

FRITHWOOD NURSING HOME WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Porridge (337 kcal) (A G) Cereal (A) Toast & Jam Scrambled Egg (C) Tea & Coffee	Porridge (337 kcal) (A G) Cereal (A) Toast & Jam Scrambled Egg (C) Tea & Coffee	Porridge (337 kcal) (A G) Cereal (A) Toast & Jam Scrambled Egg (C) Tea & Coffee	Porridge (337 kcal) (A G) Cereal (A) Toast & Jam Scrambled Egg (C) Tea & Coffee	Porridge (337 kcal) (A G) Cereal (A) Toast & Jam Scrambled Egg (C) Tea & Coffee	Porridge (337 kcal) (A G) Cereal (A) Toast & Jam Scrambled Egg (C) Tea & Coffee	Porridge (337 kcal) (A G) Cereal (A) Toast & Jam Scrambled Egg (C) Tea & Coffee
LUNCH						
Carrot Soup <i>~ ~ ~ ~ ~</i> Meatball & Pasta in Tomato Sauce Bean Casserole Mashed Potatoes (G) <i>~ ~ ~ ~ ~</i> Pear Crumble with Custard (A G) (1016 kcal) Cake (187/Slice)	Courgette Soup <i>~ ~ ~ ~ ~</i> Fish Pie (F) Potato Salad (C G) <i>~ ~ ~ ~ ~</i> Jam Sponge Cake with Custard (C G) (1132.8 kcal) Cake (187/Slice)	Leek & Potato Soup <i>~ ~ ~ ~ ~</i> Creamy Chicken with Mushroom (G) Green Curry (I) White Rice <i>~ ~ ~ ~ ~</i> Stewed Apples (1042.2 kcal) Cake (187/Slice)	Mixed Vegetable Soup <i>~ ~ ~ ~ ~</i> Beef & Vegetable Pie (A I) Veg Fried Rice Boiled Potatoes <i>~ ~ ~ ~ ~</i> Bread & Butter Pudding (A C G) (1150.7 kcal) Cake (187/Slice)	Mushroom Soup <i>~ ~ ~ ~ ~</i> Battered Cod (A F) Fried Eggs (C) Potato Chips <i>~ ~ ~ ~ ~</i> Angel Delight Flan (G) (976.2 kcal) Cake (187/Slice)	Sweet Potato Soup <i>~ ~ ~ ~ ~</i> Chicken Sausages Egg Salad (C G) Mashed Potatoes (G) <i>~ ~ ~ ~ ~</i> Banana & Custard (G) (939.6 kcal) Cake (187/Slice)	Mixed Vegetable Soup <i>~ ~ ~ ~ ~</i> Tuna Mayo Salad (G C F) Roast Chicken Roast Potato <i>~ ~ ~ ~ ~</i> Rice Pudding (G) (1132 kcal) Cake (187/Slice)

SUPPER						
Mini Cheese Pizza (A G)	Baked Potato with Tuna (F)	Corned Beef Hash	Sandwiches (A F C)	Cheese Toasties (A G)	Sandwiches (A F C)	Sandwiches (A F C)
Sandwiches (A F C)	Angel Delight (G)	Semolina (G)	Fruit Salad	Peaches & Cream (G)	Mandarins	Cheese Cake (A G)
Fruit Yougurt (G)						
TYPES OF ALLERGIES						
Cereals – Gluten, Wheat, Rye, Barley, Oats - A			Crustaceans – B		Eggs – C	
Soya bean & Products – D			Peanuts – E		Fish – F	
Milk & Dairy Products – G			Nuts – H		Celery – I	
Sulphur dioxide & sulphites - J			Sesame Seeds – K		Mustard – L	
Lupin – M			Molluscs - N			
FRITHWOOD NURSING HOME WEEK 2						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Porridge (337 kcal) (A G)	Porridge (337 kcal) (A G)	Porridge (337 kcal) (A G)	Porridge (337 kcal) (A G)	Porridge (337 kcal) (A G)	Porridge (337 kcal) (A G)	Porridge (337 kcal) (A G)
Cereal (A)	Cereal (A)	Cereal (A)	Cereal (A)	Cereal (A)	Cereal (A)	Cereal (A)
Toast & Jam	Toast & Jam	Toast & Jam	Toast & Jam	Toast & Jam	Toast & Jam	Toast & Jam
Scrambled Egg (C)	Scrambled Egg (C)	Scrambled Egg (C)	Scrambled Egg (C)	Scrambled Egg (C)	Scrambled Egg (C)	Scrambled Egg (C)
Tea & Coffee	Tea & Coffee	Tea & Coffee	Tea & Coffee	Tea & Coffee	Tea & Coffee	Tea & Coffee
LUNCH						
Carrot Soup	Courgette Soup	Leek & Potato Soup	Mixed Vegetable Soup	Mushroom Soup	Sweet Potato Soup	Mixed Vegetable Soup

