

Towerview Care Week 1 Sample Menu						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast						
Beans, Sausage and Scrambled eggs Porridge Cornflakes Weetabix Toast	Tomatoes, Bacon and Mushrooms Porridge Cornflakes Weetabix Toast	Beans, Black pudding and Poached eggs Porridge Cornflakes Weetabix Toast	Tomatoes, Sausage and Hash browns Porridge Cornflakes Weetabix Toast	Beans, Bacon and Boiled egg Porridge Cornflakes Weetabix Toast	Tomatoes, Black pudding and Hash browns Porridge Cornflakes Weetabix Toast	Beans, Sausage and Poached egg Porridge Cornflakes Weetabix Toast
Lunch						
Sausage Casserole or Curried Lamb, Potato & Tomato Served with Mashed Potato or White Rice Desserts: Chocolate Chip Pudding with Salted Caramel Sauce or Tapioca Pudding	Steak Pie with Flaky Pastry Top or Salmon in Provençale Sauce Served with Boiled Potatoes or Mashed Potato Desserts: Summer Fruit Crumble or Clotted Cream Rice Pudding	Pork with Sage Stuffing in Gravy or Chicken Breast in Tomato & Basil Sauce Served with Roast Potatoes or Boiled Potatoes Desserts: Potatoes Sticky Toffee Pudding or Nordica	Cottage Pie or Chinese Pork & Vegetables Served with Boiled Potatoes or White Rice Desserts: Pineapple Sponge or Chef's Rice Pudding	Fish and chips Chefs pudding	Baked Steak & Mushroom Pie or Sweet & Sour Chicken Served with vegetables or rice Desserts: Bread & Butter Pudding or Cooked Summer Fruits	Premium Roast Beef in Gravy or Roast Lamb in Gravy Served with Traditional Roast Potatoes Desserts: Syrup Sponge or Strawberry Sundae
Tea Time						
Fish fingers & beans Tomato soup Dessert: Chocolate mousse	Tuna pasta Minestrone soup Dessert: Fruit in Jelly	Jacket spud & Beans Chicken soup Dessert: Orange milk jelly	Mac & cheese Veg soup Dessert: Banana custard	Sausage roll & Beans Leek & potato soup Dessert: Fruit & cream	Cheese & pot pie Oxtail soup Dessert: Crème caramel	Buffet Beef & tomato soup Dessert: Trifle
You can request an alternative to any of the above or a lite bite. Snacks available at all times.						

Towerview Care Week 2 Sample Menu						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast						
Tomatoes, Bacon, Mushrooms Porridge Cornflakes Weetabix Toast	Beans, Black pudding, Poached eggs Porridge Cornflakes Weetabix Toast	Tomatoes, Sausage, Hash browns Porridge Cornflakes Weetabix Toast	Beans, Bacon, Boiled eggs Porridge Cornflakes Weetabix Toast	Tomatoes, Black pudding, Hash browns Porridge Cornflakes Weetabix Toast	Beans, Sausage, Poached eggs Porridge Cornflakes Weetabix Toast	Tomatoes, bacon, scrambled eggs Porridge Cornflakes Weetabix Toast
Lunch						
Baked Chef's Steak & Kidney Pie or Chicken Chasseur served with minted Boiled Potatoes or Mashed Potato Desserts: Apricot Crumble or Clotted Cream Rice Pudding	Pork in Cider Gravy or Fish Pie Served with Dauphinoise Potatoes or Boiled Potatoes Desserts: Spotted Dick or Strawberry Cheesecake	Chicken Korma or Shepherd's Pie Served with Traditional Roast Potatoes or Basmati Yellow Rice Desserts: Plum & Cherry Pie or Stewed Apple	Lamb Casserole or Sausages in Onion Gravy Served with Baby Potatoes or Minted Boiled Potatoes Desserts: Jam Sponge or Rice Pudding with Nutmeg	Fish and chips Chefs pudding	Baked Steak & Mushroom Pie or Sweet & Sour Chicken Served with or Vegetable Rice Desserts: Bread & Butter Pudding or Cooked Summer Fruits	Premium Roast Beef in Gravy or Roast Lamb in Gravy Served with Traditional Roast Potatoes Desserts: Syrup Sponge or Strawberry Sundae
Tea Time						
Cauliflower cheese Minestrone soup Dessert: Fruit & cream	Omelettes Chicken soup soup Dessert: Crème caramel	Tomato pasta Leek & pot soup Dessert Fruit in jelly	Cheeses & potato pie Veg soup Dessert: Strawberry milk jelly	Corn beef hash Oxtail soup Dessert: Banana mousse	Jacket spud & beans Beef & tomato soup Dessert: Strawberry mousse	Buffet Tomato soup soup Dessert: Trifle
You can request an alternative to any of the above or a lite bite. Snacks available at all times.						

