

## **WEEK ONE**

Lunch. 13:00 served with a selection of drinks. Options to main menu include salad, omelette, other choices as available -please see board in dining room.

### **SATURDAY**

Home-made Shepherds pie, carrots and peas, gravy.

Rice pudding.

Tea option: Hot dogs, fish fingers or burgers & bread and butter.

### **SUNDAY**

Roast pork and potatoes, cabbage and broccoli, gravy.

Trifle and cream.

Tea option: Cheese and Biscuits or Kippers and bread & butter.

### **MONDAY**

Stew and Dumplings, mixed veg, mash.

Angel delight.

Tea option: Pork pies & salad or scrambled eggs on toast.

### **TUESDAY**

Boiled bacon, white cabbage and baked potatoes.

Jam suet sponge pudding and custard.

Tea option: Pancakes.

### **WEDNESDAY**

Roast chicken and potatoes, sprouts, green beans and gravy.

Ice-cream.

Tea option: Bacon, Egg and Tomatoes.

### **THURSDAY**

Lamb stew with dumplings, mashed potatoes and mixed vegetables.

Fruit crumble with cream.

Tea option: Soup, bread & butter.

### **FRIDAY**

Fried or steamed fish, chips, and peas,

Banana custard.

Tea option: Bacon Egg and Tomatoes.

## WEEK TWO

### SATURDAY

Mince and onions, mashed potatoes, cauliflower and greens.

Cherry pie and custard.

Tea option: Hot dogs, fish fingers or burgers & bread and butter.

### SUNDAY

Roast lamb and potatoes, cabbage and broccoli, gravy.

Fruit flan and cream.

Tea option: Cheese and crackers or Kippers and bread & butter.

### MONDAY

Sausages, egg, chips, tomatoes and fried onions.

Chocolate pudding and custard.

Tea option: Pork pies & salad or scrambled eggs on toast.

### TUESDAY

Smoked Haddock, peas, carrots and baked potatoes.

Angel delight.

Tea option: Pancakes.

### WEDNESDAY

Roast chicken and potatoes, swede, green beans and gravy.

Ice-cream.

Tea option: Bacon, Egg and Tomatoes.

### THURSDAY

Pork chops, mashed potatoes and cauliflower.

Bread & Butter pudding.

Tea option: Soup, bread & butter.

### FRIDAY

Fried or steamed fish, chips, and peas,

Semolina.

Tea option: Bacon, Egg and Tomatoes.

## **WEEK THREE**

### SATURDAY

Corned beef hash, cabbage, and beans.  
Apple crumble and custard.

Tea option: Hot dogs, fish fingers or burgers & bread and butter.

### SUNDAY

Roast beef and potatoes, sprouts and carrots, gravy.  
Fruit salad and ice-cream.

Tea option: Cheese and crackers, Kippers and bread & butter.

### MONDAY

Fish pie, peas and tomatoes.  
Syrup sponge and custard.

Tea option: Pork pies & salad or egg on toast.

### TUESDAY

Minced beef and onion pie, baked potatoes and green beans.  
Jelly and ice-cream.

Tea option: Pancakes.

### WEDNESDAY

Roast chicken and potatoes, carrots, green beans and gravy.  
Ice-cream.

Tea option: Bacon, Egg and Tomatoes.

### THURSDAY

Chicken and ham pie, mashed potatoes and broccoli.  
Peaches & Cream.

Tea option: Soup, bread & butter.

### FRIDAY

Fried or steamed fish, chips, and peas,  
Yogurts & fresh fruit.

Tea option: Bacon, Egg and Tomatoes.

Residents are welcome to eat and drink outside of set meal times.  
Please ensure that the kitchen is informed, should you require any changes to set meals and their times.

## Westcliff Lodge Menu

**Breakfast.** 09:00. Any selection of the following

Bacon, Eggs & Tomatoes. Porridge. Cereal,  
Toast or bread with marmalade or jam.  
Fruit- juice, tea or coffee.

Mid morning drinks. 11:00.  
Tea or coffee and biscuits.

**Lunch.** 13:00. See individual week menu.

Afternoon drinks. 15:00.  
Tea or coffee and biscuits.

**Tea.** 17:00. Any selection of the following:

Cheese, ham, egg, pate, tuna, pilchard, corned beef & salad sandwiches,  
Tea option corresponding to day on lunch menu.  
Home made cakes and Swiss rolls,  
Fresh fruit.  
Tea or coffee.

Supper. 19:30. Any selection of the following  
Horlicks, cocoa, ovaltine, hot milk, guinness, sherry, tea or coffee.  
Sandwiches, cakes or biscuits.

LUNCH MENU