

SAMPLE MENU

Breakfast

Grapefruit / Prunes

Fruit Juice

Porridge

Assorted Cereals

Toast & Jam / Marmalade

Bread & Butter

Boiled or Scrambled Eggs

Tea / Coffee

Lunch

Beef Stew & Dumplings

Quiche

Creamed Potatoes

Seasonal Vegetables

Apple Crumble

Cream / Custard / Ice cream

Fresh Fruit

Tea / Coffee

Tea

Vegetable Soup

Toasted Teacakes / Assorted Sandwiches

Assorted Homemade Cakes

Tea / Coffee

Supper

Horlicks, Ovaltine, Milky Coffee or Hot Chocolate

Biscuits