



Havering Care Homes

MENU

Week 48 – 2022

Abbcross Nursing Home,
Brentwood Road, Romford,
Greater London RM1 2EH.

Upminster Nursing Home,
Clay Tye Road, North Ockendon,
Upminster RM14 3PL.

Havering
carehomes

Sunday

Breakfast

Assorted cereals

Toast with various toppings

Egg & bacon

Lunch

Roast chicken, with roast potatoes, stuffing and seasonal vegetables

Dessert

Fruit and cream

Afternoon tea

Sausage rolls and spaghetti

Assorted sandwiches

Soup

Dessert

Tea cakes

Supper

Hot drink e.g. Ovaltine® or Horlicks®

Monday

Breakfast

Assorted cereals

Toast with various toppings

Lunch

Beef burgers, chips and baked beans

Gammon, chips and baked beans

Dessert

Jam sponge and custard

Afternoon tea

Pilchards on toast

Assorted sandwiches

Soup

Dessert

Gateau

Supper

Hot drink e.g. Ovaltine® or Horlicks®

Tuesday

Breakfast

Assorted cereals

Toast with various toppings

Lunch

Liver, bacon, onions, mashed potato and seasonal vegetables

Sausage and onions, mashed potato and seasonal vegetables

Dessert

Bananas and cream

Afternoon tea

Scrambled egg on toast

Assorted sandwiches

Soup

Dessert

Swiss rolls

Supper

Hot drink e.g. Ovaltine® or Horlicks®

Wednesday

Breakfast

Assorted cereals

Toast with various toppings

Lunch

Hotpot with boiled potatoes

Chicken curry with rice (includes carrots)

Dessert

Jelly and ice cream

Afternoon tea

Fish cakes and beans

Assorted sandwiches

Soup

Dessert

Cheesecake

Supper

Hot drink e.g. Ovaltine® or Horlicks®

Thursday

Breakfast

Assorted cereals

Toast with various toppings

Lunch

Mince and onion pie with roast potatoes and seasonal vegetables

Pork chops with roast potatoes and seasonal vegetables

Dessert

Apple crumble with custard

Afternoon tea

Jacket potato with filling

Assorted sandwiches

Soup

Dessert

Jam tarts

Supper

Hot drink e.g. Ovaltine® or Horlicks®

Friday

Breakfast

Assorted cereals

Toast with various toppings

Lunch

Fried fish with chips and peas

Fried eggs with chips and peas

Dessert

Ice cream

Afternoon tea

Beans on toast

Assorted sandwiches

Soup

Dessert

Angel Delight®

Supper

Hot drink e.g. Ovaltine® or Horlicks®

Saturday

Breakfast

Assorted cereals

Toast with various toppings

Lunch

Cottage pie with mashed potato and seasonal vegetables

Toad in the hole with mashed potato and seasonal vegetables

Dessert

Lemon sponge and custard

Afternoon tea

Fish fingers and chips

Assorted sandwiches

Soup

Dessert

Chocolate éclairs

Supper

Hot drink e.g. Ovaltine® or Horlicks®