

ABBEY HEALTHCARE - SUMMER MENU 2026 – WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Chilled fruit juice Hot breakfast of the day Porridge Choice of Cereal Toast & preserves	Chilled fruit juice Hot breakfast of the day Porridge Choice of Cereal Toast & preserves	Chilled fruit juice Hot breakfast of the day Porridge Choice of Cereal Toast & preserves	Chilled fruit juice Hot breakfast of the day Porridge Choice of Cereal Toast & preserves	Chilled fruit juice Hot breakfast of the day Porridge Choice of cereal Toast & preserves	Chilled fruit juice Hot breakfast of the day Porridge Choice of Cereal Toast & preserves	Chilled fruit juice Hot breakfast of the day Porridge Choice of Cereal Toast & preserves
Mid-morning snack Fresh fruit platter yoghurts	Mid-morning snack Fresh fruit platter Yoghurts	Mid-morning snack Fresh fruit platter yoghurts	-Mid- morning snack Fresh fruit platter yoghurts	Mid-morning snack Fresh fruit platter yoghurts	Mid-morning snack Fresh fruit platter yoghurts	Mid-morning snack Fresh fruit platter yoghurts
Lunch Salmon fillet with prawn sauce & vine ripe cherry tomatoes Or Teriyaki Bao Croquette potatoes Buttered cauliflower Tender spring leeks Braeburn Apple Pie & cream	Lunch Traditional minced Steak & onion cottage pie Or Quorn Escalope Minted new potatoes Fresh Broccoli spears Roast Parsnips Warm baked pear & cinnamon cobbler with custard	Lunch Tender Lamb, root vegetable & red onion casserole Or Creamy Cheddar Cauliflower Cheese Steamed Curly Kale Buttered Carrots Sauté Potatoes Golden syrup & sultana sponge with custard	Lunch Chicken & Mushroom Fricassee Or Courgette, ricotta & tomato tart Creamed potatoes Tender Beetroot White cabbage Zesty lemon & orange meringue pie With cream	Lunch Crispy Battered fish & tartare sauce Or Roast Butternut Squash Risotto Chips Garden/mushy peas Homemade Cherry Swiss roll & vanilla Ice cream	Lunch Braised neck of Pork with Apples Or Stuffed woodland mushrooms in cheese sauce Potato wedges Diced carrot Courgettes Sago pudding with a sweet peach compote	Lunch Roast Chicken with sage & onion stuffing and gravy Or Vegetable meatballs in herby tomato sauce & Linguine Roast Potatoes Savoy Cabbage Seasoned swede Warm Oaty Rhubarb & ginger crumble with custard
Afternoon tea	Afternoon tea	Afternoon tea	Afternoon tea	Afternoon tea	Afternoon tea	Afternoon tea
Evening meal Spinach & potato soup/sandwiches or Thai Fishcake, diced potatoes & peas Soft peaches & cream	Evening meal Garden pea & mint soup Sandwich selection Or Mushroom ravioli & cheese topping Strawberry Eaton Mess	Evening meal Cream of Tomato & Basil soup Sandwich selection Or Eggs Benedict White chocolate & raspberry cheesecake	Evening meal Warm Butterbean soup Sandwich selection Or Sausage baguettes & red onion marmalade Mixed Berry panna cotta	Evening meal Country vegetable soup Sandwich selection Or Spanish omelette/salad Chocolate Mousse	Evening meal Broccoli & Cheese soup Sandwich selection Or Egg, chips & beans Key Lime pie	Evening meal Roast red pepper soup/Sandwich selection Buffet selection Lemon posset & shortbread