

WhiteOaks Menu Template

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Fruit Juice/ prunes/grapefruit segments	Fruit Juice Etc	Fruit Juice Etc	Fruit Juice Etc	Fruit Juice Etc	Fruit Juice Etc	Fruit Juice Etc	Fruit Juice Etc
Selection of Cereals inc porridge and milk	Cereals	Cereals	Cereals	Cereals	Cereals	Cereals	Cereals
Cooked option	Baked Beans and Hash Browns	Grilled Sausage and Tomatoes	Bacon and Fried Egg	Tomatoes with Saute Potatoes	Mushrooms on Toast	Bacon Egg	Sausage and Baked Beans
Toast, spread, preserves	Toast preserves	Toast preserves	Toast preserves	Toast preserves	Toast preserves	Toast preserves	Toast preserves
Lunch							
Fruit Juice or Soup	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
Main Course 1	Beef Stroganoff	Turkey Escalope with Cranberry Sauce	Lancashire Hot Pot	Chicken in Tomato Sauce	Breaded Plaice	Hearty Lamb Stew with Bread	Traditional Sunday Roast
Main Course 2 (soft)	Baked Plaice with Herb Butter	Faggots in onion Gravy	Tuna and Sweetcorn Pasta Bake	Boneless Pork Loin Chops	Sweet and Sour Pork	Meat Balls in Gravy	Roast Chicken with Trimmings
Cold Main Course Salad	Ploughman's Salad	Egg Salad	Pork Pie Salad	Sardine Salad	Beef Salad	Cheese Salad	Prawn Salad
Potato 1 (optional for larger units)	Herb Diced Potatoes	New Potatoes	Roast Potatoes	Lyonnaise potatoes	Chipped Potatoes	New Potatoes	Roast Potatoes
Potato 2 (Soft)	Mashed	Mashed	Mashed	Mashed	Mashed	Mashed	Mashed
Vegetable 1 (optional for larger units)	Peas	Green Beans	Carrots	Green Cabbage	Mushy Peas	Cauliflower	Carrots
Vegetable 2 (Soft)	Carrots	Cauliflower	Broccoli	Swede	Grilled Tomatoes	Courgettes	Sprouts
Hot Pudding and Custard	Lemon Sponge Roll with Custard		Eves Pudding with Custard			Creamed Rice Pudding	
Cold Dessert or Cake or Fresh/Tinned Fruit		Strawberry Gateau with Cream		Crème Caramel	Pear Belle Helen		Cherry Pie and Cream
Supper							
Fruit Juice or Soup	White Onion Soup	Cream of Chicken Soup	Leek & Herb Soup	Carrot & Coriander Soup	Cream of Vegetable Soup	Tomato Soup	Beef and Mushroom Soup
Main Course 1 (optional for larger units)	Ham and Chips	Sausage Plait with Salad	Fishcake and Herb Diced Potatoes	Scotch Egg with Salad	Pasta and Ham Bake	Sausage and Chips	Assorted Sandwich Platter
Main Course 2 - light choice	Prawn Salad	Egg Salad	Poached Egg on Toast	Ham Salad	Boiled Egg and Toast	Omelettes	
Sandwich Choice	Chicken and Sweetcorn Sandwich	Prawn Salad Sandwich	Ham Sandwich	Cheese & Pickle Sandwich	Corned Beef Sandwich	Egg & Cress Sandwich	
pudding 1 - Milk Pudding	Rice Pudding	Banana Custard	Semolina	Chocolate custard	Sago Pudding	Apple Custard	Tapioca Pudding
pudding 2 - Cold Dessert or Cake or Fruit	Jam Tarts	Chocolate Mousse	Jelly and Ice Cream	Bakewell Tart	Trifle & Cream	Tinned Fruit with Cream	Gateau & Cream