



SAMPLE SENIOR MENU - 3

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
B F A S T	Assorted Juice Assorted Nutritional Cereals Hot Oatmeal Mushroom Omelette Pan cake w / syrup Cheese,Butter, Jam,Honey Assorted Bread & Toasts Tea / Coffee w /Milk	Assorted Juice Assorted Nutritional Cereals Hot Oatmeal Eggs, Grilled Sausages French Toast Cheese,Butter, Jam,Honey Assorted Bread & Toasts Tea / Coffee w /Milk	Assorted Juice Assorted Nutritional Cereals Hot Oatmeal Scrambled Eggs Baked Beans Cheese,Butter, Jam,Honey Assorted Bread & Toasts Tea / Coffee w /Milk	Assorted Juice Assorted Nutritional Cereals Hot Oatmeal Omelette, Grilled Beef Ham Hash Brownies Cheese,Butter, Jam,Honey Assorted Bread & Toasts Tea / Coffee w /Milk	Assorted Juice Assorted Nutritional Cereals Hot Oatmeal Boiled Eggs Pan Cake w/ Syrup Cheese,Butter, Jam,Honey Assorted Bread & Toasts Tea / Coffee w /Milk	Assorted Juice Assorted Nutritional Cereals Hot Oatmeal Omelette, Grilled Sausages Baked Beans Cheese,Butter, Jam,Honey Assorted Bread & Toasts Tea / Coffee w /Milk	Assorted Juice Assorted Nutritional Cereals Hot Oatmeal Plain Omelette Potato /Veg . Cutlets Cheese,Butter, Jam,Honey Assorted Bread & Toasts Tea / Coffee w /Milk
L U N C H	Spring Vegetable Soup Assorted Salads Bar W/ Cold Meats & Cold Fish Chicken Paprika Pan-Fried Fish French Fries Broccoli Savory Fried Rice Bread / Rolls Lemon Mirangue Pie Selection Of Fresh Fruits Soft Drink Or Juice Tea/Coffee	Creme Of Celery Soup Assorted Salads Bar W/ Cold Meats & Fish Dishes Indian Lamb Korma Sweet & Sour Fish Diced Potato Sauted Green Beans Fried Rice Bread / Rolls Black Forest Gateaux Selection Of Fresh Fruits Soft Drink Or Juice Tea/Coffee	Coconut Milk Lentil Soup Assorted Salads Bar W/ Cold Meats & Fish Dishes Spaghetti w / Meat Balls Swiss Steak Smashed Potatoes Brussel sprouts/Cabbage Fried Rice Bread / Rolls Strawberry Pie Selection Of Fresh Fruits Soft Drink Or Juice Tea/Coffee	Shrimp Soup Assorted Salads Bar W/ Cold Meats & Fish Dishes Fish Goujons Teriyaki Beef Hash Brown Potato Caulifl. W/Cheese Sauce Fried Rice Bread / Rolls Éclair w/cream Selection Of Fresh Fruits Soft Drink Or Juice Tea/Coffee	Mulligatawny Soup Assorted Salads Bar W/ Cold Meats & Fish Dishes Chicken Chaussuer Roast Leg Of Lamb Saute Of Vegetables Broccoli Steaned Fried Rice Bread / Rolls Awamat sweet Selection Of Fresh Fruits Soft Drink Or Juice Tea/Coffee	Shrimp Soup Assorted Salads Bar W/ Cold Meats & Fish Dishes Lamb Hot Pot Grilled Fish Croquette Potatoes Garden Mixed Vegetable Fried Rice Bread / Rolls Mocca Rolls Selection Of Fresh Fruits Soft Drink Or Juice Tea/Coffee	Cream Of Carrots Assorted Salads Bar W/ Cold Meats & Fish Dishes Chicken Biryani Grilled Fish w/ Tartar Sauce Roast Potato Baked Vegetable Fried Rice Bread / Rolls Apple Pie/Custard Sauce Selection Of Fresh Fruits Soft Drink Or Juice Tea/Coffee
D I N N E R	St. Germain Soup Assorted Salads Bar W/ Cold Meats & Fish Dishes Spaghetti w/ Meat Sauce Veal Escalope Potato Puree Sauted Vegetable Fried Rice Bread / Rolls Banana Flan Fruit Salad Soft Drink Or Juice Choice Of Ice-Cream Tea / Coffee	Chicken Noodle Soup Assorted Salads Bar W/ Cold Meats & Fish Dishes Shish Tawouk Kentuky Chicken Sauted Potatoes Eggplant Au Gratin Fried Rice Bread / Rolls Cream Rice Pudding Fruit Salad Soft Drink Or Juice Choice Of Ice-Cream Tea / Coffee	Beef Broth Assorted Salads Bar W/ Cold Meats & Fish Dishes Roast Chicken Grilled Burger /onion/toamto Potato Puree Sauted Vegetable Fried Rice Bread / Rolls Lemon Chiffon Pudding Fruit Salad Soft Drink Or Juice Choice Of Ice-Cream Tea / Coffee	Creme Of Tomato Soup Assorted Salads Bar W/ Cold Meats & Fish Dishes Oriental Turkey Beef Stew Delmonico Potatoes Glazed Vegetable Fried Rice Bread / Rolls Pineapple Cake W Cream Fruit Salad Soft Drink Or Juice Choice Of Ice-Cream Tea / Coffee	Sweet & Sour Soup Assorted Salads Bar W/ Cold Meats & Fish Dishes Mixed Grill Beef Goan Curry Jacket Potatoes Fried Onion Rings Fried Rice Bread / Rolls Bakewell Tart Fruit Salad Soft Drink Or Juice Choice Of Ice-Cream Tea / Coffee	Creme Of Tomato Soup Assorted Salads Bar W/ Cold Meats & Fish Dishes Meat ball in Sweet & Sour Sauce Kentucky Fried Chicken Delmonico Potatoes Glazed Vegetable Fried Rice Bread / Rolls Ginger Pudding/Custard Fruit Salad Soft Drink Or Juice Choice Of Ice-Cream Tea / Coffee	Coco Liki Soup Assorted Salads Bar W/ Cold Meats & Fish Dishes Steak with Pepper Sauce Lamb Casserole Jacket Potatoes Fried Onion Rings Fried Rice Bread / Rolls Bakewell Tart Fruit Salad Soft Drink Or Juice Choice Of Ice-Cream Tea / Coffee