

## Fairlight Nursing Home - Week 1

Course	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast Choice of:	Cooked Breakfast, Fruit, Porridge, Cereal & Toast, Tea or Coffee	Cooked Breakfast, Fruit, Porridge, Cereal & Toast, Tea or Coffee	Cooked Breakfast, Fruit, Porridge, Cereal & Toast, Tea or Coffee	Cooked Breakfast, Fruit, Porridge, Cereal & Toast, Tea or Coffee	Cooked Breakfast, Fruit, Porridge, Cereal & Toast, Tea or Coffee	Cooked Breakfast, Fruit, Porridge, Cereal & Toast, Tea or Coffee	Cooked Breakfast, Fruit, Porridge, Cereal & Toast, Tea or Coffee
Mid Morning Elevenses:	Tea or Coffee Biscuits & Fruit	Tea or Coffee Biscuits & Fruit	Tea or Coffee Biscuits & Fruit	Tea or Coffee Biscuits & Fruit	Tea or Coffee Biscuits & Fruit	Tea or Coffee Biscuits & Fruit	Tea or Coffee Biscuits & Fruit
Lunch First Choice:	Lentil and Bean Casserole	Sautee' Pork With Cream and Pepper Sauce	Boiled Gammon Ham and Parsley Sauce	Cottage Pie With Cheesy Potato Topping	Poached or Fried Cod, Parsley or Tartare Sauce	Savoury Beef Lasagne	Roast Chicken & Seasoning Roast Potatoes
Lunch Second Choice:	Cheese & Ham Omelette	Country Bake & Tomato Sauce	Faggots with Onion Gravy	Cheese & Tomato Flan	Corned Beef Eggs & Chips	Celery & Ham Pasta Bake	Spaghetti Bolognese
Sweet:	Blackberry & Apple Pie with Custard	Creamed Rice Pudding	Summer Pudding & Cream	Sticky Toffee Pudding	Strawberry Meringue	Treacle Tart with Custard	Banoffee Pie
Afternoon Tea:	Tea or Coffee Homemade Scones or Cakes	Tea or Coffee Homemade Scones or Cakes	Tea or Coffee Homemade Scones or Cakes	Tea or Coffee Homemade Scones or Cakes	Tea or Coffee Homemade Scones or Cakes	Tea or Coffee Homemade Scones or Cakes	Tea or Coffee Homemade Scones or Cakes
Supper:	Eggs, Cheese & Potato Pie  Lemon Mousse	Pasta Cabonara  Selection of sandwiches  Blancmange  Yoghurt	Homemade Soup & Potato  Jacket Potato (selection of toppings)  Strawberry Fool  Yoghurt	Bubble & Squeak with Poached Egg  Artic Roll	Homemade Soup & Potato  Baked Egg Custard	Macaroni Cheese  Crème Caramel	Ham Omelette  Mushrooms on Toast  Fresh Fruit Salad  Yoghurt
Evening	Milky Drink & Biscuits	Milky Drink & Biscuits	Milky Drink & Biscuits	Milky Drink & Biscuits	Milky Drink & Biscuits	Milky Drink & Biscuits	Milky Drink & Biscuits

Vegetable and potatoes of the day will be served with all main courses. A variety of salads available on request, including coleslaw & potato salad. Jacket Potato & a selection of sandwiches available on request. Jelly and Yoghurts available on request.

