

BENNETTS CASTLE CARE CENTRE



MENU

WEEK 1

CHOICE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Cereals/Porridge	Cereals/Porridge	Cereals/Porridge	Cereals/Porridge	Cereals/Porridge	Cereals/Porridge	Cereals/Porridge
	Scrambled Eggs Fried Eggs Tin Tomatoes	Scrambled Eggs Fried Eggs Tin Tomatoes	Bacon/Sausage Scrambled/Fried Eggs Baked beans	Scrambled Eggs Fried Eggs Tin Tomatoes	Scrambled Eggs Fried Eggs Tin Tomatoes	Bacon/Sausage Scrambled/Fried Eggs Baked beans Mushrooms	Bacon/Sausage Scrambled/Fried Eggs Baked beans Choice of Roll
	Toast with Jam/Marmalade	Toast with Jam/Marmalade	Toast with Jam/Marmalade	Toast with Jam/Marmalade	Toast with Jam/Marmalade	Toast with Jam/Marmalade	Toast with Jam/Marmalade
Lunch	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
	Choice of Soups	Choice of Soups Sausage Rolls	Choice of Soups	Choice of Soups	Choice of Soups Sausage Rolls	Choice of Soups	Choice of Soups
Dessert	Pears & Custard Yoghurt	Ice Cream Yoghurt	Fruit Salad & Cream Yoghurt	Ice Cream Yoghurt	Mousse Yoghurt	Peaches & Cream Yoghurt	Ice Cream Yoghurt
Supper	Shepherds Pie	Pie	Chicken Stew	Liver & Bacon	Battered Fish	Sausages with onions & gravy	Roast Lamb & Yorkshire Pudding
		Mash Potato	Mashed Potato	Mashed Potato	Chips	Mashed Potato	Roast or Mash Potatoes
	Seasonal Vegetables	Homemade Liquor	Seasonal Vegetables	Seasonal Vegetables	Peas	Seasonal Vegetables	Seasonal Vegetables
Dessert	Rice Pudding Jam/Cinnamon	Jelly & Ice Cream	Semolina & Jam	Apple Crumble & Custard	Jam Doughnuts	Chocolate Cake & Custard	Pineapple Upside down cake & Custard

Alternative	Salad (Ham, Egg, Tuna)	Broccoli Cheese Bake	Jacket Potato with beans or cheese	Corned Beef Hash	Fried Egg	Salad (Ham, egg or Tuna)	Spaghetti Hoops
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BENNETTS CASTLE CARE CENTRE

MENU

WEEK 2

CHOICE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Cereals/Porridge	Cereals/Porridge	Cereals/Porridge	Cereals/Porridge	Cereals/Porridge	Cereals/Porridge	Cereals/Porridge
	Scrambled Eggs Fried Eggs Tin Tomatoes	Scrambled Eggs Fried Eggs Tin Tomatoes	Bacon/Sausage Scrambled/Fried Eggs Baked beans	Scrambled Eggs Fried Eggs Tin Tomatoes	Scrambled Eggs Fried Eggs Tin Tomatoes	Bacon/Sausage Scrambled/Fried Eggs Baked beans Mushrooms	Bacon/Sausage Scrambled/Fried Eggs Baked beans Choice of Roll
	Toast with Jam/Marmalade	Toast with Jam/Marmalade	Toast with Jam/Marmalade	Toast with Jam/Marmalade	Toast with Jam/Marmalade	Toast with Jam/Marmalade	Toast with Jam/Marmalade
Lunch	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
	Choice of Soups Sausage Rolls	Choice of Soups	Choice of Soups	Choice of Soups	Choice of Soups Sausage Rolls	Choice of Soups	Choice of Soups
Dessert	Ice Cream Yoghurt	Fruit Salad & Cream Yoghurt	Mousse Yoghurt	Ice Cream Yoghurt	Ice Cream Yoghurt	Pears & Cream Yoghurt	Mousse Yoghurt
Supper	Fish Pie	Steak & Kidney Pudding	Beef Stew & Dumplings	Spaghetti Bolognese	Battered Fish	Cottage Pie	Roast Chicken & Yorkshire Pudding
		Mash Potatoes	Mash Potatoes	Chips	Chips		Roast or Mash Potatoes

	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables		Peas	Seasonal Vegetables	Seasonal Vegetables
Dessert	Spotted Dick & Custard	Tapioca	Rhubarb Crumble & Custard	Arctic Roll & Cream	Ring Doughnuts	Apple Pie & Custard	Chocolate Gateaux & Cream
Alternative	Salad (ham, egg or tuna)	Salmon & Broccoli Cheese Bake	Jacket Potato with Tuna or Cheese	Omelette	Fried Egg	Macaroni Cheese	Ravioli