



ALEXANDER COURT
RESIDENTIAL CARE HOME

A SAMPLE 7-DAY MENU

Seasonal, nutritious meals — and something delicious in between — every hour of the day, taken care of

Our seasonal, nutritious meals — including modified texture options — are prepared fresh daily and shaped around what each resident wants and needs. Residents and families take part in regular meetings to help choose the food on offer, and every meal is delivered with real pride by our chefs and care teams.

Whatever the dietary requirement — clinical, religious or ethical — our fully trained chefs are happy to accommodate any request with dignity, so residents can keep to their own diet without ever feeling excluded. Monthly dietary reviews ensure every resident's likes, dislikes and needs are always respected.

BREAKFAST — EVERY DAY

- A daily choice of porridge, cereal or toast, served with fresh fruit or yoghurt
- A full cooked breakfast is also on offer, including as a Wednesday favourite
- Tea, coffee, or a choice of juice, whenever it's wanted

MID-MORNING & AFTERNOON TREATS — EVERY DAY

- Mid-morning: the drinks trolley comes round with a warm drink served with a selection of biscuits
- Afternoon: tea served with freshly baked cake, every day

LUNCH & SUPPER — MONDAY TO SUNDAY

A hearty, home-cooked lunch and a lighter supper, varying day to day — always served with a sandwich, homemade soup of the day, or a jacket potato as an alternative.

DAY	MAIN	ALTERNATIVE	DESSERT	SUPPER
Monday	Hunter's Chicken served with Chips & a Garden Salad	Vegetable Lasagne served with a Garden Salad	Syrup Sponge served with Custard	Fish Finger Sandwiches, with Trifle to Follow
Tuesday	Shepherd's Pie served with Seasonal Vegetables	Cauliflower Cheese served with Seasonal Vegetables	Eton Mess served with Fresh Berries	Vegetable Samosas, with Profiteroles to Follow
Wednesday	Chicken Korma served with Rice & Naan Bread	Roasted Vegetable Flan served with Rice	Strawberries & Cream	Cream Cheese & Smoked Salmon Bagels, with Chocolate Eclairs to Follow
Thursday	Roast Turkey served with All the Trimmings	Quorn Roast served with All the Trimmings	Upside-Down Pineapple Cake served with Custard	Chicken & Bacon Caesar Salad, with Chocolate Brownie to Follow
Friday	Battered Fish served with Chips & Mushy Peas	Quiche served with Chips & Mushy Peas	Fresh Fruit Salad served with Pouring Cream	Pork Pie served with Pickle, with Danish Pastries to Follow
Saturday	Beef Casserole served with Mashed Potatoes & Seasonal Vegetables	Cheese & Potato Pie served with Baked Beans	Cheesecake served with Fresh Cream	Cheese & Bacon Turnover, with Ice Cream & a Flake to Follow
Sunday	Traditional Roast Lamb served with All the Trimmings	Stuffed Peppers served with Seasonal Vegetables	Berry Crumble served with Custard	A Savoury Buffet Selection, with Scones, Jam & Clotted Cream to Follow

Menus rotate on a four-week cycle and are adapted for individual dietary requirements, including diabetic, soft and pureed diets.

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