



FOREST CARE

CARING SINCE 1981

Sample Breakfast Menu

Your choice of cereals

Cornflakes, Frosties, Rice Krispies, Fruit & Fibre, Weetabix or Muesli.

Fruit of your choice

Prepared Fresh Fruit, Grapefruit or Prunes

Porridge

Served as it comes or with honey, whiskey or sultanas & coconut.

A full English breakfast

Grilled Bacon, Fried, Boiled, Poached or Scrambled Eggs, Grilled Sausage, Tomato, Mushrooms, Baked Beans.

Filled Roll of your choice

Bacon, Bacon & Egg or Sausage
Poached or Grilled Kippers

Toast & Preserves

Sliced white or brown with fruit jams, marmalade or marmite, flora or butter

Beverages

Fruit juice, tea, coffee or hot chocolate

At Forest Care we strive to create a **luxury dining experience** for each of our residents and relatives. If you would like a private dining space for a special occasion, please speak to the office team who'd be delighted to accommodate your needs.

If you have specific allergy or dietary requirements, please make our chefs aware who will ensure food served is suitable for your needs.



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Sample Lunch and Supper Menu

Lunch Menu

Slow Cooked Ox Cheek in Wine

served with creamed garlic mashed potato and pan-fried leeks

Chorizo Stuffed Chicken

with sautéed green beans and crispy oven roasted potatoes

Seared Salmon on Baby Spinach

served with creamy linguine and a wedge of lemon

Dessert

Seasonal Mousse

Light lemon mousse served with a creamy lemon curd

Sticky Sponge

Treacle and ginger sponge with vanilla custard

Roulade

Black forest roulade with winter berries and cream

Supper Menu

Soup of the Day

Choice of Sandwiches

Honey Glaze Ham and Eggs

Chocolate Eclair

Cake Selection

Beverages

Your Choice of

Selection of Fruit Juices

Tea and Coffee

Red Wine (Merlot) or White Wine (Sauvignon Blanc)

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