

**NIGHTINGALE HOUSE
SPRING MENUS - WEEK 1**

06/03/2017 03/04/2017 01/05/2017	07/03/2017 04/04/2017 02/05/2017	08/03/2017 05/04/2017 03/05/2017	09/03/2017 06/04/2017 04/05/2017	10/03/2017 07/04/2017 05/05/2017	11/03/2017 08/04/2017 06/05/2017	12/03/2017 09/04/2017 07/05/2017
Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch	Sunday Lunch
Meat Meal	Milk Meal	Meat Meal	Meat Meal	Milk meal	Meat Meal	Meat meal
Butternut Squash Soup *** Melon Medley *** Spaghetti Bolognese *** Vegetable Croquette *** Mash Pureed Swede Spinach & Onion *** Baked Apple with Pavev Cream (Pavev Cream Not Suitable for Diabetics)	Creamy Leek and Potato Soup *** Orange Segments *** Fried Haddock in Matzo *** Mushroom Stroganoff *** Chips Peas, Rice Tomatoes Mash *** Bread and Butter Pudding with Custard (Suitable for Diabetics)	White Bean and Thyme Soup *** Grapefruit (Not Suitable for Statins) *** Shepherds Pie *** Courgette & Mint Risotto *** Carrots Broccoli Mash *** Melon & Orange Cocktail (Suitable for Diabetics)	Bean and Barley Soup *** Orange Segments *** Braised Beef Steak in Rich Gravy *** Vegetable Hotpot *** Boiled Potatoes Red Cabbage Cauliflower Mash *** Lemon Sorbet (Diabetics: Lemon Sponge with Fruit Coulis)	Cream of Mushroom Soup *** Grapefruit (Not Suitable for Statins) *** Poached Salmon with Dill Mayonnaise *** Vegetable Pastie *** Broccoli Grilled Tomato New Potatoes Mash *** Berry Cheesecake (Suitable for Diabetics)	Sweet Potato Soup *** Melon *** Lamb Tagine with Apricots & Almonds *** Veggie Rissolle *** Cous Cous, Mash, Mediterranean Veg *** Stewed Fruit with Pavev cream (Pavev cream not suitable for Diabetics) (Diabetics: Stewed Fruit)	Roast Red Pepper Soup *** Melon *** Honey Glazed Turkey with Redcurrant Sauce *** Penne with Oregano Tomato sauce *** Brussel Sprouts Roast Parsnip Roast Potatoes Mash *** Apple Strudel with Pavev Cream (Pavev Cream Not Suitable for Diabetics)
Lemon tea or Black Coffee	Tea or Coffee with Milk	Lemon tea or Black Coffee	Lemon tea or Black Coffee	Tea or Coffee with Milk	Lemon tea or Black Coffee	Lemon tea or Black Coffee
Afternoon Teacake: Banana Cake	Afternoon Teacake: Lemon Drizzle Biscuits	Afternoon Teacake: Victoria Sponge	Afternoon Teacake: Swiss Roll	Afternoon Teacake: Assorted Cake	Afternoon Teacake: Chocolate Cake	Afternoon Teacake: Almond cake
Supper Milk Meal	Supper Milk Meal	Supper Milk Meal	Supper Milk Meal	Supper Meat Meal	Supper Milk Meal	Supper Milk Meal

