

## Rodwell Farm Sample Weekly Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Drink	Tea or Juice	Tea or Juice	Tea or Juice	Tea or Juice	Tea or Juice	Tea or Juice	Tea or Juice
Full glass of water given with early morning medication							
Breakfast	Cereals/porridge Fruit juice Toast Preserves Tea/coffee	Cereals/porridge Fruit juice Toast Preserves Tea/coffee	Cereals/porridge Fruit juice Toast Preserves Tea/coffee	Cereals/porridge Fruit juice Toast Preserves Tea/coffee	Cereals/porridge Fruit juice Toast Preserves Tea/coffee	Cereals/porridge Fruit juice Toast Preserves Tea/coffee	Cereals/porridge Fruit juice Toast Preserves Tea/coffee
Water and fruit squash available throughout the morning in residents' lounges							
Mid - morning	Tea or Coffee Water or squash Biscuits	Tea or Coffee Water or squash Biscuits	Tea or Coffee Water or squash Biscuits	Tea or Coffee Water or squash Biscuits	Tea or Coffee Water or squash Biscuits	Tea or Coffee Water or squash Biscuits	Tea or Coffee Water or squash Biscuits
Water / Fruit squashes and tea or coffee served with meal							
Lunch	Beef casserole, potatoes, Cauliflower peas.  Jam roly poly and custard	Polish mince potatoes, carrots and broccoli.  Banana custard	Sausages in onion gravy, mashed potatoes, green beans and carrots.  Angel delight	Chicken in honey and mustard, new potatoes, cauliflower and swede. Jelly and ice cream	Fish, chips and peas/fish in butter sauce, potatoes and peas  Rice pudding	Shepherds pie, potatoes, green beans and cabbage  Fruit flan and cream	Roast beef, roast potatoes, sprouts and carrots  Mandarin Cheese cake
Water and fruit squash available throughout the afternoon in the resident's lounges							
Mid – Afternoon Tea	Tea or Coffee Water or squash Biscuits/cake	Tea or Coffee Water or squash Biscuits/cake	Tea or Coffee Water or squash Biscuits/cake	Tea or Coffee Water or squash Biscuits/cake	Tea or Coffee Water or squash Biscuits/cake	Tea or Coffee Water or squash Biscuits/cake	Tea or Coffee Water or squash Biscuits/cake
Evening Meal	Toasted sandwiches Assorted sandwiches Cake/fruit	Soup  Assorted sandwiches Cake/fruit	Baked beans on toast. Assorted sandwiches Cake/fruit	Fish fingers and chips Assorted sandwiches Cake/fruit	Jacket potatoes and cheese Assorted sandwiches Cake/fruit	Spaghetti on toast  Assorted sandwiches Cake/fruit	Sausage rolls  Assorted sandwiches Cake/fruit
Late Evening	Milky drink Sandwiches biscuits	Milky drink Sandwiches biscuits	Milky drink Sandwiches biscuits	Milky drink Sandwiches biscuits	Milky drink Sandwiches biscuits	Milky drink Sandwiches biscuits	Milky drink Sandwiches biscuits
Water jugs available in clients' rooms during the night. Hot drinks & biscuits offered if clients wake during night.							