



Four Seasons
HEALTH CARE

“We all know that a good diet
is essential, but we think if
you eat well, you live well.”

Lunch & Supper Menu

Week 1

A decorative header with a yellow background and a pattern of blue line-art flowers and butterflies. The word "Monday" is written in a blue cursive font in the top left corner.

Monday

Lunch menu

Soup of the Day

Homemade carrot and coriander soup

Main Course

Caramelised onion sausage roll,
beans and wedges

or

Chef's lunchtime selection

Dessert

Strawberry jelly and ice cream

All desserts are served with a choice of
custard, ice cream or cream

A selection of yoghurts, ice cream, fresh fruit or
cheese and biscuits

Supper menu

Main Course

Shepherd's pie

Rich minced lamb topped with creamy mash

or

Steamed fish served with a
tomato and thyme sauce

or

Lentil cottage pie (vegetarian)

Tender lentils and vegetables with potato mash

Served with creamed or sauté potatoes,
diced swede and peas

Dessert

Bread and butter pudding

All desserts are served with a choice of
custard, ice cream or cream

A selection of yoghurts, ice cream, fresh fruit or
cheese and biscuits



Tuesday

Lunch menu

Soup of the Day

Homemade yellow split pea soup

Main Course

Macaroni cheese with garlic bread

Pasta in a creamy cheddar cheese sauce

or

Chef's lunchtime selection

Dessert

Mixed fruit cheesecake

Traditional chilled cheesecake with a fruit topping

All desserts are served with a choice of custard, ice cream or cream

A selection of yoghurts, ice cream, fresh fruit or cheese and biscuits

Supper menu

Main Course

Beef bourguignon with cheesy topped dumplings

Tender beef in a wine sauce topped with cheddar cheese dumplings

OR

Citrus chicken

Chicken pieces cooked in a citrus lemon sauce

OR

Citrus Quom fillet (vegetarian)

Served with creamed or herby diced potatoes, carrots and Brussels sprouts

Dessert

Rice pudding

All desserts are served with a choice of custard, ice cream or cream

A selection of yoghurts, ice cream, fresh fruit or cheese and biscuits



Wednesday

Lunch menu

Soup of the Day

Homemade French onion soup

Main Course

Egg and chips

or

Chef's lunchtime selection

Dessert

Arctic roll

Vanilla ice cream encased in a light sponge

All desserts are served with a choice of
custard, ice cream or cream

**A selection of yoghurts, ice cream, fresh fruit or
cheese and biscuits**

Supper menu

Main Course

Roast pork served with sage and
onion stuffing and apple sauce

or

Salmon fish cake and dill sauce

or

Nut roast (vegetarian)

Served with roast or creamed potatoes,
green beans and roast parsnips

Dessert

Comflake tart

Cornflakes and syrup filling in a shortcrust pastry case.

All desserts are served with a choice of
custard, ice cream or cream

**A selection of yoghurts, ice cream, fresh fruit or
cheese and biscuits**



Thursday

Lunch menu

Soup of the Day

Homemade parsnip and cumin soup

Main Course

Creamy garlic mushrooms and bacon on toast

OR

Chef's lunchtime selection

Dessert

Rhubarb fool

Sweetened rhubarb in a vanilla cream

All desserts are served with a choice of
custard, ice cream or cream

**A selection of yoghurts, ice cream, fresh fruit or
cheese and biscuits**

For details of ingredients and allergens in all our dishes, please ask a member of the team.

Supper menu

Main Course

Chicken chasseur

Tender chicken cooked in a wine, mushrooms and tarragon sauce

OR

Minced beef Wellington

Savoury minced beef wrapped in puff pastry

OR

Quorn chasseur (vegetarian)

Quorn fillet in a red wine, mushrooms and tarragon sauce

Served with creamed or boiled potatoes,
carrots and cauliflower

Dessert

Ginger sponge

All desserts are served with a choice of
custard, ice cream or cream

**A selection of yoghurts, ice cream, fresh fruit or
cheese and biscuits**

Menu subject to change, please refer to the chef's specials menu for further selections.



Friday

Lunch menu

Soup of the Day

Homemade tomato soup

Main Course

Cauliflower and ham mornay

Cauliflower and ham in a cheddar cheese sauce

or

Chef's lunchtime selection

Dessert

Chocolate éclair

All desserts are served with a choice of custard, ice cream or cream

A selection of yoghurts, ice cream, fresh fruit or cheese and biscuits

Supper menu

Main Course

Battered fish garnished with lemon and tartar sauce

or

Cornish pasty & gravy

or

Cheese and leek tart (vegetarian)

Cheddar cheese and leek in shortcrust pastry

Served with chips or creamed potatoes, garden or mushy peas and sweetcorn

Dessert

Bananas and custard

Chilled fresh banana in a vanilla custard

All desserts are served with a choice of custard, ice cream or cream

A selection of yoghurts, ice cream, fresh fruit or cheese and biscuits



Saturday

Lunch menu

Soup of the Day

Oxtail soup

Main Course

Pilchards in a tomato sauce on toast

or

Chef's lunchtime selection

Dessert

Black Forest gâteau

Chocolate sponge cake with cherries and whipped cream

All desserts are served with a choice of
custard, ice cream or cream

**A selection of yoghurts, ice cream, fresh fruit or
cheese and biscuits**

Supper menu

Main Course

World cuisine special

or

Cumberland sausage casserole

or

Yellow lentil & cauliflower curry (vegetarian)

Lightly spiced lentil and cauliflower curry

Served with a selection of accompaniments and side dishes

Dessert

Lemon meringue pie

Lemon filled pastry topped with a light fluffy meringue

All desserts are served with a choice of
custard, ice cream or cream

**A selection of yoghurts, ice cream, fresh fruit or
cheese and biscuits**



Sunday

Lunch menu

Soup of the Day

Homemade country vegetable soup

Main Course

Sunday buffet selection

Choice of savoury pastries, pickles and sandwiches

or

Chef's lunchtime selection

Dessert

Victoria sponge

Traditional light sponge with a fruit jam filling

All desserts are served with a choice of custard, ice cream or cream

A selection of yoghurts, ice cream, fresh fruit or cheese and biscuits

Supper menu

Main Course

Traditional roast chicken
served with sage and onion stuffing

or

Traditional roast gammon

or

Roasted vegetable pancakes topped with a cheese sauce (vegetarian)

Seasonal vegetables wrapped in pancakes, with a cheddar sauce

Served with roast or creamed potatoes,
green cabbage and roast parsnips

Dessert

Apple and cherry crumble

All desserts are served with a choice of custard, ice cream or cream

A selection of yoghurts, ice cream, fresh fruit or cheese and biscuits