<p>Clear Vegetable Broth ***</p> <p>Sandwiches ***</p> <p>Sweetcorn Fritter ***</p> <p>Mixed Green Salad ***</p> <p>Peaches and Cream *** (Suitable for Diabetics)</p>	<p>Carrot and Coriander Soup ***</p> <p>Sandwiches ***</p> <p>Macaroni Cheese ***</p> <p>Tomato and Onion Salad Coleslaw ***</p> <p>Plum, Apple and Cinnamon Crumble with Custard *** (Suitable for Diabetics)</p>	<p>Onion Soup ***</p> <p>Sandwiches ***</p> <p>Cheese platter with Crackers and pickle ***</p> <p>Mixed Salad ***</p> <p>Fruit Pavlova *** (Diabetics: Cold Stewed Apple with Cream)</p>	<p>Pea and mint Soup ***</p> <p>Sandwiches ***</p> <p>Jacket Potatoes with Baked Beans, Tuna and Grated Cheese ***</p> <p>Poached Pear in Wine Sauce *** (Suitable for Diabetics)</p>	<p>Chicken soup with Kneidlach & Lockshen ***</p> <p>Chopped Liver and Egg & Onion ***</p> <p>Honey Glazed Chicken ***</p> <p>Veggie Sausages with onion gravy ***</p> <p>Roast Potatoes Glazed Carrots Green Beans Mash ***</p> <p>Fruit Salad *** (Suitable for Diabetics)</p>	<p>Tomato and Rice Soup ***</p> <p>Sandwiches ***</p> <p>Fried Gefilte fish ***</p> <p>Green Salad Coleslaw ***</p> <p>Plain Jelly & Vanilla Ice Cream *** (Diabetics: Plain Jelly with Cream)</p>	<p>Cream of Broccoli Soup ***</p> <p>Sandwiches ***</p> <p>Scrambled Eggs with Smoked Salmon ***</p> <p>Fruit Compote and Cream *** (Suitable for Diabetics)</p>
Tea or Coffee with Milk	Tea or Coffee with Milk	Tea or Coffee with Milk	Tea or Coffee with Milk	Lemon tea or Black Coffee	Tea or Coffee with Milk	Tea or Coffee with Milk

<p align="center">NIGHTINGALE HOUSE SPRING MENUS - WEEK 2</p>						
13/03/2017 08/05/2017	14/03/2017 09/05/2017	15/03/2017 10/05/2017	16/03/2017 11/05/2017	17/03/2017 12/05/2017	18/03/2017 13/05/2017	19/03/2017 14/05/2017
Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch	Sunday Lunch
Milk Meal	Meat Meal	Meat Meal	Meat Meal	Milk meal	Meat Meal	Meat meal
<p>Borscht Soup ***</p> <p>Grapefruit *** (Not Suitable for Statins)</p> <p>Fried Cod in Matzo ***</p> <p>Stir Fry Veg With Quorn and Rice ***</p> <p>Chips Mushy Peas Sweetcorn ***</p> <p>Stewed Plums with Custard *** (Suitable for Diabetics)</p>	<p>Carrot and Coriander Soup ***</p> <p>Orange Segments ***</p> <p>Egg & Wurst ***</p> <p>Roasted Vegetable Pasta ***</p> <p>Baked Beans Chips Mash ***</p> <p>Dutch Apple Pie with Parev Cream *** (Parev Cream not suitable for Diabetics)</p>	<p>French Onion Soup ***</p> <p>Melon Medley ***</p> <p>Lemon and Pepper Chicken ***</p> <p>Butternut Squash and Cous Cous Salad with Toasted Almonds ***</p> <p>Rice Mash Saute Courgette Cauliflower ***</p> <p>Fruit Flan with Parev Cream *** (Diabetics: Berry Fruit Cake)</p>	<p>Split Pea & Mint Soup ***</p> <p>Melon ***</p> <p>Beef and Veg Pie ***</p> <p>Vegetable Pastie ***</p> <p>Boiled Potatoes Broccoli Roast Parsnip Mash ***</p> <p>Bakewell Tart with Parev cream *** (Diabetics: Fruit Kebabs)</p>	<p>Vegetable Broth ***</p> <p>Grapefruit *** (Not Suitable for Statins)</p> <p>Poached Haddock in Chive Sauce ***</p> <p>Homemade Vegetarian Sausages with Onions ***</p> <p>New Potatoes Mash Green Beans ***</p> <p>Banoffee Pie *** (Diabetics: Banana Sponge)</p>	<p>Butternut Squash Soup ***</p> <p>Melon Medley ***</p> <p>Lamb Guvech ***</p> <p>Spring Vegetable Casserole with Dumplings ***</p> <p>Cauliflower Paprika Swede Mash ***</p> <p>Fruit Compote with Parev Cream *** (Parev Cream not Suitable for Diabetics)</p>	<p>Spring Vegetable Soup ***</p> <p>Orange Segments ***</p> <p>Roast Beef with Gravy & Yorkshire pudding ***</p> <p>Vegetable Risotto ***</p> <p>Roast Potatoes Curly kale Carrots Mash ***</p> <p>Baked Apple and Parev Cream *** (Parev Cream not Suitable for Diabetics)</p>
Tea or Coffee with Milk	Lemon tea or Black Coffee	Lemon tea or Black Coffee	Lemon tea or Black Coffee	Tea or Coffee with Milk	Lemon tea or Black Coffee	Lemon tea or Black Coffee

