

## *Fairlight Nursing Home Week 3*

<b>Course</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Breakfast Choice of:	Fruit, Porridge, Cereal & Toast, Tea or Coffee	Scrambled Egg, Fruit, Porridge, Cereal & Toast, Tea or Coffee	Fruit, Porridge, Cereal & Toast, Tea or Coffee	Cooked Breakfast, Fruit, Porridge, Cereal & Toast, Tea or Coffee	Fruit, Porridge, Cereal & Toast, Tea or Coffee	Fruit, Porridge, Cereal & Toast, Tea or Coffee	Croissant Fruit, Porridge, Cereal & Toast, Tea or Coffee
Mid Morning Elevenses:	Tea or Coffee, Biscuits & Fruit	Tea or Coffee, Biscuits & Fruit	Tea or Coffee, Biscuits & Fruit	Tea or Coffee, Biscuits & Fruit	Tea or Coffee, Biscuits & Fruit	Tea or Coffee, Biscuits & Fruit	Tea or Coffee, Biscuits & Fruit
Lunch First Choice:	Gammon, Egg & Chips	Fisherman's Pie	Roast Chicken with Stuffing	Beef Curry	Battered Fish & Chips	Spaghetti Bolognese	Roast Turkey
Lunch Second Choice:	Stilton & Broccoli Quiche	Vegetable Curry	Tomato & Basil Pasta Bake	Mushroom & Spinach Cannelloni	Cheddar & Asparagus Tart	Egg Salad	
Sweet:	Fruit Flan	Spiced Apple Sponge with Caramel Sauce	Coffee Cheesecake	Apricot Crumble	Strawberry Tart	Banoffee Pie	Trifle
Afternoon Tea:	Tea or Coffee, Homemade Scones or Cakes	Tea or Coffee, Homemade Scones or Cakes	Tea or Coffee, Homemade Scones or Cakes	Tea or Coffee, Homemade Scones or Cakes	Tea or Coffee, Homemade Scones or Cakes	Tea or Coffee, Homemade Scones or Cakes	Tea or Coffee, Homemade Scones or Cakes
Supper:	Cheese & Tomato Puff  Chocolate Mousse	Bacon & Egg Bap  Pineapple Cream	Fishcakes  Artic Roll	Scotch Egg Salad  Choux Buns	Fried Egg & Potato Waffle  Banana Mousse	Cheese & Tomato Pizza  Crème Caramel	Smoked Mackerel Pate with Melba Toast  Choc Ice
Evening:	Milky Drink & Biscuits	Milky Drink & Biscuits	Milky Drink & Biscuits	Milky Drink & Biscuits	Milky Drink & Biscuits	Milky Drink & Biscuits	Milky Drink & Biscuits

Vegetables & Potatoes of the day will be served with all main courses. A variety of salads available on request, including coleslaw & potato salad. Jacket Potato & a selection of Sandwiches available on request. Jelly & Yoghurts available on request.

**NB: Homemade soup and a selection of sandwiches are available EVERY night.**