<i>🍴</i> Cottage Pie (G)	<i>🍴</i> Fish in White Sauce (F)	<i>🍴</i> Chicken & Tomato Melt (G)	<i>🍴</i> Lamb Stew (I)	<i>🍴</i> Battered Cod (A F)	<i>🍴</i> Beef Stew (I)	<i>🍴</i> Roast Lamb Joint
<i>🍴</i> Vegetable Casserole (I)	<i>🍴</i> Vegetable Curry	<i>🍴</i> Creamy Broccoli & Cauliflower & Salute Potatoes (G)	<i>🍴</i> Green Curry (I)	<i>🍴</i> Scrambled Eggs (C)	<i>🍴</i> Egg Salad (C G)	<i>🍴</i> Egg Salad (C G)
<i>🍴</i>	<i>🍴</i> White Rice	<i>🍴</i>	<i>🍴</i> Boiled Potatoes	<i>🍴</i> Potato Chips	<i>🍴</i> Mashed Potatoes (G)	<i>🍴</i> Roast Potato
<i>🍰</i> Sponge Cake (A G)	<i>🍰</i> Semolina (G)	<i>🍰</i> Stewed Pears	<i>🍰</i> Rice Pudding (G)	<i>🍰</i> Angel Delight Flan (G)	<i>🍰</i> Banana & Custard (G)	<i>🍰</i> Fruit Yogurt (G)
(945.7 kcal) Cake (187/Slice)	(749.4 kcal) Cake (187/Slice)	(754.9 kcal) Cake (187/Slice)	(1074 kcal) Cake (187/Slice)	(776 kcal) Cake (187/Slice)	(987 kcal) Cake (187/Slice)	(903 kcal) Cake (187/Slice)

SUPPER

Tuna Melt (F G)	Broccoli Quiche (C)	Beans & Wedges	Sandwiches (A F C)	Cheese Toasties (A G)	Sandwiches (A F C)	Sandwiches (A F C)
Fruit Yougurt (G)	Angel Delight (G)	Fruit Yougurt (G)	Fruit Salad	Peaches & Cream (G)	Mandarins	Cheese Cake (A G)

TYPES OF ALLERGIES

Cereals – Gluten, Wheat, Rye, Barley, Oats - A	Crustaceans – B	Eggs – C
Soya bean & Products – D	Peanuts – E	Fish – F
Milk & Dairy Products – G	Nuts – H	Celery – I
Sulphur dioxide & sulphites - J	Sesame Seeds – K	Mustard – L
Lupin – M	Molluscs - N	

FRITHWOOD NURSING HOME WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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BREAKFAST

Porridge (337 kcal) (A G) Cereal (A) Toast & Jam Scrambled Egg (C) Tea & Coffee	Porridge (337 kcal) (A G) Cereal (A) Toast & Jam Scrambled Egg (C) Tea & Coffee	Porridge (337 kcal) (A G) Cereal (A) Toast & Jam Scrambled Egg (C) Tea & Coffee	Porridge (337 kcal) (A G) Cereal (A) Toast & Jam Scrambled Egg (C) Tea & Coffee	Porridge (337 kcal) (A G) Cereal (A) Toast & Jam Scrambled Egg (C) Tea & Coffee	Porridge (337 kcal) (A G) Cereal (A) Toast & Jam Scrambled Egg (C) Tea & Coffee	Porridge (337 kcal) (A G) Cereal (A) Toast & Jam Scrambled Egg (C) Tea & Coffee
LUNCH						
Carrot Soup <i>~ ~ ~ ~ ~</i> Mince Beef Pie Vegetable Bake Mashed Potatoes (G) <i>~ ~ ~ ~ ~</i> Pear Crumble (A) (867.2 kcal) Cake (187/Slice)	Courgette Soup <i>~ ~ ~ ~ ~</i> Baked Fish with Lemon (F) Veg Fried Rice Salute Potatoes <i>~ ~ ~ ~ ~</i> Jam Sponge Cake (C G) (860.3 kcal) Cake (187/Slice)	Leek & Potato Soup <i>~ ~ ~ ~ ~</i> Baked Chicken Green Curry (I) Roast Potato <i>~ ~ ~ ~ ~</i> Stewed Apples (810 kcal) Cake (187/Slice)	Mixed Vegetable Soup <i>~ ~ ~ ~ ~</i> Beef Curry (I) Pasta Cheese Bake (G) Boiled Potatoes <i>~ ~ ~ ~ ~</i> Bread & Butter Pudding (A C G) (1083kcal) Cake (187/Slice)	Mushroom Soup <i>~ ~ ~ ~ ~</i> Battered Cod (A F) Hash Browns Potato Chips <i>~ ~ ~ ~ ~</i> Angel Delight Flan (G) (850.2 kcal) Cake (187/Slice)	Sweet Potato Soup <i>~ ~ ~ ~ ~</i> Lamb Casserole (I) Mixed Salad Mashed Potatoes (G) <i>~ ~ ~ ~ ~</i> Banana & Custard (G) (752.6 kcal) Cake (187/Slice)	Mixed Vegetable Soup <i>~ ~ ~ ~ ~</i> Roast Chicken Mixed Salad Roast Potato <i>~ ~ ~ ~ ~</i> Rice Pudding (G) (944 kcal) Cake (187/Slice)
SUPPER						
Mini Cheese Pizza (A G) Sandwiches (A F C)	Baked Potato with Tuna (F) Angel Delight (G)	Corned Beef Hash Semolina (G)	Sandwiches (A F C) Fruit Salad	Cheese Toasties (A G) Peaches & Cream (G)	Sandwiches (A F C) Mandarins	Sandwiches (A F C) Cheese Cake (A G)

