



At Cedar Care we recognise the importance of good quality, home cooked food. That's why all food is prepared on the premises by our chefs using fresh ingredients. Our menus are seasonal & tailored to combine a variety of traditional & modern dishes determined by the overall preferences of the Residents; vegetarian options are included in each meal. We regularly ask for feedback & review our menus to ensure that Residents remain satisfied with the variety & quality of food offered.

Special diets: The menu choices are suitable for textured meals, if required due to swallowing difficulties. We can provide specific diets required due to health conditions, cultural tastes or religious beliefs, food intolerances or allergies for Residents who need them.

Beverages: Tea, coffee, warm milky drinks and a variety of cold beverages are available throughout the day. Alcohol can be provided at an extra cost, or Residents may purchase alcohol of their choice.

Snacks: Cakes, biscuits, freshly prepared sandwiches, soup and/or salad of the day, are available throughout the day.

Family and friends: Family and friends are welcome to join Residents for meals at lunch and dinner, either to accompany or assist as appropriate. There is a charge for meals ordered by family or friends.

Sample Menu A

Breakfast

CONTINENTAL BREAKFAST

A selection of Cereals, Jams, Toast & Fresh Fruit

SCRAMBLED EGGS ON TOAST

Lunch

Daily Specials

SOUP OF THE DAY

Butternut Squash & Sage Cream Soup

SALAD OF THE DAY

Cherry Tomato, Basil & Red Onion Salad with a Balsamic & Olive Oil dressing

Mains

MUSHROOM LASAGNE

Mushroom, Carrot & Onion Lasagne with Grated Cheese, served with Garlic Bread

CLASSIC CHEESEBURGER

Cheeseburger with Lettuce & Tomato & a side of French Fries

Dessert

GRAPE & GREEK YOGHURT PARFAIT DRIZZLED WITH HONEY

SELECTION OF FRESH FRUITS

Dinner

Mains

TURKEY & RED WINE SAUCE

Pan seared Turkey & Vegetables cooked in a Red Wine & Tarragon sauce served with New Potatoes & Fine Beans

BEER BRAISED STEAK

Beer Braised Steak served with a Buttery Horseradish Mash, Carrots & Swede

THAI CURRY

Thai Red Vegetable Curry with Garlic & Red Peppers, Coconut Milk & Sugar Snap Peas served on a bed of Jasmine Rice

Dessert

PEAR & CHOCOLATE CRUMBLE WITH CUSTARD

SELECTION OF FRESH FRUITS

Sample Menu B

Breakfast

CONTINENTAL BREAKFAST

A selection of Cereals, Jams, Toast & Fresh Fruit

WARM PASTRIES & YOGHURT WITH FRESH FRUIT

Lunch

Daily Specials

SOUP OF THE DAY

Creamy Onion Soup

SALAD OF THE DAY

Warm New Potato, Fresh Chive with a Yogurt & Mint Dressing

Mains

BEEF RAGU GNOCCHI

Beef Ragu & Potato Dumplings topped with Grated Cheese, served with Garlic Bread

VEGETARIAN ESCALOPE

Breaded Vegetarian Escalope with Coleslaw & Lemon Zest

Dessert

STEWED APPLES WITH CINNAMON CREAM

SELECTION OF FRESH FRUITS

Dinner

Mains

HONEY MUSTARD ROAST SALMON

Lemon Zested Salmon in Wholegrain Mustard & Clear Honey with Buttered New Potatoes, Green Beans & Creamy Spinach

ROASTED LAMB

Garlic & Rosemary Lamb with Hasselback Potatoes, Green Beans & Creamy Spinach

LEEK BRAISED VEGGIE SAUSAGES

Braised in a Red Wine & Rosemary Reduction served with a Carrot & Parsnip Mash

Dessert

PEAR & CHOCOLATE CRUMBLE WITH CUSTARD

SELECTION OF FRESH FRUITS

Sample Menu 1

Breakfast

CONTINENTAL BREAKFAST

A selection of Cereals, Jams, Toast & Fresh Fruit

FULL ENGLISH BREAKFAST

Lunch

Daily Specials

SOUP OF THE DAY

Cream of Broccoli & Stilton Soup

SALAD OF THE DAY

Rainbow Salad with Thousand Island Dressing

Mains

SAVOURY CREPES

Stuffed Savoury Pancakes with Slaw & Sweet Potato Fries

SPANISH PAELLA

Spanish Rice with Chicken & Prawns, served with Garlic Bread

Dessert

RASPBERRY & WHITE CHOCOLATE MOUSSE

SELECTION OF FRESH FRUITS

Dinner

Mains

MOROCCAN CHICKEN

Moroccan Chicken with Chargrilled Vegetable Couscous

BATTERED COD & CHIPS

Traditional Fish & Chips served with Minted Mushy Peas & Tartare Sauce

MUSHROOM YORKSHIRE PUDDING

Savoury Mushroom Stuffed Yorkshire Pudding, served with Buttery Mashed Potato, a side of Steamed Broccoli & Diced Swede

Dessert

APPLE PIE WITH VANILLA ICE CREAM

SELECTION OF FRESH FRUITS