



ROWAN LODGE  
FOREST CARE

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# 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 with Honey, Sultanas, Coconut or Jam

## A Full English Breakfast

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

## Filled Roll of your choice

Bacon, Bacon & Egg or Sausage  
Salmon with Poached Egg & Spinach

## Toast & Preserves

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

## Beverages

Fruit juice, tea, coffee or hot chocolate

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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 & 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 or 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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