



# PARENTS & CARERS MENU

Please choose either a hot meal or a Salad or Sandwich, followed by a hot or cold dessert.

## BREAKFAST

A Continental Breakfast is served each day, please help yourself to the stock from the Children's menu in the kitchen.

## LUNCH & SUPPER

### Cottage Pie

Served with carrots and peas.



### Chilli Con Carne

Minced beef, kidney beans and peppers in a chilli tomato sauce with vegetable rice.



### Bangers & Mash

Pork sausages in gravy with mashed potato and peas.



### Chicken Curry with Rice

Tender pieces of chicken in a mildly spiced curry sauce. Served with fluffy white rice.



### Fish & Chips

Breaded fish, with peas.



### Salmon & Broccoli Supreme

Served with mashed potato, carrots and peas.



### Cauliflower Cheese & Broccoli Bake

Served with mashed potato, carrots and peas.



### Omelette, Chips & Beans

A plain egg omelette served with oven chips and baked beans.



### West Country Cheddar Macaroni Cheese

Macaroni pasta in a West Country Cheddar and ripened hard cheese sauce topped with Regato crumb; with carrots and green beans.



### Provençale Vegetable Bake

Courgette, haricot beans and peppers in tomato sauce topped with sauté potatoes, with green beans, peas and broccoli.



## JACKET POTATOES

Plain with Butter or Sunflower Spread



Jacket Potato & Baked Beans



Jacket Potato & Grated Cheese



Jacket Potato & Tuna Mayonnaise



## SALADS

Mixed leaf with sliced tomato and cucumber.

Cheese Salad



Chicken Salad



Egg Salad



Avocado, Sweet Potato & Tomato Salad



## SANDWICHES

Available on white or brown bread.

Just Ham

Just Cheese



Tuna Mayonnaise



Egg Mayonnaise



Chicken Mayonnaise



Humous & Chickpea



## DESSERTS

Stewed Apple & Custard



Plum & Cherry Crumble



Rice Pudding (hot)



Strawberry Trifle



Thick & Creamy Yoghurt



Fruit Cocktail



Cheese & Crackers



Selection of Fresh Fruit



If you would like to order from the Junior Menu, please speak to the ward host/hostess. If this selection does not meet your dietary requirements, please speak to the ward host.

We also have alternative menus for those on Special Diets which include: Free From (for Food Allergies and Gluten Free), Modified Texture, Vegan, Cultural and Religious. Please ask your host for a copy.

