

Monday

Lunch

Summer-in-Winter Chicken
Vegetable Stew
Served with Mashed Potato & Carrots



◦◦
Ginger Sponge with Custard

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Afternoon Tea—Vanilla Sponge

Supper

Carrot & Coriander Soup
Jacket Potato with Creamy Mushrooms &
Mixed Salad

Cheese or Tuna Mayo Sandwiches
On a selection of white or brown bread

◦◦
Lemon Cheese Cake with Cream

Tuesday

Lunch

Garlic Butter Baked Fish
Spinach & Mushroom Risotto
Served with Parmesan Roasted baby Potatoes &



Asparagus

◦◦
Pear Sponge with Custard

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Afternoon Tea—Chocolate Sponge

Supper

Creamy Potato Soup
Chicken Ala King with Rice
Ham Sandwiches
Cheese & Cucumber Sandwiches
On a selection of white or brown bread

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Toffee Cheese Cake with Ice Cream

Wednesday

Lunch

Chicken Stew
Macaroni and Cheese Bake
Served with Creamy Mashed Potato & Green



Beans

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Baked Peaches with Custard

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Afternoon Tea—Coffee Sponge

Supper

Chicken Noodle Soup
Sausage and Mash with Gravy
Cheese Mayo Sandwiches
Egg Mayo Sandwiches
On a selection of white or brown bread

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Banoffee Pie with Cream

Thursday

Lunch

Beef Stroganoff
Mixed Vegetable Curry
Served with Rice and Mixed Vegetables



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Apricot Pie with Custard

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Afternoon Tea—Banana Loaf

Supper

Cheddar and Bacon Potato Soup
Chicken Goujons with Chips and Salad
Ham & Tomato, Tuna Mayo Sandwiches
On a selection of white or brown bread

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Fruit Cocktail with Cream

Friday

Lunch

Fish & Chips
Vegetarian Spring Rolls
Served with Mushy Peas & Tartare Sauce



Gravy

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Bakewell Tart with Custard

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Afternoon Tea—Jam Tart

Supper

Vegetable Soup
Steak and Kidney Pie with Gravy and Salad
Ham & Cheese Sandwiches

Egg Mayo Sandwiches
On a selection of white or brown bread

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Strawberry Cheese Cake

Saturday

Lunch

Meatball in Marinara Sauce Bake
Pan Fried Gnocchi & Mozzarella in Tomato Sauce
Served with Green Peas & Crispy Smashed baby



Potatoes

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Apple Crumble with Custard

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Afternoon Tea—Victoria Sponge

Supper

Chicken Soup
Pork Pies with Mashed Potato and Gravy.
Cheese Sandwiches
Egg Mayo Sandwiches
On a selection of white or brown bread

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Chocolate Gateau with Cream

Sunday:

Lunch

Roast Chicken with Gravy
Vegetable Pasta Bake
Served with Roast Potatoes & Honey Roasted
Parsnips & Yorkshire Pudding



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Apricot Sponge with Custard

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Afternoon Tea—Orange Sponge Cake

Supper

Tomato Soup
Scampi & Chips with Tartar Sauce
Ham & Salad Sandwiches
Cheese Sandwiches
On a selection of white or brown bread

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Lemon tart with Ice Cream

“Outstanding Food at Alban Manor”



If you have any allergies please let us know.
Assorted Snacks are available on all tea trolleys.
If there is anything different you would like please ask our Chef
Let us know if there is anything that you would like changing.
We welcome all feedback and suggestions

Selections available every day

Breakfast

Tea or coffee
Apple, Orange & Cranberry juice
Choice of Cereals
Toast
White or Wholemeal rolls
Marmalade, Jam, Marmite
Selection of Eggs
Full English Breakfast

Morning Tea

Tea or Coffee
Choice of Fruit Squashes
Biscuit Selection
Assorted Snacks
Milkshakes

Lunch

Alcoholic & Non-Alcoholic Drinks
Daily Main Meal
Daily Vegetarian Option
Seasonal Vegetables
Assorted Omelettes
Choice of Salads
Jacket Potatoes with a selection of toppings

Dessert

Ice Cream
Assorted Mousses
Selection of Yoghurts
Fresh Fruit
Cheese & Biscuits
Tea or Coffee

Afternoon Tea

Tea or Coffee
Choice of Fruit Squashes
Homemade Cakes
Biscuit Selection
Assorted Snacks
Milkshakes

Supper

Alcoholic Drinks
Daily Supper Meal
Choice of fruit Squashes
Bread & Butter
Cheese & biscuits
Fresh Fruit
Tea or Coffee

Evening Tea

Tea or Coffee
Choice of Fruit Squashes
Hot Chocolate
Ovaltine
Horlicks
Snacks

(F)= Fortified foods. This means some of the food in this meal have had extra nutrients added to it to help boost nutritional value benefit health.
If you do not want this please let a member of staff know.