

**Monday**

**Lunch**

Leek And Cheddar Fishcake (F)  
Stir Fried Veg in Hoi Sin Sauce (F)  
Served with Mash Potatoes and Mixed veg (F)

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Bread and butter pudding & custard (F)

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**Afternoon Tea— Eclairs (F)**

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**Supper**

Vegetable Soup (F)  
Jacket Potato with Cheese, Baked Beans  
Ham & Salad Sandwiches  
Cheese Mayo Sandwiches (F)  
On a selection of white or brown bread

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jelly with Cream (F)

**Tuesday**

**Lunch**

Beef Lasagne (F)  
Vegetable Curry  
Served with Chips ,Green Beans & Cauli-  
flower

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Semolina (F)

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**Afternoon Tea—Chocolate Muffins (F)**

**Supper**

Tomato Soup (F)  
Pork Stroganoff & Rice (F)  
Egg Sandwiches (F)  
Tuna Mayo Sandwiches (F)  
On a selection of white or brown bread

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Chocolate Mousse (F)

**Wednesday**

**Lunch**

Beef And Stilton Pie (F)  
Creamy Mushroom and Spinach Pasta Bake  
Served with Croquette potatoes Carrots and  
Broccoli

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Rhubarb Crumble with Custard (F)

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**Afternoon Tea—Cherry Sponge (F)**

**Supper**

Broccoli and Cheddar Soup  
Quiche Lorraine & Salad (F)  
Coronation Chicken Sandwiches  
Cheese Sandwiches (F)  
On a selection of white or brown bread

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Fruit Cocktail with Cream (F)

**Thursday**

**Lunch**

Lincolnshire Sausage And Mash (F)  
Ratatouille (F)  
Served with Peas And Carrots

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Rice Pudding (F)

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**Afternoon Tea —Banana sponge (F)**

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**Supper**

Leek & Potato Soup (F)  
Vegetable Curry with Rice  
Cheese and Tomato Sandwiches  
Tuna Sandwiches (F)  
On a selection of white or brown bread

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Banana mousse (F)

**Friday**

**Lunch**

Fish & Chips  
Vegetable Pie  
Served with Mushy Peas & Tartar Sauce

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Baked Pears with Custard (F)

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**Afternoon Tea— Scones And Jam**

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**Supper**

Chicken Soup (F)  
Vegetable chilli (F)  
Ham & Tomato Sandwiches  
Cheese And Pickle Sandwiches (F)  
On a selection of white or brown bread

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Mixed Berry Eton Mess

**Saturday**

**Lunch**

Chicken and Leek Pie (F)  
Maccaroni Cheese (F)  
Served with New Potato and Country Veg  
Pineapple Upside Down cake and Custard (F)

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**Afternoon Tea—Coffee Cake (F)**

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**Supper**

Cream of cauliflower Soup (F)  
Corned beef hash and Beans  
Tuna & Cucumber Sandwiches  
Egg Sandwiches (F)  
On a selection of white or brown bread

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Classic Trifle

**Sunday**

**Lunch**

Roast Loin Of Pork & Apple SaUce  
Vegetarian Stroganoff (F)  
Served with Roast Potatoes & Mixed Vegetables  
Yorkshire Pudding & Gravy

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Apple crumble with custard (F)

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**Afternoon Tea—Vanilla Sponge (F)**

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**Supper**

Cream of Mushroom Soup (F)  
Butter Chicken with Rice (F)  
Chicken Sandwiches (F)  
Cheese Mayo Sandwiches (F)  
On a selection of white or brown bread

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Cheesecake (F)

**“Outstanding Food at Alban Manor”**



If you have any allergies please let us know.  
Assorted Snacks are available on all tea trolleys.  
If there is anything different you would like please ask our Chef  
Let us know if there is anything that you would like changing.  
We welcome all feedback and suggestions

**Selections available every day**

**Breakfast**

Tea or coffee  
Apple, Orange & Cranberry juice  
Choice of Cereals  
Toast  
White or Wholemeal rolls  
Marmalade, Jam, Marmite  
Selection of Eggs  
Full English Breakfast

**Morning Tea**

Tea or Coffee  
Choice of Fruit Squashes  
Biscuit Selection  
Assorted Snacks  
Milkshakes

**Lunch**

Alcoholic & Non-Alcoholic Drinks  
Daily Main Meal  
Daily Vegetarian Option  
Seasonal Vegetables  
Assorted Omelettes  
Choice of Salads  
Jacket Potatoes with a selection of toppings

**Dessert**

Ice Cream  
Assorted Mousses  
Selection of Yoghurts  
Fresh Fruit  
Cheese & Biscuits  
Tea or Coffee

**Afternoon Tea**

Tea or Coffee  
Choice of Fruit Squashes  
Homemade Cakes  
Biscuit Selection  
Assorted Snacks  
Milkshakes

**Supper**

Alcoholic Drinks  
Daily Supper Meal  
Choice of fruit Squashes  
Bread & Butter  
Cheese & biscuits  
Fresh Fruit  
Tea or Coffee

**Evening Tea**

Tea or Coffee  
Choice of Fruit Squashes  
Hot Chocolate  
Ovaltine  
Horlicks  
Snacks

(F)= Fortified foods. This means some of the food in this meal have had extra nutrients added to it to help boost nutritional value benefit health.  
If you do not want this please let a member of staff know.