

Hawkinge House Sample Weekly Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Drink	Tea or Juice	Tea or Juice	Tea or Juice	Tea or Juice	Tea or Juice	Tea or Juice	Tea or Juice
Full glass of water given with early morning medication							
Breakfast	Cereals/porridge Scrambled egg Toast Preserves Tea/coffee	Cereals/porridge Bacon & tomato Toast Preserves Tea/coffee	Cereals/porridge Bacon & egg Toast Preserves Tea/coffee	Cereals/porridge Bacon & beans Toast Preserves Tea/coffee	Cereals/porridge Sausages Toast Preserves Tea/coffee	Cereals/porridge Bacon & beans Toast Preserves Tea/coffee	Cereals/porridge Bacon & egg Toast Preserves Tea/coffee
Water and fruit squash available throughout the morning in residents' lounges							
Mid-morning	Tea or Coffee Water or squash Biscuits	Tea or Coffee Water or squash Biscuits	Tea or Coffee Water or squash Biscuits	Tea or Coffee Water or squash Biscuits	Tea or Coffee Water or squash Biscuits	Tea or Coffee Water or squash Biscuits	Tea or Coffee Water or squash Biscuits
With water / fruit squashes and tea or coffee served after meal							
Lunch	Cottage pie with cheesy mash Broccoli & Carrots Chocolate blancmange Fresh fruit salad	Chicken breast with sweet & sour sauce Potatoes & 2 veg Fresh fruit salad Upside down apple cake with custard	Meat loaf with mushroom sauce Potatoes & 2 veg Banoffi pie Fresh fruit salad	Baked gammon with sherry sauce Sauteed potatoes & 2 veg Steamed sponge Fruit salad	Breaded fillet of cod, chips & 2 veg Rice pudding Fresh fruit salad	Sausage casserole in red wine Mash, ratatouille & savoy cabbage Apple crumble Fresh fruit salad	Roast leg of lamb, roast potatoes, Cauliflower & carrots Sherry trifle Fresh fruit salad
Water and fruit squash available throughout the afternoon in the resident's lounges							
Mid- Afternoon Tea	Tea or Coffee Water or squash Coconut biscuits	Tea or Coffee Water or squash Choc meringues	Tea or Coffee Water or squash Strawberry scones	Tea or Coffee Water or squash Chocolate cake	Tea or Coffee Water or squash Choc shortbread	Tea or Coffee Water or squash Cake selection	Tea or Coffee Water or squash Biscuit selection
Evening Meal	Soup Assorted sandwiches Sausage rolls Tapioca	Soup Macaroni cheese Assorted sandwiches Carrot cake	Soup Cheese puffs Assorted sandwiches Mandarin jelly	Soup Assorted sandwiches Semolina	Soup Sausage rolls Assorted sandwiches Mincemeat muffin	Soup Cheese rolls Assorted sandwiches Cake	Soup Fish fingers Assorted sandwiches Jelly
Late Evening	Milky drink biscuits	Milky drink biscuits	Milky drink biscuits	Milky drink biscuits	Milky drink biscuits	Milky drink Biscuits	Milky drink biscuits

Water jugs available in residents' rooms during the night. Hot drinks & biscuits offered if residents wake during night.