



Rustington Convalescent Home

Sample Menus

Breakfast	Breakfast	Breakfast
Continental Breakfast	Continental Breakfast	Poached Egg, Tomato, Bacon & Fried Bread
Lunch	Lunch	Lunch
Beer Battered Cod Fillet * Leek & Goats Cheese Pancakes * Chefs Salad * Sweet of the day * Ice Cream- Vanilla. Chocolate. Strawberry Yoghurt Cheese & Biscuits	Chicken & Mushroom Pie with Flaky Pastry * Saute Courgette with Creamy Spinach & Pasta Bake * Chefs Salad * Sweet of the day * Ice Cream- Vanilla. Chocolate. Strawberry Yoghurt Cheese & Biscuits	Beef Meatballs with Mushroom & Red Wine * Vegetarian Sausages with Ragu * Chefs Salad * Sweet of the day * Ice Cream (Vanilla, Chocolate, Strawberry) Yoghurt Cheese & Biscuits
Supper	Supper	Supper
Homemade Soup * Chicken Curry * Vegetable Quiche	Homemade Soup * Smoked Salmon & Avocado * Scrambled Eggs with Chive & Cherry Tomato	Homemade Soup * Smoked Haddock Kedgerree * Welsh Rarebit