



**NIGHTINGALE HOUSE  
SUMMER MENUS - WEEK 2**

10/07/2017 07/08/2017 04/09/2017	11/07/2017 08/08/2017 05/09/2017	12/07/2017 09/08/2017 06/09/2017	13/07/2017 10/08/2017 07/09/2017	14/07/2017 11/08/2017 08/09/2017	15/07/2017 12/08/2017 09/09/2017	16/07/2017 13/08/2017 10/09/2017
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
Yellow Pea Soup or Melon Medley *** Cod Goujons in Matzo *** Potato & Watercress Cakes *** Mashed Potatoes Coleslaw Mixed Salad *** Dairy Ice Cream (Diabetic: Cake)	Clear Vegetable Soup or Grapefruit (Not Suitable for Statins) *** Spaghetti Bolognese or Veg and Bean Casserole *** Mashed Potatoes Green Beans *** Fruit Compote (Suitable for Diabetics)	Sweet Potato and Coriander Soup or Melon *** Chicken Pie *** Vegetable and Nut Cutlets *** Mashed Potatoes Boiled Potatoes Glazed Carrots *** Bakewell Tart with Parev Cream (Diabetics: Pineapple Slices)	Red Pepper Soup or Orange Segments *** Salt Beef with Pickled Cucumbers *** Vegetable and Quorn Parcels *** Mashed Potatoes Sauerkraut Broccoli Latkes *** Fruit Jelly (Diabetics: Jelly)	Carrot and Coriander Soup or Melon *** Fried Egg *** Tuna Salad *** Mashed Potatoes Chips Baked Beans *** Rhubarb Cobbler and Custard (Suitable for Diabetics)	Parsnip Soup or Orange Segments *** Selection of Cold Meats of Salt Beef, Turkey, Pastrami *** Egg Salad *** Mashed Potatoes Potato Salad Israeli Salad *** Stewed Fruits (Suitable for Diabetics)	Roasted Vegetable Soup or Melon Medley *** Roast Beef with Horseradish Sauce served with Yorkshire Pudding *** Stuffed Courgette with Lentils served with a Tomato and Basil Sauce *** Mashed Potatoes Roast Potatoes Carrots Savoy Cabbage *** Lemon Sponge Parev Cream (Diabetics: 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: Ginger & Lemon Biscuits	Afternoon Teacake: Swiss Roll	Afternoon Teacake: Viennese Biscuits	Afternoon Teacake: Orange Drizzle Cake	Afternoon Teacake: Almond Slice	Afternoon Teacake: Cinnamon & Raisin Biscuits	Afternoon Teacake: Assorted Cakes
Supper Milk Meal	Supper Milk Meal	Supper Milk Meal	Supper Milk Meal	Supper Meat Meal	Supper Milk Meal	Supper Milk Meal
Kidney Bean Soup *** Sandwiches *** Feta Cheese Salad *** Stewed Apple with Dairy Cream (Suitable for Diabetics)	Pea and Mint Soup *** Sandwiches *** Grilled Kippers *** Grilled Tomatoes *** Sultana Sponge and Custard (Diabetic: Cake)	Summer Tomato Soup *** Sandwiches *** Mushroom Stroganoff with Rice *** Fruit Flan (Diabetics: Fruit Kebab)	Sweetcorn Chowder *** Sandwiches *** Red Onion and Artichoke Quiche *** Mixed Leaf Salad *** Apricot Conde (Suitable for Diabetics)	Chicken Soup with Noodles or Chopped Liver and Egg & Onion *** Roast Chicken *** Pasta in Tomato Sauce *** Mashed Potatoes Roast Potatoes Diced Paprika Swede Spring greens *** Dutch Apple Pie (Suitable for Diabetics)	Cream of Mushroom Soup *** Sandwiches *** Cold Fried Plaice *** Mixed Salad Beetroot Salad *** Chocolate Mousse (Suitable for Diabetics)	Leek and Potato Soup *** Sandwiches *** Sardine Salad *** Plum Crumble with Dairy 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