

Steamplicity Menu



The main meal is at Lunchtime.



You can have salad too!



You can have a sandwich or soup for dinner.

Help!

If you have a special diet, please ask for help.



Snacks and hot and cold drinks are available all day. Please ask for help.



Main Courses



Fish



Poached Salmon in a cream sauce with potatoes and cabbage



Cod in parsley sauce with mashed potatoes and peas.



Fish Pie with carrots.



Smoked Salmon Pasta with peas.



Cod in a tomato and cheese sauce with potatoes and courgettes.



Beef



Beef Casserole with carrots and mashed potato.



Pasta Bolognese with mixed peppers and sweetcorn.



Roast Beef with roast potatoes, broccoli and gravy.



Savoury Mince beef with mashed potato, carrots and courgettes.



Lamb



Shepherds Pie with swede and carrot.



Minced lamb with mashed potato carrots and courgettes.



Chicken



Roast Chicken with roast potatoes, broccoli, and stuffing.



Chicken leek and mushroom stew, with rice, and carrots.



Chicken Korma with rice and vegetables.



Pork



Sausages and mash potatoes with gravy and peas.



Cheese and ham omelette.



Sausage, egg, beans and potatoes.



Vegetarian



Cheese omelette, beans and potatoes.



Bean Cottage Pie with carrots and courgettes.



Vegetable Chilli with beans and lentils on rice.



Cauliflower Cheese with potatoes.



Cheese and Tomato pasta.



Omelette with potatoes and peas.



Macaroni Cheese.



Salads.



Chicken Salad.



Ham Salad.



Tuna Salad.



Cheese Salad.



Egg Salad.



Desserts.



Chocolate Sponge with sauce and custard.



Raspberry jam sponge with custard.



Apple Crumble with custard.



Syrup Sponge with custard.



Bread and butter pudding with custard.



Rice pudding.



Low fat rice pudding.



Trifle.



Jelly.



Yoghurts.



Chocolate Mousse.



Cheese and biscuits.



Tinned or fresh fruit.



If you need any help, please ask.

This menu was put together with help from:-

Medical Photography

Somerset Total Communication Symbols Library

<http://www.somerset.gov.uk/stcsymbols/default.asp>



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