

# Walstead Place



CARING HOMES

## Sample Menu

### Breakfast

#### Fresh Fruit and Yoghurt

Choice of fresh seasonal fruits and selection of flavoured yoghurt

#### Cereals

Choice of cornflakes, bran flakes, muesli, Weetabix and home-made porridge served with hot or cold milk

#### Bakery

Selection of white and brown bread, croissants and Danish pastries served with jam, marmalade and butter

#### Eggs and Meat Selection

Poached, boiled or fried eggs prepared to your choice served with grilled sausages, bacon and tomato

#### Beverages

Selection of hot and cold beverages includes: choice of chilled orange, cranberry and apple juice, tea and assortment of coffees

---

### Lunch

#### Deep Fried Battered Haddock

#### Poached Fish

---

### Accompaniments

Selection of Chipped or Crushed New Potatoes and Minted Peas or Grilled Tomatoes

---

### Desserts

#### Pears in Chocolate Sauce

#### Rhubarb Crumble with Custard

---

### Supper

#### Chef's Soup of the Day

Jacket Potato and Cheese Topping with Beans or Salad

#### Sandwich Selection

#### Pear and Butterscotch Delight

#### Fresh Fruit