Towerview Care Week 3 Sample Menu						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast						
Beans, Black pudding, Poached eggs Porridge Cornflakes Weetabix Toast	Tomatoes, Sausage, Hash browns Porridge Cornflakes Weetabix Toast	Beans, Bacon, Boiled eggs Porridge Cornflakes Weetabix Toast	Tomatoes, Black pudding, Hash browns Porridge Cornflakes Weetabix Toast	Beans, Sausage, Poached eggs Porridge Cornflakes Weetabix Toast	Tomatoes, Bacon, Scrambled eggs Porridge Cornflakes Weetabix Toast	Beans, Black pudding, Mushrooms Porridge Cornflakes Weetabix Toast
Lunch						
Baked Steak & Mushroom Pie or Liver & Bacon in Gravy Served with Mashed Potato or Baby Potatoes Desserts: Mixed Fruit Pie or Blackcurrant Cheesecake	Chicken Tikka Masala or Diced Beef with Paprika & Peppers Served with Boiled Potatoes or Basmati Yellow Rice Desserts: Sticky Toffee Pudding or Rice Pudding with Nutmeg	Roast Chicken Breasts in Gravy or Cod in Parsley Sauce Served with Traditional Roast Potatoes or Boiled Potatoes Desserts: Lemon Flavour Sponge or Cooked Summer Fruits	Pork Loin in Apple & Sage Sauce or Chicken & Ham Pie with Flaky Pastry Top Served with Dauphinoise Potatoes Desserts: Apple & Blackberry Cobbler or Clotted Cream Rice Pudding	Fish and chips Chefs pudding	Sliced Gammon & Pineapple or Beef Stroganoff Served with Mashed Potato or White Rice Desserts: Chocolate Chip Pudding with Salted Caramel Sauce or Nordica	Premium Roast Beef in Gravy or Roast Lamb in Gravy Served with Traditional Roast Potatoes or Mashed Potato Desserts: Bread & Butter Pudding or Stewed Apple
Tea Time						
Jacket spud & tuna Chicken soup Dessert: Crème caramel	Jacket spud & tuna Chicken soup Dessert: Crème caramel	Cheese & potato pie Veg soup Dessert: Banana mousse	Sausage roll & beans or Oxtail soup Dessert: Fruit in jelly	Mac & cheese Beef & tom soup Dessert: Orange milk jelly	Omelettes Tomato soup Dessert: Banana custard	Buffet Minestrone soup Dessert: Trifle
You can request an alternative to any of the above or a lite bite. Snacks available at all times.						

Towerview Care Week 4 Sample Menu						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast						
Tomatoes, Sausage, Hash browns Porridge Cornflakes Weetabix Toast	Beans, Bacon, Boiled eggs Porridge Cornflakes Weetabix Toast	Tomatoes, Black pudding, Hash browns Porridge Cornflakes Weetabix Toast	Beans, Sausage, Poached eggs Porridge Cornflakes Weetabix Toast	Tomatoes, Bacon, Scrambled eggs Porridge Cornflakes Weetabix Toast	Beans, Black pudding, Mushrooms Porridge Cornflakes Weetabix Toast	Tomatoes, Sausage, Poached eggs Porridge Cornflakes Weetabix Toast
Lunch						
BBQ Pulled Pork with Peppers or Potato Topped Chicken Pie Served with Vegetable Rice or Boiled Potatoes Desserts: Apple Sponge or Clotted Cream Rice Pudding	Cottage Pie or Fish in Cheese Sauce Served with Dauphinoise Potatoes or Sauté Potatoes Desserts: Sticky Toffee Pudding or Caramel Sundae	Sliced Turkey in Gravy or Lamb Grill Steaks in Minted Gravy Served with Traditional Roast Potatoes or Minted Boiled Potatoes Desserts: Mixed Fruit Pie or Tapioca Pudding	Beef Casserole or Vegetarian Tikka Masala Served with Boiled Potatoes or Vegetable Rice Potatoes Desserts: Rhubarb Crumble or Rice Pudding with Nutmeg	Fish and chips Chefs pudding	Cumberland Pie or Creamy Vegetable Cheese Bake Served with Sauté Potatoes or Dauphinoise Potatoes Desserts: Somerset Apple Cake or Chef's Rice Pudding	Roast Pork in Gravy or Sliced Chicken in Gravy Served with Traditional Roast Potatoes or Mashed Potato Desserts: Plum & Cherry Pie or Apricot & Peach Dessert
Tea Time						
Corn beef hash Veg soup Dessert: Strawberry milk jelly	Cauliflower cheese Leek & pot soup Dessert: Fruit & cream	Omelettes Oxtail soup Dessert: Banana custard	Jacket potato & beans Beef & tomato soup Dessert: Fruit in jelly	Tomato pasta Minestrone soup Dessert: Crème caramel	Fish cake & beans Tomato soup Dessert: Butter scotch mousse	Buffet Chicken soup Dessert: Trifle
You can request an alternative to any of the above or a lite bite. Snacks available at all times.						