

Example Seasonal Menus

Summer

BREAKFAST

Porridge, Cereals, Fresh Fruit



Continental Breakfast



Traditional Cooked Breakfast



LUNCH

Chicken Pasta Salad



Poached Fish

in Lemon & Parsley Sauce
with New Potatoes & Green Beans



Vegetable Pizza & Salad (V)



DINNER

Omelette, Salad, Jacket Potato
or Sandwiches



SNACKS

Tea, Coffee & Homemade Cakes



Winter

BREAKFAST

Porridge, Cereals, Fresh Fruit



Continental Breakfast



Traditional Cooked Breakfast



LUNCH

Roast Beef Dinner with Carrots,
Peas, Cabbage, Roast Potatoes,
Yorkshire Pudding & Gravy



Creamy Tuscan Chicken with
Mashed Potatoes & Vegetables



Vegetable Lasagne (V)



DINNER

Omelette, Salad, Jacket Potato,
Sandwiches or Soup of the Day



SNACKS

Tea, Coffee & Homemade Cakes



NUTRITIONAL BENEFITS



Fibre



Vitamins



Protein



Healthy Fats



Carbs



Calcium



Omega-3



Iron