkshires Mashed or boiled potatoes Apricot Crumble & Custard or Cream
Tea	Chicken Nuggets with chips & beans Jacket Potato & tuna mayo Soup of the day A selection of Sandwiches Jelly and Ice Cream	Cod fish fingers, mashed potato & mushy peas Bacon Sandwich Soup of the day A selection of Sandwiches Peaches & Cream	Scrambled eggs on toast Soup of the day A selection of Sandwiches Lemon Mousse	Faggots in gravy mush peas and bread & butter. Sardines in tomato sauce sandwich Soup of the day A selection of Sandwiches Crème Caramel	Corned beef hash with tin tomatoes Jacket Potato with cheese & salad Soup of the day A selection of Sandwiches Fruit Flan	Cheese Omelette & Salad Spaghetti on Toast Soup of the day A selection of Sandwiches Baked egg custard	Buffet Tea with Pork Pie Sausage Rolls Soup of the day A selection of Sandwiches English Trifle

Optional extras served daily include Jacket Potatoes, Cheese or Meat Salad, Sandwiches, Soup, Omelette (with a variety of fillings), Beans / Egg, Tomatoes, Cheese on toast, Egg Chips and Beans

All special consistency diets are made up from the original menu daily