Afternoon Teacake: Walnut Cake	Afternoon Teacake: Jam & Coconut Cake	Afternoon Teacake: Sultana Cake	Afternoon Teacake: Chocolate Chip Cookie	Afternoon Teacake: Assorted Cake	Afternoon Teacake: Fruit Cake	Afternoon Teacake: Marble Cake
Supper Milk Meal	Supper Milk Meal	Supper Milk Meal	Supper Milk Meal	Supper Meat Meal	Supper Milk Meal	Supper Milk Meal
Cream of Parsnip Soup with Thyme *** Sandwiches *** Red Onion and Artichoke Quiche *** Mixed Green Salad *** Chocolate Brownies with Vanilla Ice Cream (Diabetics: Watermelon Wedges)	Red Lentil Soup *** Sandwiches *** Hummus, Mint - Yoghurt and Cucumber dip served with Pitta Bread and Falafel Balls *** Israeli Salad *** Steamed Jam sponge with Custard (Diabetics: Jam Sponge & Custard)	Celeriac and Fennel Soup *** Sandwiches *** Spinach and Cream Cheese Canneloni *** Banana and Ice Cream (Diabetics: Chocolate Chip Cake)	Tomato and Basil Soup *** Sandwiches *** Tuna Nicoise Salad *** Eton Mess (Diabetics: Berry fool)	Chicken Soup with Lockshen *** Chopped Liver or Egg & Onion *** Roast Chicken with Gravy *** Vegetable Rissoles *** Carrots Spring Green Roast Potatoes Mash *** Plum Strudel with Pavev cream (Pavev cream not Suitable for Diabetics)	Cream of Celery Soup *** Sandwiches *** Selection of Herring (Chopped Herring, Schmultz Herring & Sweet Herring) *** Beetroot Salad Mix Leaf Salad New potato Salad *** Fruit Crumble & Cream (Suitable for Diabetics)	Cream of Mushroom Soup *** Sandwiches *** Spaghetti Napolitano *** Peaches and Cream (Suitable for Diabetics)
Tea or Coffee with Milk	Tea or Coffee with Milk	Tea or Coffee with Milk	Tea or Coffee with Milk	Lemon tea or Black Coffee	Tea or Coffee with Milk	Tea or Coffee with Milk

NIGHTINGALE HOUSE SPRING MENUS - WEEK 3						
20/03/2017 15/05/2017	21/03/2017 16/05/2017	22/03/2017 19/04/2017 17/05/2017	23/03/2017 20/04/2017 18/05/2017	24/03/2017 21/04/2017 19/05/2017	25/03/2017 22/04/2017 20/05/2017	26/03/2017 23/04/2017 21/05/2017
Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch	Sunday Lunch
Meat Meal	Milk Meal	Meat Meal	Meat Meal	Milk meal	Meat Meal	Meat meal
Sweet Potato Soup *** Grapefruit (Not Suitable for Statins) *** Beef Sausage with Onion Gravy *** Bean and Veg Casserole *** Baked Beans Grilled Tomatoes Spring Onion Mash *** Mango Sorbet (Diabetics: Mango Slices)	Courgette and Mint Soup *** Orange Segments *** Haddock in Matzo Meal *** Vegetable Curry *** Chips Peas Corn, Rice Mash *** Lemon Meringue (Diabetics: Lemon Sponge)	Sweetcorn Soup *** Melon *** Chicken and Vegetable Pie *** Vegetable Goulash *** Rice Spring Greens Mash *** Stewed Apple with Pavev Cream (Diabetics: Stewed Apple with Fruit Coulis)	Mixed Bean Soup *** Grapefruit (Not Suitable for Statins) *** Spaghetti Bolognese *** Vegetable Cutlet *** Cabbage Mash *** Bakewell Tart with Pavev Cream (Pavev Cream Not Suitable for Diabetics) (Diabetics: Almond Pudding)	Butternut Squash Soup *** Melon *** Baked cod with White Wine and Dill Sauce *** Vegetable Burger with Caramelised Red Onions *** New Buttered Potatoes Broccoli Grilled Basil Tomatoes *** Raspberry Mousse (Suitable for Diabetics)	White Bean & Thyme Soup *** Orange Segments *** Beef Cholant *** Breaded Watercress and Potato Cake *** Parsley Potatoes Roasted Root Veg Mash *** Fruit Salad (Suitable for Diabetics)	Spring Vegetable Soup *** Melon Medley *** Roast Lamb in Mint Sauce *** Roasted Veg Pasta Bake *** Roast Potatoes Parsnips Savoy Cabbage Mash *** Stewed Plums with Pavev Cream (Pavev Cream Not Suitable for Diabetics)

