



## Sample Winter Menu

### Breakfast

Full home cooked breakfast  
Cereal selection  
Fresh Fruit & yoghurt

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### Lunch

Roast chicken  
Roast and mashed potatoes  
Sprouts, carrot & swede  
and gravy  
**or**  
Bacon, Lettuce & tomato (BLT) toasted sandwich  
**or**  
Jacket potato, salad or omelette (daily option)

### Dessert

Bread & Butter pudding  
**or**  
Fresh fruit & yoghurt (daily option)

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### Tea

Corned Beef Hash  
**or**  
Salmon and cress sandwich  
Soup of the day

### Dessert

Fruit Trifle  
Cake

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### Supper

Toast  
Cake and biscuits  
Horlicks and Tea

*Enriching life with quality care*