

## Hartley House Sample Menu

Week 1	Breakfast	Dinner		Dessert		Tea	
		Choice 1	Choice 2	Choice 1	Choice 2	Choice 1	Choice 2
Monday	Porridge, cereals, toast and preserves, Juices	Steak and Kidney pie	Cold meat mashed pots baked beans	Rice pudding	Jelly fruit yogurts	Jacket Pot with cheese	Sandwiches
Tuesday	Porridge, cereals, toast and preserves, Juices	Sausage Casserole	Fish pie and Parsley Sauce	Apricot sponge and custard	Jelly fruit yogurts	Home made Lentil and Bacon soup	Sandwiches
Wednesday	Porridge, cereals, toast and preserves, Juices	Shepherds pie	Chicken curry and rice	chocolate viennese and lemon cream	Jelly fruit yogurts	Cheese on toast	Sandwiches
Thursday	Porridge, cereals, toast and preserves, Juices	Roast Pork and apple sauce	cheese and red onion tart	Ginger sponge and custard	Jelly fruit yogurts	Hot sausage rolls	Sandwiches
Friday	Porridge, cereals, toast and preserves, Juices	Battered cod and chips	Meatballs in tomato sauce	red cherry crumble and ice cream	Jelly fruit yogurts	Toasted teacakes	Sandwiches
Saturday	Porridge, cereals, toast and preserves, Juices	chicken and bacon pie	Beef Goulash and noodles	Bread and butter pudding	Jelly fruit yogurts	Spaghetti on toast	Sandwiches
Sunday	Porridge, cereals, toast and preserves, Juices	Roast Chicken	Roast Lamb	Trifle	Jelly fruit yogurts	Tuna salad	Sandwiches

Bacon and eggs upon request every day

Salads, fresh fruit, prunes and grapefruit are always available on request