For week beginning ………………………..

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| **Monday**  Lunch  Tea | Boiled Ham and Parsley Sauce  Cold meats, egg and cheese with salad. |
| **Tuesday**  Lunch  Tea | Toad in the Hole  Scrambled eggs on toast. |
| **Wednesday**  Lunch  Tea | Beef Bourguignon  Watercress and spring onion soup with a selection of breads |
| **Thursday**  Lunch  Tea | Chicken or Vegetable Curry  Egg, bacon and hash browns |
| **Friday**  Lunch  Tea | Fish and Chips  Cauliflower Cheese with home grown tomatoes. |
| **Saturday**  Lunch  Tea | Quiche with seasonal vegetables  Cheese or sardines on toast or pate with salad. |
| **Sunday**  Lunch  Tea | Roast Chicken  Spanish omelette with salad |

All main meals are served with an accompaniment of local vegetables which along with the meat is supplied by our high street butcher.

Bread and butter with a selection of jams are always available at tea time along with home-baked cakes.

Fresh Fruit is always available

All dietary requirements are catered for and suggestions, by residents, for dishes are welcomed.