
































WEEK 1 - Eastbrook House Care Home - Summer/Autumn Menu 2019

Choice and alternatives are freely available, please speak to the cook or manager.































	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Drink	 Tea, Coffee, Milkshake or Juice 						
Breakfast	Porridge, Cereal or Toast, Egg 	Porridge, Cereal or Toast, Egg 	Porridge, Cereal or Toast, Egg 	Porridge, Cereal or Toast, Egg 	Porridge, Cereal or Toast, Egg 	Porridge, Cereal or Toast, Egg 	Porridge, Cereal or Toast, Egg 
Morning	 Tea, Coffee or Juice 						
Lunch	Braised Beef and Vegetable Stew Served with Horseradish Mash OR Quiche Lorraine/ Jacket Potato <hr/> Semolina with Fruit Cocktail OR Yogurt/Cake 	Gammon  Served with Mashed Potatoes and Seasonal Vegetables OR Fish of the day/ Jacket Potato <hr/> Jam Sponge with Custard OR Yogurt/Cake	Roast Chicken or Homemade Chicken Curry  Served with Potatoes or Pasta and Carrots OR Jacket Potato with Cheese or Tuna <hr/> Trifle OR Yogurt/Cake	Pork Chops  Served with Carrots, Green Beans and New Potatoes OR Cod with Parsley Sauce/Jacket Potato <hr/> Fruit Salad with Cream OR Yogurt/Cake	Battered Cod Served with Chips and Beans OR Scampi or Plain Cod with Parsley Sauce/ Jacket Potato  <hr/> Rice Pudding with Jam OR Yogurt/Cake	Chicken Supreme  Served with Creamed Potatoes Savoy Cabbage and Carrots OR Jacket Potato <hr/> Cake and Custard OR Yogurt/Cake 	Premium Roast Beef  Served with Crispy Roast Potatoes, Carrots, Broccoli and Homemade Yorkshire Puds OR Fish of the day on a bed of Spinach/ Jacket Potato <hr/> Fruit/Ice Cream OR Yogurt/Cake
Afternoon	 Tea, Coffee or Juice 						
Evening Meal	 Bacon, Eggs and Tomato  <hr/> Assorted filled Sandwich <hr/> Cake	Cornish Pasties and Chips <hr/> Assorted filled Sandwich  <hr/> Cake	World Food Day  <hr/> Assorted filled Sandwich <hr/> Cake	Chicken and Chips  <hr/> Assorted filled Sandwich <hr/> Cake	Homemade Soup of the Day  <hr/> Assorted filled Sandwich <hr/> Cake	Homemade Pasta <hr/> Assorted filled Sandwich <hr/> Cake 	Assorted filled Sandwich  with crisps on the side <hr/> Cake
Evening	 Hot Milky Drinks, Cake and Biscuits 						

- Water and fruit squash available throughout the day in the resident's lounges.
- Water jugs available in residents' rooms during the night.
- Hot drinks and biscuits offered if residents wake during night.

**Some of our dishes may contain allergens.
Please ask our Cook for further information.**

WEEK 2 - Eastbrook House Care Home - Summer/Autumn Menu 2019

Choice and alternatives are freely available, please speak to the cook or manager.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Drink	 Tea, Coffee, Milkshake or Juice 						
Breakfast	Porridge, Cereal or Toast, Egg 	Porridge, Cereal or Toast, Egg 	Porridge, Cereal or Toast, Egg 	Porridge, Cereal or Toast, Egg 	Porridge, Cereal or Toast, Egg 	Porridge, Cereal or Toast, Egg 	Porridge, Cereal or Toast, Egg 
Morning	 Tea, Coffee or Juice 						
Lunch	Butchers Best Ham, Eggs and Chips OR Fish and Chips/ Jacket Potato <hr/> Fruit Cocktail with Cream OR Yogurt/Cake 	Steak or Chicken Pie Served with Mash and Peas OR Breaded Fish Cake and Salad/ Jacket Potato <hr/>  Bakewell Tart with Custard OR Yogurt/Cake	Shepherds Pie With Mash on top, Carrots and Greens  OR Jacket Potato, with Cheese or Tuna/ Jacket Potato <hr/> Fresh Fruit with Cream OR Yogurt/Cake	Butchers Sausages Served with Mash and Peas/Beans  OR Cod with Parsley Sauce/ Jacket Potato <hr/> Strawberry Gateau OR Yogurt/Cake	Battered Cod Served with Chips and Beans OR Scampi or Plain Cod with Parsley Sauce/ <hr/>  Jacket Potato <hr/> Rice Pudding with Jam OR Yogurt/Cake	Chicken Casserole  Served with Creamed Potatoes Savoy Cabbage and Carrots OR Jacket Potato <hr/> Cake and Custard OR Yogurt/Cake	Best Leg of Roast Lamb  Served with Crispy Roast Potatoes, Carrots, Broccoli and Homemade Yorkshire Puds OR Fish of the day on a bed of Spinach/ Jacket Potato <hr/> Fruit/Ice Cream OR Yogurt/Cake
Afternoon	 Tea, Coffee or Juice 						
Evening Meal	 Bacon, Eggs and Tomato  <hr/> Assorted filled Sandwich <hr/> Cake	Homemade Soup of the Day <hr/> Assorted filled Sandwich <hr/>  Cake	World Food Evening <hr/>  Assorted filled Sandwich <hr/> Cake	Burger and Chips <hr/>  Assorted filled Sandwich <hr/> Cake	Toasted Cheese Sandwiches <hr/> Assorted filled Sandwich <hr/> Cake 	Pasta and Salad <hr/>  Assorted filled Sandwich <hr/> Cake	Homemade Soup of the Day <hr/>  Assorted filled Sandwich <hr/> Cake
Evening	 Hot Milky Drinks, Cake and Biscuits 						

- Water and fruit squash available throughout the day in the resident's lounges.
- Water jugs available in residents' rooms during the night.
- Hot drinks and biscuits offered if residents wake during night.

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