

Spring Menu





Carey Care

*Good
morning*

*BREAKFAST
SERVED BETWEEN
8:00 AND 9:30 AM*



*Start your day with
Freshly brewed
Coffee, Tea
or
Selection of
Fruit Juice,
Fresh Smoothies*

Food Allergies & Intolerances

*Please speak to our staff about the
ingredients in your meal when placing
your order*



BREAKFAST MENU

English Breakfast

Scrambled, Fried or Poached Eggs with
grilled bacon or sausages,
tomato, mushrooms,
and baked beans with Hash Browns
or

Toast Soft Boiled Eggs with buttery Soldiers

Continental Breakfast

Hot Croissants with Jam
Selection of
White, Wholemeal and Granary Toasts
with
Marmalade /Jam/Honey
Fresh Fruit

Homemade Porridge, Muesli or Cereal
Natural Yogurt with Fresh Fruit or Prunes

À LA CARTE



Soup of the Day
served with a Selection of Sandwiches

Chef's Salad
(Cheese, Eggs, Ham or Tuna)

Welsh Rarebit served with Dressed Salad

Jacket Potato with Tuna and Sweet corn,
or Melted Cheese and Spring Onion
served with Mixed Salad

Poached Cod with Parsley Sauce
and Selection of Vegetables

Selection of Omelettes with Grilled Tomato, Mushrooms
and Baby Potatoes or Mixed Salad

