

MEALTIMES

Meal times are an important part of the day and also provides for social interaction. We therefore encourage residents to join in for meals in our dining area. If you are unwell arrangements can be made for you to have your meals in your room.



6.00am onwards:

7.30am onwards:

11.00am:

12.30pm:

3.00pm:

5.00pm:

7.30pm:



Early morning hot drink if required

Breakfast

Hot drink with biscuits

Lunch

Hot drink with biscuits

Supper

Hot drink with biscuits



MAIN MENU

SAMPLE

BREAKFAST

A variety of Cereals

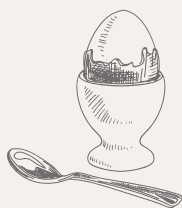
Grapefruit

Porridge

Prunes

Eggs

Tea/Coffee with Toast and Preserves



LUNCH

Braised Steak

Roast Lamb with Mint Sauce

Cottage Pie

All Served with

Choice of Vegetables or Salads



TEA

Cheese and Potato Pie

Ham, Tomatoes & Creamed Potatoes

Choice of Omelettes with Salad



DESSERTS

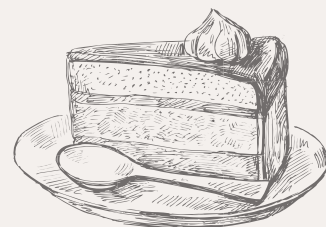
Lemon Sponge & Custard

Fresh Fruit Salad

Trifle

Yogurt

Ice Cream



Other requirements can be catered for upon request.

Selections of assorted sandwiches are also available.

Special dietary requirements are catered for.



ASHWOOD HEALTHCARE
DEDICATED TO QUALITY CARE