## Fairlight Nursing Home Week 2

Course	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast Choice of:	Cooked Breakfast, Fruit, Porridge, Cereal & Toast, Tea or Coffee	Cooked Breakfast, Fruit, Porridge, Cereal & Toast, Tea or Coffee	Cooked Breakfast, Fruit, Porridge, Cereal & Toast, Tea or Coffee	Cooked Breakfast, Fruit, Porridge, Cereal & Toast, Tea or Coffee	Cooked Breakfast, Fruit, Porridge, Cereal & Toast, Tea or Coffee	Cooked Breakfast, Fruit, Porridge, Cereal & Toast, Tea or Coffee	Cooked Breakfast, Fruit, Porridge, Cereal & Toast, Tea or Coffee
Mid Morning Elevenses:	Tea or Coffee Biscuits & Fruit	Tea or Coffee Biscuits & Fruit	Tea or Coffee Biscuits & Fruit	Tea or Coffee Biscuits & Fruit	Tea or Coffee Biscuits & Fruit	Tea or Coffee Biscuits & Fruit	Tea or Coffee Biscuits & Fruit
Lunch First Choice:	Italian Turkey  Meatballs	Beef Goulash	Roast Leg of Pork with Seasoning Potatoes	Chicken A La King	Poached or Fried Cod, Parsley or Tartare Sauce	Hoi Sin Pork	Roast Topside of Beef & Yorkshire Pudding
Lunch Second Choice:	Salmon Fish Cakes	Grilled Port Sausages in Onion Gravy	Turkey Ham and Mushroom Pie	Sheppards Pie	Savoury Country Bake	Ham and Cheese Bake	Chicken Chasseur
Sweet:	Stewed Apricots & Custard	Sherry Fruit Trifle	Red Cheery Cheesecake	Plum Crumble & Custard	Fresh Fruit Salad	Lemon Curd Sponge and Custard	Apple Pie & Custard
Afternoon Tea:	Tea or Coffee Homemade Scones or Cakes	Tea or Coffee Homemade Scones or Cakes	Tea or Coffee Homemade Scones or Cakes	Tea or Coffee Homemade Scones or Cakes	Tea or Coffee Homemade Scones or Cakes	Tea or Coffee Homemade Scones or Cakes	Tea or Coffee Homemade Scones or Cakes
Supper:	Cauliflower Cheese  Crème Brule	Homemade Soup & Potato  Stewed Apples & Evaporated Milk	Cheese & Broccoli Pasta Bake  Fresh Strawberries  Yoghurt	Hard Boiled Egg in Ham Topped in Cheese Sauce  Chocolate Whip	Ravioli Au Gratin  Strawberry Gateaux	Italian Pasta  Pineapple Surprise	Vegetable Cheese & Potato Pie  Peach Melba  Yoghurt
Evening	Milky Drink & Biscuits	Milky Drink & Biscuits	Milky Drink & Biscuits	Milky Drink & Biscuits	Milky Drink & Biscuits	Milky Drink & Biscuits	Milky Drink & Biscuits

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## Fairlight Nursing Home Week 3

Course	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast Choice of:	Cooked Breakfast, Fruit, Porridge, Cereal & Toast, Tea or Coffee	Cooked Breakfast, Fruit, Porridge, Cereal & Toast, Tea or Coffee	Cooked Breakfast, Fruit, Porridge, Cereal & Toast, Tea or Coffee	Cooked Breakfast, Fruit, Porridge, Cereal & Toast, Tea or Coffee	Cooked Breakfast, Fruit, Porridge, Cereal & Toast, Tea or Coffee	Cooked Breakfast, Fruit, Porridge, Cereal & Toast, Tea or Coffee	Cooked Breakfast, Fruit, Porridge, Cereal & Toast, Tea or Coffee
Mid Morning Elevenses:	Tea or Coffee Biscuits & Fruit	Tea or Coffee Biscuits & Fruit	Tea or Coffee Biscuits & Fruit	Tea or Coffee Biscuits & Fruit	Tea or Coffee Biscuits & Fruit	Tea or Coffee Biscuits & Fruit	Tea or Coffee Biscuits & Fruit
Lunch First Choice:	Beef Bourguignon	Chicken Casserole	Roast Leg of Lamb with Mint Sauce	Faggots with Onion and Gravy	Poached or Fried Cod, Parsley or Tartare Sauce	Sweet and Sour Chicken	Roast Leg of Pork Seasoning Roast Potatoes
Lunch Second Choice:	Toad in the Hole	Cottage Pie	Vegetable Lasagne	Cheese Omelette	Lentil and Bean Casserole	Savoury Country Bake	Beef Stroganoff
Sweet:	Banana Custard	Syrup Sponge & Custard	Fresh Stewed Apples with Custard	Sticky Toffee Pudding	Plum Tart and Custard	Lemon Meringue Pie	Bread & Butter Pudding
Afternoon Tea:	Tea or Coffee Homemade Scones or Cakes	Tea or Coffee Homemade Scones or Cakes	Tea or Coffee Homemade Scones or Cakes	Tea or Coffee Homemade Scones or Cakes	Tea or Coffee Homemade Scones or Cakes	Tea or Coffee Homemade Scones or Cakes	Tea or Coffee Homemade Scones or Cakes
Supper:	Fish Pie  Ice Cream & Chocolate Sauce	Cauliflower Cheese  Pear Conda	Homemade Soup & Potato  Chocolate Mousse  Yoghurt	Pasta Cabonara  Tuna/Sweetcorn Jacket Potato  Banana Mousse  Yoghurt	Bubble and Squeak with Poached Egg  Artic Roll	Wild Mushroom and Leek Pasta Bake  Blackcherry Cheesecake	Homemade Soup & Potato  Fruit Meringue with Rice Pudding base
Evening	Milky Drink & Biscuits	Milky Drink & Biscuits	Milky Drink & Biscuits	Milky Drink & Biscuits	Milky Drink & Biscuits	Milky Drink & Biscuits	Milky Drink & Biscuits