Roasted Vegetable Cous Cous

Dessert

Pancakes with Lemon and Sugar or Honey

Fresh Fruit Salad

Cheese and Biscuits

Ice Cream with Chocolate/Strawberry Sauce

Food Allergies & Intolerances

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SPRING



Week 2



Monday

LUNCH

Herb Crusted Cod
with Parsley Sauce

Savoy Cabbage
Buttered Carrots
Cheesy Mashed Potatoes or
Sliced Potato Gratin

LUNCH

ALTERNATIVE

Vegetable Wellington with
Tomato Coulis

LUNCH

DESSERT

Profiteroles & Chocolate Sauce
or
Fresh Fruit

SUPPER

Grilled Chipolatas with Onion gravy,
Mash and Grilled Tomato

SUPPER

ALTERNATIVE

Welsh Rarebit and Salad

SOUP OF THE DAY

Cream of Potato and Parsley Soup
served with a Selection of Sandwiches

SUPPER

DESSERT

Victoria Sandwich Cake
or
Fresh Fruit

Food Allergies & Intolerances

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SPRING

menu

Week 2



Tuesday

LUNCH

Grilled Chicken Thighs in
Mustard Tarragon Sauce

Honey-glazed Parsnips
Broccoli Polonaise
Mashed Potatoes or
Steamed New Potatoes

LUNCH

ALTERNATIVE

Coronation Chickpeas

LUNCH

DESSERT

Sticky Toffee Pudding with Cream
or
Fresh Fruit

SUPPER

Scrambled Egg On Toast
with Spinach and Buttered Mushrooms

SUPPER

ALTERNATIVE

Vegetable Risotto

SOUP OF THE DAY

Roasted Butternut Squash and Lentil
Soup served with a Selection of
Sandwiches

SUPPER

DESSERT

Raspberry Shortbread Crumble
or
Fruit Yogurt

Food Allergies & Intolerances

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SPRING

menu

Week 2



Wednesday

LUNCH

Pork & Apple Hot Pot

Cheesy Cauliflower
Sauteed Courgettes
Mashed Potatoes or
Chips

LUNCH

ALTERNATIVE

Leek and Bean Gratin

LUNCH

DESSERT

Tiramisu

or

Fresh Fruit

SUPPER

Prawn Curry with
Steamed Turmeric Rice

SUPPER

ALTERNATIVE

Jacket Potato with Vegetable Chilli

SOUP OF THE DAY

Spicy Lentil Soup served with a
Selection of Sandwiches

SUPPER

DESSERT

Chilled Rice Pudding with
Plum Compote
or
Fresh Fruit

Food Allergies & Intolerances

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SPRING

menu

Week 2



Thursday

LUNCH

Traditional Cottage Pie

Spring Greens
Roasted Carrots
Lyonnaise Potatoes or
Creamed Mash

LUNCH

ALTERNATIVE

Spinach and Cheddar Souffle

LUNCH

DESSERT

Bakewell Tart with Custard
or
Fresh Fruit

SUPPER

Southern-Fried Chicken with
Lemon Mayonnaise and Chips

SUPPER

ALTERNATIVE

Vegetarian Stir-fried Noodles

SOUP OF THE DAY

Leek and Potato Soup served with a
Selection of Sandwiches

SUPPER

DESSERT

Apricot Fool
or
Fresh Fruit Salad

Food Allergies & Intolerances

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SPRING

menu

Week 2



Friday

LUNCH

Beer Battered Fish and Chips
with tartar sauce

Petit Pois
Buttered Sweetcorns
Mashed Potatoes or
Buttered Parsley Baby Potatoes

LUNCH

ALTERNATIVE

Vegetable Pilau Rice with
Tzakziki Sauce

LUNCH

DESSERT

Fruit Meringue with
Chantilly Cream
or
Fresh Fruit

SUPPER

Fried Eggs with Baked Beans
and Hash Browns

SUPPER

ALTERNATIVE

Vegetable Burger with Fries and
Grilled Tomatoes

SOUP OF THE DAY

Root Vegetable Soup served with a
Selection of Sandwiches

SUPPER

DESSERT

Coffee Mousse with Whipped Cream
or
Fresh Fruit

Food Allergies & Intolerances

Please speak to our staff about the ingredients in your meal when placing your order

SPRING



Week 2



Saturday

LUNCH

Chicken and Mushroom Pie

Buttered Cabbage
Glazed Carrots
Mashed Potatoes
or Chips

LUNCH

ALTERNATIVE

Bell Pepper and Sun-dried
Tomato Pasta

LUNCH

DESSERT

Lemon Posset & Blueberry
Compote
or
Fresh Fruit Salad & Cream

SUPPER

Stir-Fried Teriyaki Beef Noodles

SUPPER

ALTERNATIVE

Jalapeno, Mango and Cheddar Toastie
with Baked Beans

SOUP OF THE DAY

Broccoli and Stilton Soup
served with a Selection of
Sandwiches

SUPPER

DESSERT

Custard Tart
or
Fresh Fruit

Food Allergies & Intolerances

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SPRING

menu

Week 2



Sunday

LUNCH

Roast Leg of Lamb
with Mint sauce and Roast Gravy

Buttered Peas
Steamed seasoned Cauliflower
Rosemary Roast Potatoes or
Mashed Potatoes

LUNCH

ALTERNATIVE

Gnocchi in Pesto Sauce

LUNCH

DESSERT

Apple and Blackberry Crumble
with Custard

or
Fruit Yogurt

SUPPER

Pepperoni Pizza with
Potato Wedges and Coleslaw

ALTERNATIVE

Creamy Mushroom Pasta

SOUP OF THE DAY

Scotch Broth served with
Garlic Bread or
Selection of Sandwiches

SUPPER

DESSERT

Stewed Plums with Vanilla Sauce
or
Fresh Fruit

Food Allergies & Intolerances

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Meal Times

BREAKFAST:

From 8:00 - 9:30 AM

LUNCH:

From 12:30 - 1:30 PM

AFTERNOON TEA:

AT 3:00 PM

SUPPER:

From 5:30 - 6:30 PM

TEA POT TUESDAYS

**EVERY TUESDAY
FROM 15:00
IN THE DINING ROOM**

Every Tuesday, we come together to converse and create memories with our residents, and their families. We do word searches, puzzles and read newspapers, whilst enjoying cakes and hot beverages, making these meetups an engaging part of the week. It's a wonderful chance to connect with fellow residents, reflect on cherished moments, and enjoy each other's company in a welcoming and friendly environment.



We provide a range of evening and overnight snacks; just ask our staff for assistance. Daily alternative lunch options are also available. For special dietary requests or additional needs, please consult our kitchen staff, who are eager to help. Enjoy your meals!