

## Abbey Lodge Residential Home Menu - Week 1

WEEK 1	Lunch Main Meal	Alternative	Tea Main Option	Alternative
MON	Sausage Casserole with potato and vegetables  Peaches with cream	Fishcake with potato and vegetables  Selection of Ice creams	Macaroni cheese with bread and butter  Cakes	Paste sandwich
TUE	Ham and egg with chips  Apple crumble with Ice cream	Cheese and onion pasty with chips  Selection of Ice creams	Soup with roll or bread and butter  Fresh Fruit salad	Corned beef and Tomato sandwich
WED	Fish pie with peas  Pears with Chocolate Sauce	Sausages with potato, peas and gravy  Selection of Ice creams	Cheese Ploughman's with bread and butter  Yogurts	Peanut butter sandwich
THURS	Quiche Lorraine with potato and vegetables  Ice cream roll	Chicken burger with potato and vegetables  Selection of Ice creams	Spaghetti on toast  Mousse	Ham and mustard sandwich
FRI	Fish and chips with peas  Banana custard	Jacket potato with cheese  Selection of Ice creams	Hot dog  Cakes	Cream cheese and cucumber sandwich
SAT	Steak pie with Potato and vegetables  Rice pudding with strawberry and blueberry compote	Cold ham with potato and mixed vegetables  Selection of Ice creams	Scrambled egg on toast  Angel delight	Toast and marmite
SUN	Roast lamb with roast potatoes, vegetables and gravy  Gateaux	Roast chicken with roast potatoes, vegetables and gravy  Selection of Ice creams	Tuna salad with bread and butter  Cakes	Cheese and crackers

**There is always a choice of Fresh Fruit for residents daily as alternative or to have as a snack when required**

## Abbey Lodge Residential Home Menu - Week 2

WEEK 2	Lunch Main Meal	Alternative	Tea Main Option	Alternative
MON	Sausage meat and onion pie with potato, vegetables and gravy	Spam with potato and vegetables	Beans on toast	Paste sandwich
	Apricots with custard	Selection of Ice creams	Fresh Fruit salad	
TUE	Corned beef hash with vegetables and gravy	Cauliflower cheese grills with creamed potato and vegetables	Crumpets with Jam	Cheese and pickle sandwich
	Ginger sponge with custard	Selection of Ice creams	Bananas with cream	
WED	Roast chicken with roast potatoes, vegetables and gravy	Sausages with roast potatoes, vegetables and gravy	Scrambled egg on toast	Peanut butter sandwich
	Ice cream sundae	Selection of Ice creams	Cake	
THURS	Minced beef crumble with potato, vegetables and gravy	Chicken burger with creamed potato, vegetables and gravy	Bacon and tinned tomatoes with bread and butter	Chicken sandwich
	Trifle	Selection of Ice creams	Yogurt	
FRI	Fish and chips with baked beans	Jacket potato with cheese	Ham salad with bread & butter	Toast with Marmite
	Ice cream roll	Selection of Ice creams	Cake	
SAT	Chicken curry with Rice and naan bread	Ham with creamed potato and vegetables	Soup with roll or bread and butter	Corned beef and pickle sandwich
	Chocolate and orange steamed pudding	Selection of Ice creams	Fresh Fruit salad	
SUN	Roast pork with roast potatoes, vegetables and gravy	Roast chicken with roast potatoes, vegetables and gravy	Sardines on toast	Ham and tomato sandwich
	Cheesecake	Selection of Ice creams	Cake	

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## Abbey Lodge Residential Home Menu - Week 3

WEEK 3	Lunch Main Meal	Alternative	Tea Main Option	Alternative
MON	Chicken Pie with potato, vegetables and gravy	Vegetable grills with potato and vegetables	Toasted Teacake	Cheese and crackers
	Apples with custard	Selection of Ice creams	Fresh Fruit salad	
TUE	Savoury mince with potato, vegetables	Sausages with creamed potato and vegetables	Ham Salad with bread and butter	Spam Sandwich
	Cherry and almond sponge with custard	Selection of Ice creams	Angel delight	
WED	Cheese and onion quiche with chips and peas	Plain Omelette with potatoes and vegetables	Smoked Haddock with Bread and Butter	Corned beef and pickle sandwich
	Raspberry meringue with cream	Selection of Ice creams	Fresh Fruit salad	
THURS	Braised pork Steaks with potato, vegetables	Chicken Burgers with potatoes and vegetables	Boiled Egg with toast or bread and butter	Ham and mustard sandwich
	Banana split	Selection of Ice creams	Cake	
FRI	Fish and Chips with baked beans	Jacket Potato with Cheese and Baked Beans	Cheese and tomato pizza	Paste Sandwich
	Semolina	Selection of Ice creams	Choc ice	
SAT	Sweet and sour chicken with Rice	Chicken pie with vegetables & potatoes	Bacon sandwiches	Cream cheese and crackers
	Rhubarb crumble with Cream	Selection of Ice creams	Mousse	
SUN	Roast chicken with Stuffing, Roast potatoes, vegetables and gravy	Corned beef with Roast potatoes and vegetables	Prawn cocktail with bread and butter	Egg Mayonnaise Sandwich
	Vienetta	Selection of Ice creams	Fresh Fruit salad	

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## Abbey Lodge Residential Home Menu - Week 4

WEEK 4	Lunch Main Meal	Alternative	Tea Main Option	Alternative
MON	Salmon fish cake with potatoes and mixed veg  Lemon sponge with Custard	Cold Ham with potatoes and vegetables  Selection of Ice creams	Cheese and tomato Ravioli with bread and butter  Angel delight	Peanut Butter Sandwich
TUE	Sausages with chips and baked beans.  Jam tart with custard	Ham with chips and baked beans  Selection of Ice creams	Tuna salad with bread and butter  Cake	Cheese and Pickle Sandwich
WED	Roast Chicken with roast potatoes, vegetables and gravy  Peaches with cream	Fish cake with creamed potato and vegetables  Selection of Ice creams	Beans on toast  Choc Ice	Egg and cress Sandwich
THURS	Cottage pie with vegetables and gravy  Arctic roll	Cauliflower cheese Grills with potatoes and vegetables  Selection of Ice creams	Smoked Haddock with Bread and Butter  Fresh Fruit salad	Ham and Mustard Sandwich
FRI	Fish and Chips with Peas  Apple pie with custard	Jacket Potato with Cheese and Baked Beans  Selection of Ice creams	Soup with Roll or Bread and Butter  Cake	Corned Beef and Pickle Sandwich
SAT	Boiled Gammon with new potatoes and vegetables.  Eaton mess with strawberries, blueberries and mint	Sausages with creamed potato, vegetables and gravy  Selection of Ice creams	Scotch Egg salad with bread and butter  Cornetto	Paste Sandwich
SUN	Roast Beef with Yorkshire pudding, roast potatoes, vegetables and gravy  Vienetta	Roast Chicken with Roast potatoes and vegetables  Ice Cream	Pilchards on toast  Cake	Cheese and crackers

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