Lemon tea or Black Coffee	Tea or Coffee with Milk	Lemon tea or Black Coffee	Lemon tea or Black Coffee	Tea or Coffee with Milk	Lemon tea or Black Coffee	Lemon tea or Black Coffee
Afternoon Teacake: Almond Cake	Afternoon Teacake: Scones	Afternoon Teacake: Chocolate Brownies	Afternoon Teacake: Fruit Cake	Afternoon Teacake: Shortbread Biscuit	Afternoon Teacake: Ginger Cake	Afternoon Teacake: Chocolate Cake
Supper Milk Meal	Supper Milk Meal	Supper Milk Meal	Supper Milk Meal	Supper Meat Meal	Supper Milk Meal	Supper Milk Meal
Carrot and Coriander Soup *** Sandwiches *** Cauliflower Cheese *** Mixed Green Salad *** Rhubarb & Ginger Crumble with Custard (Suitable for Diabetics)	Cream of Watercress Soup *** Sandwiches *** Mushroom Stroganoff and Rice *** Fruit Cocktail and Ice Cream Diabetics: Fruit Cocktail and Cream)	Minestrone Soup *** Sandwiches *** Egg Florentine *** Mixed Leaf Salad *** Sultana Sponge with Custard (Diabetics: Pineapple Slices with Cream)	Chunky Vegetable Soup *** Sandwiches *** Cheese Bourekka *** Tomato and Onion Salad *** Chocolate Mousse (Suitable for Diabetics)	Chicken Soup with Kneidlach & Lockshen *** Chopped Liver or Egg & Onion *** Honey Glazed Chicken *** Veggie Nutloaf *** Roast Potatoes Carrot Tzimmes Green Beans Mash *** Apricot Strudel with parev Cream (Parev Cream not Suitable for Diabetics)	Roast Tomato Soup *** Sandwiches *** Thai Fish Cake *** Potato Salad Mixed Salad *** Assorted Yoghurts (Diabetics: Natural Yoghurt)	Creamy Cauliflower Soup *** Sandwiches *** Scrambled Eggs with Grilled Tomato *** Mixed Green Salad *** Fruit Jelly (Diabetics: Sugar Free Jelly)
Tea or Coffee with Milk	Tea or Coffee with Milk	Tea or Coffee with Milk	Tea or Coffee with Milk	Lemon tea or Black Coffee	Tea or Coffee with Milk	Tea or Coffee with Milk

NIGHTINGALE HOUSE SPRING MENUS - WEEK 4						
27/03/2017 24/04/2017 22/05/2017	28/03/2017 25/04/2017 23/05/2017	29/03/2017 26/04/2017 24/05/2017	30/03/2017 27/04/2017 25/05/2017	31/03/2017 28/04/2017 26/05/2017	01/04/2017 29/04/2017 27/05/2017	02/04/2017 30/04/2017 28/05/2017
Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch	Sunday Lunch
Milk Meal	Meat Meal	Meat Meal	Meat Meal	Milk meal	Meat Meal	Meat meal

