Sample menu – Rockdale House Care Home

SENIOR LIVING
ROCKDALE
at the heart of Sevenoaks

Lunch	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Main course	Honey Roast Gammon	Chicken Casserole	Sausages & Fried Onions & Gravy	Poached Salmon & Hollandaise	Steak & Mushroom Pie	Beer Battered Cod	Cottage Pie
Alternative	Roast Chicken	Gammon Bubble & Squeak Egg	Scampi	Meat Balls in Gravy	Sweet & Sour Chicken	Broccoli Pasta Garic Bread	Chicken Goujons
Potatoes	Roast	New	Creamed/ Chips	Creamed	New / Rice	Chips	New
Vegetables	Parsnips	Carrots	Peas	Broccoli	Cabbage / Beans	Baked Tomato	Carrots
Vegetables	Cabbage	Green Beans	Cabbage	Carrots	Spring Rolls	Peas	Green Beans
Dessert	Gateaux	Banana Custard	Cherry Pie & Ice Cream/Ice Cream	Stewed Apples Custard	Semolina Pudding & Jam	Banoffee Pie	Jam Sponge & Custard
Alternative	Choc Ice	Lemon Mousse	Vinnetta	Arctic Roll	Profiteroles	Fresh Fruit Salad	Mandarin & Cream
Supper							
Soup	Homemade Pea & Mint Soup Bread & Butter	Homemade Parsnip Soup Bread & Butter	Homemade Cream of Onion Soup Bread &	Homemade Tomato Soup Bread & Butter	Homemade Sweet Potato Soup Bread & Butter	Homemade Vegetable Soup Bread & Butter	Homemade Cauliflower Soup Bread & Butter
Sandwiches	Egg Mayo/ Ham Cheese/ Salmon	Egg Mayo/ Ham Cheese/ Salmon	Egg Mayo/ Ham Cheese/ Salmon	Egg Mayo/ Ham Cheese/ Salmon	Egg Mayo/ Ham Cheese/ Salmon	Egg Mayo/ Ham Cheese/ Salmon	Egg Mayo/ Ham Cheese/ Salmon
Alternative	Beef & Tomato Roll	Omelettte Side Salad	Prawn Cocktail	Bacon & Tomato Waffles	Cheesy Potato & tomato on top	Chicken & Leak Pastry	BLT Roll
Dessert trolly	Fruit/Cream/Jelly Yoghurt Mini Fruit Pastrys	Fruit/Cream/Jelly Yoghurt Flap Jacks	Fruit/Cream/Jelly Yoghurt Ginger Sponge	Fruit/Cream/Jelly Yoghurt Elcairs	Fruit/Cream/Jelly Yoghurt Cup Cakes	Fruit/Cream/Jelly Yoghurt Carrot Cake	Fruit/Cream/Jelly Yoghurt Victoria Sponge