

SAMPLE Weekly Menu

Hartland House

Monday

LUNCH

5 Bean Chilli & Rice **OR**
Corned Beef & Potato Pie & Veg
Fruit Crumble or Peaches & Yoghurt

TEA

Egg Salad, Veg Soup, Selection of
Sandwiches,
Various Desserts, Fruit

Tuesday

LUNCH

Scampi **OR** Gammon & Pineapple
with Chips & Peas
Cherry Sponge or Manchester Tart

TEA

Bacon Sandwiches, Chicken Soup,
Selection of Sandwiches,
Various Desserts, Fruit

Wednesday

LUNCH

Salmon & Hollandaise Sauce **OR**
Homemade Quiche & Veg
Apricot Sponge or Cheesecake

TEA

Cheese & Crackers, Tomato Soup,
Selection of Sandwiches,
Various Desserts, Fruit

Thursday

LUNCH

Sausage Casserole **OR** Pork Steaks
with Mashed Potato & Veg
Stewed Fruit or Roulade

TEA

Prawn Cocktail, Minestrone Soup,
Selection of Sandwiches,
Various Desserts, Fruit

Friday

LUNCH

Battered/Poached Haddock
OR Cheese Omelette with
Chips & Veg
Ginger Sponge or Trifle

TEA

Warm Cornish Pasty, Leek & Potato
Soup, Selection of Sandwiches,
Various Desserts, Fruit

Saturday

LUNCH

Shepherds Pie **OR** Seabass
with Potatoes & Veg
Pear Sponge or Lemon Tart

TEA

Tuna Salad, Pea & Ham Soup,
Selection of Sandwiches,
Various Desserts, Fruit

Sunday

LUNCH

Roast Chicken, Stuffing, & all the
trimmings **OR** Mediterranean
Vegetable Frittata
Rice Pudding or Fruit & Ice Cream

TEA

Pork Pie Ploughman's, Mushroom
Soup, Selection of Sandwiches,
Various Desserts, Fruit