Fruit Yougurt (G)						
TYPES OF ALLERGIES						
Cereals – Gluten, Wheat, Rye, Barley, Oats - A			Crustaceans – B		Eggs – C	
Soya bean & Products – D			Peanuts – E		Fish – F	
Milk & Dairy Products – G			Nuts – H		Celery – I	
Sulphur dioxide & sulphites - J			Sesame Seeds – K		Mustard – L	
Lupin – M			Molluscs - N			
FRITHWOOD NURSING HOME WEEK 4						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Porridge (337 kcal) (A G) Cereal (A) Toast & Jam Scrambbled Egg (C) Tea & Coffee	Porridge (337 kcal) (A G) Cereal (A) Toast & Jam Scrambbled Egg (C) Tea & Coffee	Porridge (337 kcal) (A G) Cereal (A) Toast & Jam Scrambbled Egg (C) Tea & Coffee	Porridge (337 kcal) (A G) Cereal (A) Toast & Jam Scrambbled Egg (C) Tea & Coffee	Porridge (337 kcal) (A G) Cereal (A) Toast & Jam Scrambbled Egg (C) Tea & Coffee	Porridge (337 kcal) (A G) Cereal (A) Toast & Jam Scrambbled Egg (C) Tea & Coffee	Porridge (337 kcal) (A G) Cereal (A) Toast & Jam Scrambbled Egg (C) Tea & Coffee
LUNCH						
Carrot Soup <i>~ ~ ~ ~ ~</i> Sheperd's Pie Vegetable Casserole	Courgette Soup <i>~ ~ ~ ~ ~</i> Baked Fish in Tomato Sauce (F) Vegetable Pasta Bake (G)	Leek & Potato Soup <i>~ ~ ~ ~ ~</i> Chicken & Mushroom Pie (A) Egg Salad (C G)	Mixed Vegetable Soup <i>~ ~ ~ ~ ~</i> Lamb Casserole (I) Baked Omlette with Cheese (C G)	Mushroom Soup <i>~ ~ ~ ~ ~</i> Battered Cod (A F) Poached Eggs (C)	Sweet Potato Soup <i>~ ~ ~ ~ ~</i> Beef Sausages Mixed Salad	Mixed Vegetable Soup <i>~ ~ ~ ~ ~</i> Roast Beef Mixed Salad

Mashed Potatoes (G) <i>~ ~ ~ ~ ~</i>	Rice <i>~ ~ ~ ~ ~</i>	Salute Potatoes <i>~ ~ ~ ~ ~</i>	Boiled Potatoes <i>~ ~ ~ ~ ~</i>	Potato Chips <i>~ ~ ~ ~ ~</i>	Mashed Potatoes (G) <i>~ ~ ~ ~ ~</i>	Roast Potato <i>~ ~ ~ ~ ~</i>
Pear Crumble (A) (717.2kcal) Cake (187/Slice)	Jam Sponge Cake (C) (956 kcal) Cake (187/Slice)	Apple Sponge (C) (1015 kcal) Cake (187/Slice)	Bread & Butter Pudding (A C G) (1109 kcal) Cake (187/Slice)	Cherry Pie (A G) (691 kcal) Cake (187/Slice)	Banana & Custard (G) (726 kcal) Cake (187/Slice)	Rice Pudding (G) (774 kcal) Cake (187/Slice)
SUPPER						
Mini Cheese Pizza (A G) Sandwiches (A F C) Fruit Yougurt (G)	Baked Potato with Tuna (F) Angel Delight (G)	Corned Beef Hash Semolina (G)	Sandwiches (A F C) Fruit Salad	Tuna Melt (F G) Peaches & Cream (G)	Sandwiches (A F C) Mandarins	Sandwiches (A F C) Cheese Cake (A G)
TYPES OF ALLERGIES						
Cereals – Gluten, Wheat, Rye, Barley, Oats - A			Crustaceans – B		Eggs – C	
Soya bean & Products – D			Peanuts – E		Fish – F	
Milk & Dairy Products – G			Nuts – H		Celery – I	
Sulphur dioxide & sulphites - J			Sesame Seeds – K		Mustard – L	
Lupin – M			Molluscs - N			