



Compassionate Eldercare

Because Your Life Matters.

SAMPLE MENU

BREAKFAST

Choice of juice (Prunes, Orange, Apple)

2% Milk

Cereal or Porridge

Choice of fruits (banana, strawberry, blueberries)

Toast or Bread and butter, with jam or marmalade

Eggs, boiled, scrambled or poached

Tea, Coffee or Hot Chocolate

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Morning Coffee

Tea or Coffee with a selection of Biscuits

LUNCH

Fruit Juice or Vegetable Juice

Main Course with alternatives, Desserts

Variable Daily Menu

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Afternoon Tea

Tea or Coffee with pastries

SUPPER

Soup with croutons or Bread Roll

Fresh organic salad

Assorted Freshly Cut Sandwiches (hot or cold)

Hot Option

Jelly, Ice-cream, Fruit Cocktail or Yogurt, Cake

BEDTIME

Choice of Night Drink

Sandwiches, Biscuits and Beverages available through the night