



SAMPLE MENU

BREAKFAST

Daily Cereal Selection
Daily Bread/Spread Selection
Chicken & Egg
Preserved Fruit Selection
Daily Sundries
Acidophilus Yoghurt

LUNCH

Soup of theDay - Mulligatawny
Lemon Chicken Stir fry
Garlic Bread
Coleslaw
Rainbow Salad
Waldorf Salad
Blueberry Muffin
Fresh Fruit
Lunch Condiment Tray

DINNER

Marinated Steak
Baked Fish Scandia
Vegetable Strudel
Savoury Mash Potato
Basmati Rice
Whole Kernel Corn
Broccoli
Pasta and Parsley Salad
Tomato & Cucumber Salad
Baked Orange Pudding
Whipped Cream
Fresh Fruit