



# Sample menu

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## Breakfast

- Cooked Breakfast
- Selection of cereals and porridge
- Toast and preserves
- Yoghurts and fresh fruit
- Tea, coffee and fruit juices

## Lunch

- Beef in Ale Pie with mashed potatoes and seasonal vegetables
- or
- Salmon Fishcakes with boiled potatoes and peas
- Wild Berry Eton Mess
- or
- Apple Strudel with ice cream

## Supper

- Homemade Soup of the Day
- Selection of fresh sandwiches
- Roasted Tomato, Chive and Goats Cheese Quiche with new potatoes and green vegetables
- Apple and Raspberry Crumble with custard

An alternative menu is also on offer for lighter meals  
All dietary requirements are catered for  
This sample menu is representative of a typical day

