

## *Fairlight Nursing Home Week 1*

<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:	Sweet & Sour Chicken	Baked Fish with Spinach & Cheese Sauce	Roast Pork with Stuffing	Cottage Pie	Battered Fish & Chips	Turkey Curry	Roast Lamb with Mint Sauce
Lunch Second Choice:	Cheese & Onion Tart	Stilton, Bacon & Leek Pasta Bake	Spinach & Mushroom Frittata	Potato Topped Vegetable Pie	Ham, Egg & Chips	Quiche Lorraine	
Sweet:	Apple crumble	Chocolate & Walnut Brownie	Fresh Fruit Salad	Egg Custard Tart	Sticky Toffee Pudding	Apricot Sponge & Cream	Blackcurrant Cheesecake
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:	Welsh Rarebit  Fruit Flan	Jacket Potato with Chilli Con Carne  Artic Roll	Pork Pie Salad  Rhubarb & Custard Fool	Cheese & Spring Onion Pasty  Coconut Pannacotta	Beans on Toast  Mandarin & Orange Jelly	Cauliflower Cheese  White Chocolate & Raspberry Mousse	Cheese Ploughman's  Strawberry Ice Cream
Evening:	Milky Drink & Biscuits	Milky Drink & Biscuits	Milky Drink & Biscuits	Milky Drink & Biscuits	Milky Drink & Biscuits	Milky Drink & Biscuits	Milky Drink & Biscuits

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