

# Wilbury Care Home - Weekly Menu

## Example Menu

### Monday

#### Lunch

Cold Chicken  
Sauté Potatoes  
Salad

#### Supper

Toasted Cheese sandwiches  
Homemade cake

### Tuesday

#### Lunch

Smoked Haddock  
New Potatoes  
Grilled tomatoes  
Broccoli

#### Supper

Chilli Mince & Rice  
Home made cake

### Wednesday

#### Lunch

Roast Gammon  
Roast Potatoes  
2 seasonal vegetables

#### Supper

Tomato & Cheese Pasta  
Homemade cake

### Thursday

#### Lunch

Steak Casserole & Dumplings  
Boiled Potatoes  
2 seasonal vegetables

#### Supper

Fried/Scrambled Egg  
Homemade cake

### Friday

#### Lunch

Fish & Chips  
Peas

#### Supper

Sausage rolls & Beans  
Homemade cake

### Saturday

#### Lunch

Fried Liver & Onions  
Creamy mash  
2 seasonal vegetables

#### Supper

Mushrooms on toast  
Homemade cake

### Sunday

#### Lunch

Roast Beef & Yorkshire Pudding  
Roast Potatoes  
2 seasonal vegetables

#### Supper

Homemade soup  
Homemade cake  
Assorted sandwiches

Puddings and sweets will be advised on the day. Fruit is available in the dining room at all times

The alternative for lunch is cold meats or omelette.

For residents who wish to remain in their rooms for supper assorted sandwiches will be served with home-made cake and beverage of choice.