

**Rodwell House**  
**Menu Week 3**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Drink	Tea, Coffee or Juice						
Breakfast	Cereals/Porridge & Toast available every day						
	Scrambled eggs on toast	Crumpets	Poached eggs on toast	Hot croissants	Scrambled eggs on toast	Bacon sandwich	Poached eggs on toast
Mid-morning	Tea, Coffee, Water or Squash with Biscuits						
Lunch	<ul style="list-style-type: none"> <li>• Chili con carne served with rice, green beans and carrot</li> <li>• Cauliflower cheese served with potatoes and vegetable</li> </ul>	<ul style="list-style-type: none"> <li>• Bacon and onion pudding served with mash potatoes, baby carrot and sprouts</li> <li>• Vegetable nuggets served with mash and vegetable</li> </ul>	<ul style="list-style-type: none"> <li>• ham and cheese pasta served with peas and carrot</li> <li>• breaded mushroom served with mash and vegetable</li> </ul>	<ul style="list-style-type: none"> <li>• Toad in the hole served with potatoes, swede and cauliflower</li> <li>• BLT sandwich (also vegetarian option), salad</li> </ul>	<ul style="list-style-type: none"> <li>• Cod served with lemon and tartar sauce, chips and peas</li> <li>• Ham and pea risotto served with vegetable</li> </ul>	<ul style="list-style-type: none"> <li>• chicken and leek pie served with new potatoes, roast parsnip and savoy cabbage</li> <li>• Bubble and squeak with fried egg and vegetable</li> </ul>	<ul style="list-style-type: none"> <li>• Roast turkey served with stuffing, roast potatoes and cranberry sauce, brussels sprouts and carrot</li> <li>• cheese and onion quiche, roast potatoes, vegetable</li> </ul>
	<ul style="list-style-type: none"> <li>• Lemon and poppy seed cake with custard</li> </ul>	<ul style="list-style-type: none"> <li>• Vanilla ice cream</li> </ul>	<ul style="list-style-type: none"> <li>• Lime and coconut rice pudding</li> </ul>	<ul style="list-style-type: none"> <li>• Apple crumble and custard</li> </ul>	<ul style="list-style-type: none"> <li>• panna cotta</li> </ul>	<ul style="list-style-type: none"> <li>• jam roly polly and custard</li> </ul>	<ul style="list-style-type: none"> <li>• black forest gateaux</li> </ul>
Evening Meal	<ul style="list-style-type: none"> <li>• Leek and potatoes soup</li> <li>• Chicken nuggets served with salad or bread and butter</li> <li>• banana delight</li> </ul>	<ul style="list-style-type: none"> <li>• carrot and coriander soup</li> <li>• crumpets served with jam, honey or cheese</li> <li>• blackcurrant jelly</li> </ul>	<ul style="list-style-type: none"> <li>• creamy beetroot soup</li> <li>• jacket potatoes with cheese or baked beans/salad</li> <li>• peaches and cream</li> </ul>	<ul style="list-style-type: none"> <li>• spicy butternut squash soup</li> <li>• spaghetti rings on toast</li> <li>• Sultanas scones with jam and buttercream</li> </ul>	<ul style="list-style-type: none"> <li>• Tomato and basil soup</li> <li>• Macaroni cheese /salad</li> <li>• Chocolate and vanilla mousse</li> </ul>	<ul style="list-style-type: none"> <li>• Pea and mint soup</li> <li>• selection of sandwiches, bread rolls, and crisps</li> <li>• Flap jack</li> </ul>	<ul style="list-style-type: none"> <li>• Winter vegetable soup</li> <li>• selection of sandwiches, bread rolls and crisps</li> <li>• chocolate and banana cup cakes</li> </ul>
Late Evening	Milky drink Biscuits						

- Water & fruit squash available throughout the day in the resident's lounges
- Water jugs available in residents' rooms during the night.
- Hot drinks & biscuits offered if residents wake during night.
- Alternatives available at each meal time & fresh fruit

*Some of our dishes may contain allergens. Please ask our Chef for further information.*