Vegetable and potatoes of the day will be served with all main courses. A variety of salads available on request, including coleslaw & potato salad. Jacket Potato & a selection of sandwiches available on request. Jelly and Yoghurts available on request.

## Fairlight Nursing Home Week 4

Course	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast Choice of:	Cooked Breakfast, Fruit, Porridge, Cereal & Toast, Tea or Coffee	Cooked Breakfast, Fruit, Porridge, Cereal & Toast, Tea or Coffee	Cooked Breakfast, Fruit, Porridge, Cereal & Toast, Tea or Coffee	Cooked Breakfast, Fruit, Porridge, Cereal & Toast, Tea or Coffee	Cooked Breakfast, Fruit, Porridge, Cereal & Toast, Tea or Coffee	Cooked Breakfast, Fruit, Porridge, Cereal & Toast, Tea or Coffee	Cooked Breakfast, Fruit, Porridge, Cereal & Toast, Tea or Coffee
Mid Morning Elevenes:	Tea or Coffee Biscuits & Fruit	Tea or Coffee Biscuits & Fruit	Tea or Coffee Biscuits & Fruit	Tea or Coffee Biscuits & Fruit	Tea or Coffee Biscuits & Fruit	Tea or Coffee Biscuits & Fruit	Tea or Coffee Biscuits & Fruit
Lunch First Choice:	Chicken in Garlic White Wine Sauce	Braised Pork Steak with Mushroom Sauce	Lamb & Vegetable Hot Pot	Coq Au Vin	Fried Fillet of Cod & Tartare Sauce OR Poached Cod & Parsley Sauce	Beef Steak & Kidney Pie	Roast Chicken Seasoning Roast Potatoes
Lunch Second Choice:	Ham Omelette	Corned Beef Egg & Chips	Cheese Salad & Jacket Potato	Salmon & Broccoli Quiche	Turkey Ham and Mushroom Pie	Eggs Florentine	Cottage Pie
Sweet:	Plum Crumble and Cream	Cream of Semolina	Banoffee Pie	Pineapple Upside Down Cake	Sherry Fruit Trifle	Rhubarb Crumble & Custard	Peach Melba
Afternoon Tea:	Tea or Coffee Homemade Scones or Cakes	Tea or Coffee Homemade Scones or Cakes	Tea or Coffee Homemade Scones or Cakes	Tea or Coffee Homemade Scones or Cakes	Tea or Coffee Homemade Scones or Cakes	Tea or Coffee Homemade Scones or Cakes	Tea or Coffee Homemade Scones or Cakes
Supper:	Mushroom & Pasta Gratin  Blancmange	Ham & Leek Bake  Fresh Fruit Salad	Cauliflower Cheese  Ham & Mushroom Pizza  Strawberry Fool	Homemade Soup & Potato  Ice Cream & Chocolate Sauce  Yoghurts	Cottage Pie  Selection of Sandwiches  Crème Brulee	Sausages & Tomatoes  Syrup Sponge Cake  Yoghurt	Bubble & Squeak  Crème Caramel  Yoghurt
Evening	Milky Drink & Biscuits	Milky Drink & Biscuits	Milky Drink & Biscuits	Milky Drink & Biscuits	Milky Drink & Biscuits	Milky Drink & Biscuits	Milky Drink & Biscuits

Vegetable and potatoes of the day will be served with all main courses. A variety of salads available on request, including coleslaw & potato salad. Jacket Potato & a selection of sandwiches available on request. Jelly and Yoghurts available on request.