

Abbeyfield



Sample menu

Our menus are developed through discussions with residents and other staff members to ensure nutritional requirements are met each day.

* A Selection of fruit, snacks and refreshments are available throughout the day and upon request*

Breakfast

Selection of cereals, porridge, toast, yoghurts with fruits, fruit drinks, tea/coffee (we cater to resident choice)

Lunch

Roast lamb, gravy/mint sauce with trimmings, mash/roast potatoes.

or

Fish in a white sauce, corn and potato croquets.

or

Tomato meatballs and mash

(selection of deserts; banoffe pie, apple tart & cream, fruit salad, rice pudding & jam)

Evening tea

Soup/sandwich (variety of flavours, whichever is on special)

or

Cottage pie

or

Cheese pudding or potato bake

(selection of deserts; gateaux, assortment of cakes, ice cream)