

Example Seasonal Menus

Summer

BREAKFAST

Porridge, Cereals, Fresh Fruit



Continental Breakfast



Traditional Cooked Breakfast



LUNCH

Sweet & Sour Chicken Noodles
with Stir Fry Vegetables



Fish, Chips & Peas



Pasta with Mixed Peppers
& Cream Sauce



DINNER

Omelette, Salad, Jacket Potato
or Sandwiches



Smoked Ham & Cheddar Panini



SNACKS

Tea, Coffee & Homemade Cakes



Winter

BREAKFAST

Porridge, Cereals, Fresh Fruit



Continental Breakfast



Traditional Cooked Breakfast



LUNCH

Roast Beef Dinner with Carrots,
Peas, Cabbage, Roast Potatoes,
Yorkshire Pudding & Gravy



Creamy Cod & Prawn Fish Pie
with Vegetables



Vegetable Lasagna with Salad



DINNER

Omelette, Salad, Jacket Potato,
or Sandwiches



Scrambled Egg on Toast



SNACKS

Tea, Coffee & Homemade Cakes



NUTRITIONAL BENEFITS



Fibre



Vitamins



Protein



Healthy Fats



Carbs



Calcium



Omega-3



Iron