Winter Menu

AT OUR CARE HOME, WE BELIEVE THAT EVERY MEAL SHOULD BE BOTH NOURISHING AND ENJOYABLE. THAT'S WHY WE USE PLENTY OF FRESH FRUIT, VEGETABLES AND WHOLESOME INGREDIENTS TO CREATE DISHES THAT SUPPORT HEALTH AND WELL-BEING IN EVERY WAY.

NUTRITIONAL BENEFITS

FIBRE

VITAMINS

PROTEIN

HEATHY FATS

CARBOHYDRATES

CALCIUM

OMEGA-3

IRON

BREAKFAST

PORRIDGE, CEREALS, FRESH FRUIT

CONTINENTAL BREAKFAST

TRADITIONAL COOKED BREAKFAST

LUNCH

CREAMY COD & PRAWN FISH PIE WITH VEGETABLES

ROAST BEEF DINNER WITH SEASONAL VEGETABLES, ROAST POTATOES, YORKSHIRE PUDDING & GRAVY

VEGETABLE LASAGNE WITH SALAD

DINNER

SCRAMBLED EGG ON TOAST

OMELETTE, JACKET POTATO OR SANDWICHES

SNACK

TEA, COFFEE & HOMEMADE CAKES

Summer Menu

AT ST MICHEALS WE SEE MEALTIMES AS MORE THAN JUST EATING, THEY'RE MOMENTS TO ENJOY, CONNECT AND FEEL CARED FOR. EACH DINING EXPERIENCE IS CREATED TO BRING COMFORT, SUPPORT WELLBEING AND ADD A SENSE OF ENJOYMENT TO THE DAY, HELPING RESIDENTS FEEL AT HOME AND LOOKED AFTER IN EVERY WAY.

NUTRITIONAL BENEFITS

FIBRE

VITAMINS

PROTEIN

HEATHY FATS

CARBOHYDRATES

CALCIUM

OMEGA-3

IRON

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

SMOKED HAM & CHEDDAR PANINI

OMELETTE, JACKET POTATO OR SANDWICHES

SNACK

TEA, COFFEE & HOMEMADE CAKES