

Choice of Breakfast

Lunch

Gammon & Parsley Sauce, Chicken Salad

Vegetarian

*Pepper & Courgette Hotpot, Boiled Potatoes, Green Beans
Swede, Steamed Pear & Chocolate Pudding, Tinned Peaches*

Afternoon

Rock Buns

Supper

*Omelette, Pumpkin & Butterbean Soup, Sandwich
Tea and Coffeee*

APPROX. NUTRITIONAL VALUE PER SERVING

	Calories	Fat	Protein	Carbs
Gammon	287	22	23	
Salad	216	8	18	3
(v) Hotpot	251	9	17.4	43
Boiled Potatoes	87		1.8	19.4
Beans	22	0.5	1.8	2.9
Swede	42	1.2	0.8	2.3
Pear & Chocolate Pudding	243	9.5	7.8	38.2
Peaches	108	0.2	1.8	22.1
Cake	152	5	4	25
Omelette	284	8.2	16	2
Soup	135	4.3	1.9	10.4