

Safe Harbor Menu

WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	BREAKFAST	Porridge Selection of Cereals Eggs, Bacon etc. Toast & Preserves	Porridge Selection of Cereals Eggs, Bacon etc. Toast & Preserves	Porridge Selection of Cereals Eggs, Bacon etc. Toast & Preserves	Porridge Selection of Cereals Eggs, Bacon etc. Toast & Preserves	Porridge Selection of Cereals Eggs, Bacon etc. Toast & Preserves	Porridge Selection of Cereals Eggs, Bacon etc. Toast & Preserves
	Op. Extra	Cheese on Toast	Cheese on Toast	Cheese on Toast	Cheese on Toast	Cheese on Toast	Cheese on Toast
	LUNCH OPTION 1	Staffordshire Lobby & Crusty Roll	Chicken Kiev, Chips & Peas	Liver & Onions, Mash & Veg.	Chilli Con Carne, Mash & Veg.	Steamed Salmon, Mash, Veg. & Parsley Sauce	Cream of Chicken & Mushroom Pie with Mash and Veg.
	LUNCH OPTION 2	Fish Cake, Chips & Peas	Vegetable Casserole & Mash	Beef Lasagne with Salad & Home Made Garlic Bread	Cheese Pie with Home-Made Chips & Beans	Corned Beef Hash Veg. & Gravy	Jacket Potato with Tuna Mayo or Cheese & Salad
	DESSERT OPTION 1	Fruit Flan	Bread & Butter Pudding	Apple & Blackberry Crumble with Custard	Ginger Sponge & Custard	Syrup Sponge & Custard	Banana & Custard
	DESSERT OPTION 2	Bananas & Custard	Fruit & Cream	Semolina	Rice Pudding - with an option of Preserves	Fruit Flan & Cream	Semolina
	DINNER / TEA	Soup of The Day, Egg on Toast, Selection of Sandwiches	Soup of The Day, Cheese on Toast, Selection of Sandwiches	Soup of The Day, Beans on Toast, Selection of Sandwiches	Soup of The Day, Toasted Teacakes, Selection of Sandwiches	Soup of The Day, Cheese Oatcakes, Selection of Sandwiches	Soup of The Day, Waffles & Beans, Selection of Sandwiches
	FORKMASH	Skinless Sausage, Mash & Gravy	Creamy Mushroom & Mash	Chicken with Mash, Veg & Sauce or Gravy.	Corned Beef Hash Veg. & Gravy	Poached Fish with Mash & Parsley Sauce	Cheesy Scrambled Eggs and Baked Beans
	DESSERT	Fruit & Cream or Ice Cream	Vienetta	Donuts	Fruit Scones with Jam & Clotted Cream	Jelly & Ice Cream	Artic Roll
<p>Refreshment Trolleys throughout the Day will include Tea, Coffee, Milkshakes, Juices, Biscuits, Cakes, Crisps, Yogurts, Jelly & Rice Pudding pots and Fruit options. Trolley times will be at approximately 11:00 & 14:30 however other drinks will be supplied throughout the day and upon request.</p> <p>Refreshment Trolleys throughout the Day will include Tea, Coffee, Milkshakes, Hot Chocolate, Horlicks, Juices, Biscuits, Cakes, Crisps, Yogurts, Jelly & Rice Pudding pots and Fruit options. Trolley times will be at around 19:00 however other drinks will be supplied throughout the evening, night and upon request.</p>							