



# THE MAYFIELD

## Sample Menu 2022

### BREAKFAST

Full English Breakfast  
Continental Breakfast  
Botham's of Whitby Farmhouse Toast  
Cereals & Porridge  
Yoghurt & Fruit  
Tea, Coffee & Fresh Juices

### DINNER

Mixed Pepper Quiche  
Whitby Haddock, Chips & Mushy Peas  
Lattice Steak Pie & Parsley Potatoes  
Strudel with Brandy Sauce  
Botham's of Whitby Lemon Bun

### TEA

Butternut Squash Soup  
Roasted Chicken Breast & Pancetta  
Green Salad  
Banoffee Pie with Cream

*Sandwiches, cheese & biscuits, and  
toasted tea cakes also always available  
at tea, as well as for supper later on*



As well as our main meals, residents can enjoy snacks and drinks 24/7 from our café.

Menus are based on our residents' favourite meals and nutritional needs.

For residents living with dysphagia, we prepare meals, pureed foods and smoothies that are delicious as well as easy to swallow and digest.