



This Week's Menu at Ashley Court Care

Monday

Breakfast: Porridge or cereals, Full Welsh Breakfast, or Toast. Juice, Tea or Coffee

Lunch: Sugar Baked Gammon with Parsley Sauce, Potatoes, Carrots, Broccoli. Dessert: Bread and Butter Pudding

Tea: Tea or Coffee with homemade cakes or biscuits

Evening Meal: Chunky Vegetable Soup with Sandwiches or Fishcakes and Chips

Tuesday

Breakfast: Porridge or cereals, Full Welsh Breakfast, or Toast. Juice, Tea or Coffee

Lunch: Baked Cheese Flan with Ham, Salad or Beans & Roasted Tomatoes. Dessert: Manchester Tart

Tea: Tea or Coffee with homemade cakes or biscuits

Evening Meal: Pea and Ham Soup with Sandwiches or Pasta Bake

Wednesday

Breakfast: Porridge or cereals, Full Welsh Breakfast, or Toast. Juice, Tea or Coffee

Lunch: Traditional Roast Turkey with Mash, Parsnips, Carrots. Dessert: Bakewell Tart

Tea: Tea or Coffee with homemade cakes or biscuits

Evening Meal: Leek and Potato Soup with Sandwiches or Welsh Rarebit

Thursday

Breakfast: Porridge or cereals, Full Welsh Breakfast, or Toast. Juice, Tea or Coffee

Lunch: Minced Beef and Onion Pie with Potatoes, Swede, Cabbage. Dessert: Rice Pudding or Bananas & Ice Cream

Tea: Tea or Coffee with homemade cakes or biscuits

Evening Meal: Cream of Lentil Soup with Sandwiches or Egg and Chips

Friday

Breakfast: Porridge or cereals, Full Welsh Breakfast, or Toast. Juice, Tea or Coffee

Lunch: Fisherman's Pie with Peas, Carrots. Dessert: Lemon Cheesecake or Yoghurt

Tea: Tea or Coffee with homemade cakes or biscuits

Evening Meal: Chicken and Mushroom Soup with Sandwiches or Savoury Potatoes with Bacon & Cheese

Saturday

Breakfast: Porridge or cereals, Full Welsh Breakfast, or Toast. Juice, Tea or Coffee

Lunch: Beef Pie with Roast Potatoes, Cauliflower, Leeks. Dessert: Fresh Fruit Salad

Tea: Tea or Coffee with homemade cakes or biscuits

Evening Meal: Minestrone Soup with Sandwiches or Baked Beans on Toast

Sunday

Breakfast: Porridge or cereals, Full Welsh Breakfast, or Toast. Juice, Tea or Coffee

Lunch: Roast Dinner: Pork, Lamb, Beef, Chicken or Turkey with Sauces, Roast Potatoes, Vegetables, Gravy. Dessert: Eve's Pudding with Custard

Tea: Tea or Coffee with homemade cakes or biscuits

Evening Meal: Mushroom Soup with Sandwiches or Cauliflower & Broccoli Bake