



## *Example Menu*

### **BREAKFAST**

Selection of cereals or porridge  
Choice of fresh fruit  
Cooked breakfast option  
Toast and choice of preserves  
Selection of fruit juices

### **LUNCH**

Chicken in a white wine sauce served with seasonal vegetables and potatoes  
*or*  
Salmon, grilled or baked  
*or*  
Jacket potato with choice of filling  
*or*  
Omelette with choice of filling  
*All served with side salad*

### **DESSERT**

Fruit crumble served with cream or custard

### **SUPPER**

Homemade soup  
Selection of sandwiches  
Quiche and potato salad

### **DESSERT**

Fruit salad