Parklands Sample Menu

Weekly Menu Selection

Parklands
Care Homes

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	• Porridge or Cereal • Fresh Fruit Juice • Prunes, Grapefruit Or Fresh Fruit • Tea & Toast	• Porridge or Cereal • Fresh Fruit Juice • Prunes, Grapefruit Or Fresh Fruit • Tea & Toast	• Porridge or Cereal • Fresh Fruit Juice • Prunes, Grapefruit Or Fresh Fruit • Tea & Toast	• Porridge or Cereal • Fresh Fruit Juice • Prunes, Grapefruit Or Fresh Fruit • Tea & Toast	• Porridge or Cereal • Fresh Fruit Juice • Prunes, Grapefruit Or Fresh Fruit • Tea & Toast	• Porridge or Cereal • Fresh Fruit Juice • Prunes, Grapefruit Or Fresh Fruit • Tea & Toast	• Porridge or Cereal • Fresh Fruit Juice • Prunes, Grapefruit Or Fresh Fruit • Tea & Toast	• Porridge or Cereal • Fresh Fruit Juice • Prunes, Grapefruit Or Fresh Fruit • Tea & Toast
Morning Coffee	• Biscuits • Fresh Fruit • Tea or Coffee	• Biscuits • Fresh Fruit • Tea or Coffee	• Biscuits • Fresh Fruit • Tea or Coffee	• Biscuits • Fresh Fruit • Tea or Coffee	• Biscuits • Fresh Fruit • Tea or Coffee	• Biscuits • Fresh Fruit • Tea or Coffee	• Biscuits • Fresh Fruit • Tea or Coffee	• Biscuits • Fresh Fruit • Tea or Coffee
Lunch	• Scotch Broth • Roast Beef Yorkshire Pudding, Roast Potatoes & Buttered Carrots • Honey Roast Gammon Salad • Summer Fruit Cheesecake & Cream	• Yellow Pea Soup • Steak Mince, Mashed Potatoes & Cabbage • Broccoli & Stilton Bake with side salad • Banana Whip	• Cream of Cauliflower Soup • Golden Fried Haddock & Tartar Sauce, Chips & Peas • Home Made Meat Roll in Gravy • Apple Crumble & Custard	• Carrot Soup • Liver & Bacon Casserole, Roast Potatoes & Brussel Sprouts • Roast Chicken & Skirlie • Creamy Rice & Raisin Pudding	• Cream of Mushroom Soup • Beef & Ale Pie, Boiled Potatoes & Cauliflower • Tuna Mayonnaise Salad • Sticky Toffee Pudding & Cream	• Chicken Noodle Soup • Belly of Pork with Sausage & Onion Stuffing, Parsley Potatoes & Green Beans • Vegetable Curry & Rice • Peach Melba	• Tomato Soup • Corned Beef Hash, Beetroot & Oatcakes Mashed Potatoes • Irish Stew • Lemon Meringue Pie & Cream	• Leek Soup • Roast Turkey & Trimmings, Roast Potatoes & Fresh Broccoli • Salmon Salad • Sherry Fruit Trifle & Cream
Afternoon Tea	• Home Bake or Fruit • Tea or Coffee	• Home Bake or Fruit • Tea or Coffee	• Home Bake or Fruit • Tea or Coffee	• Home Bake or Fruit • Tea or Coffee	• Home Bake or Fruit • Tea or Coffee	• Home Bake or Fruit • Tea or Coffee	• Home Bake or Fruit • Tea or Coffee	• Home Bake or Fruit • Tea or Coffee
Supper	• Cullen Skink • Selection of Sandwiches • Fresh Fruit/ Sandwiches/ Yoghurts/ Cheese & Biscuits	• Cornish Pasties, Tatties & Gravy • Macaroni Cheese • Fresh Fruit/ Sandwiches/ Yoghurts/ Cheese & Biscuits	• Pork Sausage, Mashed Tatties & Beans • Beef Stroganoff & Rice • Fresh Fruit/ Sandwiches/ Yoghurts/ Cheese & Biscuits	• Grilled Gammon & Pineapple with Chips • Baked Potato with Cheese & Coleslaw • Fresh Fruit/ Sandwiches/ Yoghurts/ Cheese & Biscuits	• Savoury Meatballs in Tomato Sauce & Spaghetti • Poached Egg on Toast • Fresh Fruit/ Sandwiches/ Yoghurts/ Cheese & Biscuits	• Haggis, Neep & Tattie Bake • Grilled Bacon in a Buckie Softie • Fresh Fruit/ Sandwiches/ Yoghurts/ Cheese & Biscuits	• Baked Sole Mornay & Peas • Deep Fried Chicken Fillets, Chips & Peas • Fresh Fruit/ Sandwiches/ Yoghurts/ Cheese & Biscuits	• Tattie Soup • Assorted Filled Rolls • Selection of Sandwiches • Fresh Fruit/ Sandwiches/ Yoghurts/ Cheese & Biscuits
Evening Snack	• Sandwiches • Tea or Milky Drink	• Sandwiches • Tea or Milky Drink	• Sandwiches • Tea or Milky Drink	• Sandwiches • Tea or Milky Drink	• Sandwiches • Tea or Milky Drink	• Sandwiches • Tea or Milky Drink	• Sandwiches • Tea or Milky Drink	• Sandwiches • Tea or Milky Drink