



# THE ELMS - SAMPLE WEEKLY MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

## BREAKFAST

Cereals, Porridge, Toast, Bacon Sandwich, Omelette, Traditional English Breakfast, Fresh Juices, Smoothies

## LUNCH

Herb Crusted Steak & Kidney Pie - or - Oven-baked Cauliflower with Mature Cheddar	Butchers Pork & Apple Sausage Casserole - or - Cod Fish Cakes	Pot Roasted Chicken with Sage & Apricot Stuffing - or - Selection of Cold Meats	Braised Liver, Bacon & Onion Casserole - or - Quiche Lorraine	Battered Cod Loin with Lemon & Tartar Sauce - or - Italian Beef Lasagna	Creamy Chicken & Ham Pie - or - Selection of Cold Meats	Traditional Roasted Pork with Sage & Onion Stuffing - or - Cumberland Sausage & Caramelised Onion Gravy
Buttered New Potatoes or Mashed Potato	Saute Potatoes or Mashed Potato	Roast Potatoes or Mashed Potato	Fondant Potatoes or Mashed Potato	Chips or Mashed Potato	Dauphinoise Potatoes or Mashed Potato	Roast Potatoes or Mashed Potato
Carrots, Broccoli	Carrots, Green Beans	Carrots, Swede, Parsnips	Carrots, Cabbage	Carrots, Peas	Carrots, Cauliflower	Carrots, Swede, Parsnips
Strawberry Roulade	Rice Pudding	Homemade Apple Pie & Custard	Chocolate Sponge Cake & Chocolate Custard	Lemon Cheesecake	Jam Roly Poly & Custard	Peach Melba

## DINNER

Selection of Sandwiches, Soup, Salad, Toast, Cake, Yoghurts, Mousses