Vegetable and Barley Soup *** Orange Segments *** Fried Cod in Matzo *** Vegetable and Quorn Sausages with Red onion Gravy *** Chips, Peas Rice, Corn Mash *** Vanilla Ice cream with Chocolate Sauce (Diabetics: Mango Slices with Chocolate Sauce)	White Bean Soup *** Melon *** Cottage Pie *** Pasta in Tomato Sauce *** Green Beans Cauliflower Mash *** Dutch Apple Pie with Pavev Chantilly Cream (Chantilly Cream Not Suitable for Diabetics)	Watercress Soup *** Grapefruit (Not Suitable for Statins) *** Chicken with Peppers & Olives *** Artichoke Provencale *** Parsley Potatoes Saute Courgettes Mash *** Fruit Flan with Pavev Cream (Diabetics: Berry Fruit Cake)	Tomato Soup *** Melon Boats *** Salt Beef with Pickled Cucumbers *** Quorn and Vegetable Pie *** Latkes Red Cabbage Broccoli Mash *** Apricot and Almond Slice (Diabetics: Apricots with Fruit Coulis)	Veg Broth *** Grapefruit (Not Suitable for Statins) *** Fish Pie *** Veggie Burger with Onions *** Boiled Potatoes Spinach Grilled Tomatoes Mash *** Vanilla Cheesecake (Suitable for Diabetics)	Mushroom & Barley Soup *** Orange Segments *** Turkey and Courgette Meatballs with Red Wine & Onion Gravy *** Vegetable Casserole *** Medley Vegetables Mash *** Fruit Compote (Suitable for Diabetics)	Split Peas Soup *** Melon Medley *** Roast Beef with Yorkshire Pudding *** Mushroom and Buckwheat Risotto *** Roast Parsnips Spinach Roast Potatoes Mash *** Syrup Sponge with Pavev Cream (Diabetics: Apple Filled Cake)
Tea or Coffee with Milk	Lemon tea or Black Coffee	Lemon tea or Black Coffee	Lemon tea or Black Coffee	Tea or Coffee with Milk	Lemon tea or Black Coffee	Lemon tea or Black Coffee
Afternoon Teacake: Banana Cake	Afternoon Teacake: Marble Cake	Afternoon Teacake: Viennese Biscuits	Afternoon Teacake: Fruit Cake	Afternoon Teacake: Assorted Cake	Afternoon Teacake: Cherry Cake	Afternoon Teacake: Lemon Drizzle
Supper Milk Meal	Supper Milk Meal	Supper Milk Meal	Supper Milk Meal	Supper Meat Meal	Supper Milk Meal	Supper Milk Meal
Cream of Celery Soup *** Sandwiches *** Cheese and Tomato Quiche *** Chocolate Cake with Custard (Diabetics: Sugar Free Chocolate Cake with Custard)	Broccoli Soup *** Sandwiches *** Egg and Avocado Salad *** Pineapple upside down cake with Cream (Diabetics: Pineapple Slices and Cream)	Parsnip Soup *** Sandwiches *** Veg Lasagna *** Garlic Bread *** Mixed Green Salad *** Peaches and Cream (Suitable for Diabetics)	Pea and Mint Soup *** Sandwiches *** Asparagus and New Potato Frittata *** Mixed Leaf Salad *** Rice Pudding with Jam Sauce (Diabetics: Rice Pudding with Diabetic Jam Sauce)	Chicken Soup with Lockshen & Kneidlach *** Chopped Liver or Egg & Onion *** Roast Chicken *** Stuffed Courgette with Mushroom and Tarragon Sauce *** Roast Potatoes Carrots Green Cabbage Mash *** Fruit Salad (Suitable for Diabetics)	Vegetable Soup *** Sandwiches *** Smoked Salmon Salad *** Green Salad with Radish Sweet Potato Salad *** Chocolate Brownies (Diabetics: Chocolate Cake)	Spinach Soup *** Sandwiches *** Spaghetti Napolitana *** Spiced Plum with Cream (Suitable for Diabetics)
Tea or Coffee with Milk	Tea or Coffee with Milk	Tea or Coffee with Milk	Tea or Coffee with Milk	Lemon tea or Black Coffee	Tea or Coffee with Milk	Tea or Coffee with Milk