SWARTHMORE CARE HOME

WEEKLY MENU

Autumn/Winter- Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH						
Beef Casserole	Fisherman's pie with creamy potato and cheese topping	Roast chicken with stuffing	Quiche Lorraine	Breaded fillet of fish or poached salmon served with dill sauce	Chicken Korma (creamy mild curry)	Roast beef and Yorkshire pudding served with horse radish sauce
Creamy Vegetable Casserole	Veggie pasta bake	Nut Roast	Vegetable Quiche	Macaroni cheese	Leek & mushroom stroganoff	Nut roast
Mashed potatoes Green cabbage	Broccoli Carrots	Herby diced potatoes Roast parsnips Fresh brussel sprouts	Baby Potatoes Garden peas	Chips Grilled tomatoes Garden peas	Rice Poppadom's Mango chutney	Roast potatoes Savoy cabbage Cauliflower gratin
Stewed fruits with cream or custard	Pear crumble served with creamy custard	Apple strudel served with custard or cream	Trio of Ice cream	Lemon Meringue pie	Trio of Ice cream	Trifle
SUPPER						
Tomato and red onion soup bread	Cauliflower soup with bread	Carrot and coriander soup with bread	Potato and chive soup with bread	Minestrone soup with bread	Green pea and mint soup with bread	Courgette and tomato soup with bread
Selection of sandwiches OR Warm sausage roll	Cheese & biscuits OR a selection of sandwiches	Selection of sandwiches OR beans on toast	Sardines on toast OR a selection of sandwiches	Selection of sandwiches OR Ham & Cheese on toast	Birds Eye Cod fish fingers with bread & butter OR a selection of sandwiches	Selection of sandwiches OR Scone with jam
Lime jelly served with cream	Baked egg custard flan	Fruit trifle	Chocolate and raspberry panna cotta	Milk jelly	Vanilla cheesecake	Trio of Ice cream

SWARTHMORE CARE HOME

WEEKLY MENU

Autumn – Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH						
Lemon Sole	Cottage pie	Honey glazed roast gammon and pineapple	Steak and kidney pie	Hand battered haddock or poached haddock served with parsley sauce	Sausage & onion gravy	Roast chicken with lemon, fresh herbs and stuffing
Cauliflower steak with parmesan	Vegetable pie with a potato topping	Vegetable and pasta bake	Vegetable pie	Warm vegetable quiche	Vegetarian sausages	Nut Roast
Baby potatoes Broccoli	Peas Carrots	Roast potatoes Steamed broccoli	Carrot & swede mash Diced herb potatoes	Chips Garden peas Grilled tomatoes	Mash Garden peas Button mushrooms	Roast potatoes Thyme roast carrots Green cabbage
Golden syrup sponge & custard	Rice pudding	Tiramisu	Stewed apple with cream/custard	Grilled apricots served with custard	Strawberry gateaux	Apple crumble with custard or cream
SUPPER						
Mixed vegetable soup with bread	Carrot soup with bread	Broccoli and stilton soup with bread	Tomato soup with bread	Roasted pepper and carrot soup with bread	Pea and leek soup with bread	Vegetable soup with bread
Cheese and biscuits served with grapes OR bacon sandwich	Selection of sandwiches OR Chicken Goujons with bread & butter	Scrambled egg with/without smoked salmon and toast	Selection of sandwiches OR Pizza	Welsh rarebit OR a selection of sandwiches	Selection of sandwiches OR Scotch Egg with chutney	Prawn cocktail with bread OR selection of sandwiches
Tinned fruit & cream	Eton Mess	Poached pears with cream	Scone with butter	Chocolate eclairs	Bananas & Custard	Sorbet or ice cream

SWARTHMORE CARE HOME

WEEKLY MENU

Autumn – WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH						
Poached Salmon served with dill sauce	Steak & ale pie	Chicken casserole	Shepherd's pie	Scampi with tartar sauce	Egg and ham	Roast leg of lamb with rosemary and mint sauce
Vegetable pasta in tomato and herb sauce	Cheese & onion pie	Stuffed portobello mushroom	Cauliflower and broccoli au gratin	Cheese & tomato quiche	Roast tomato topped with cheese	Nut Roast
Herb diced potato Broccoli	Mashed swede and carrots Mash potato Roast parsnip	Mashed potatoes Broccoli	Garden Peas Broccoli	Chips Garden peas	Chips Mushrooms	Roast potatoes Cauliflower cheese Roast Seasonal Veg
Lemon tart served with cream or ice cream	Trio of ice cream	Blackberry and apple pie served with cream or custard	Mint Vienetta	Pear crumble with custard	Sherry trifle	Stewed apples with clotted cream/custard
SUPPER						
Chicken and mushroom soup with bread	Leek and potato soup with bread	Cream of spinach soup with bread	Vegetable soup with bread	French onion soup with bread	Cream of pea soup with bread	Country vegetable soup with bread
Selection of sandwiches OR Heinz spaghetti hoops on toast	Poached egg with toast OR a selection of sandwiches	Kippers with bread OR selection of sandwiches	Scone with butter and jam OR a selection of sandwiches	Crumpets with butter OR selection of sandwiches	Prawn cocktail with bread OR a selection of sandwiches	Selection of sandwiches OR Toasted teacake
Chocolate profiteroles	Raspberry meringue nests with cream	Ice cream	Panna cotta topped with mixed berries	Fruit cocktail with carnation milk	Arctic roll	Chocolate gateaux

SWARTHMORE CARE HOME

WEEKLY MENU

Autumn – Week 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH						
Braised pork steak cooked in a cider and apple sauce	Honey Roast gammon with pineapple	Lamb liver, fried onions and crispy bacon	Chicken and Mushroom Pie	Hand battered Haddock or poached haddock in caper sauce	Lasagne	Roast pork served with stuffing balls and apple sauce
Ratatouille	Jacket potato with a choice of toppings	Vegetarian sausage	Vegetable Pie	Macaroni cheese	Vegetarian Lasagne	Quorn roast
Mash potato Broccoli Mashed swede	Garden peas Buttered carrots Roast potatoes	Mashed potatoes Broccoli florets Red cabbage	Diced herb potatoes Sweetheart Cabbage	Chips Grilled tomatoes Garden peas	Salad Garlic bread	Roast potatoes Savoy cabbage Mashed swede
Bread and butter pudding with raisins served with custard	Almond tart with vanilla ice cream	Seedless raspberry jam sponge with custard	Mixed fruit crumble served with custard	Trio of Ice cream	Grilled peaches and pears served with custard or cream	Apple tart served with cream or custard
SUPPER						
Cream of Tomato soup with bread	Butternut squash soup with bread	Scotch broth with bread	Potato and leek soup with bread	Carrot and orange soup with bread	Roasted vegetable soup with bread	Red lentil soup with bread
Warm sausage roll OR Cheese & biscuits	Beans on toast OR a selection of sandwiches	Kippers on toast or with bread OR selection of sandwiches	Scrambled egg on toast OR Selection of sandwiches	Cheese and biscuits served with grapes OR Cheese scone with butter	Selection of sandwiches OR prawn cocktail with bread	Selection of sandwiches OR Cheese & biscuits
Strawberry Jelly and cream	Trio of ice cream	Peaches and cream	Crème caramel	Lemon cheesecake	Milk Jelly	Fresh fruit salad served with cream