

**Starters £1.50, Main Courses £4.20, Desserts £1.50, unless otherwise stated**

Week 1	Start Date	Name				Apartment no		Small Portions Yes/no
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Fruit Juice (45 kcal) £1.00								
House Salad (49 kcal) £1.50								
<b>MAIN SALAD £4.20</b>								
Ham (567 kcal)								
Cheese (512 kcal)								
Smoked Mackerel (422 kcal)								
<b>JACKET POTATOES £4.20</b>								
Plain (401 kcal)								
Tuna Mayo (540 kcal)								
Tuna Mayo & Cheese (664 kcal)								
Baked Beans (387 kcal)								
Baked Beans & Cheese (511 kcal)								
Cheese (547 kcal)								
Prawn Marie Rose (518 kcal)								
<b>OMELETTES £4.20</b>								
Plain (323 kcal)								
Ham (333 kcal)								
Cheese (335 kcal)								
Mushroom (306 kcal)								
<b>DESSERTS</b>								
Fruit Salad (45 kcal) £2.00								
Yoghurt (97 kcal) £1.00								
Vanilla Ice Cream 2 scoops (194 kcal) £1.50								
Sugar Free Jelly (5 kcal) £1.00								
Cheese & Biscuits (525 kcal) £3.00								

**\*Supper Plates are completed on a separate form.**

**Please speak to a member of staff if you would like a supper plate menu.**