



ROWAN LODGE
FOREST CARE

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, Golden Syrup, Sultanas, Coconut or Jam

A Full English Breakfast

Grilled Bacon, Grilled Sausage, Tomato, Mushrooms, Baked Beans & Hash Browns.

A choice of Eggs - Fried, Boiled, Poached or Scrambled

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

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 will 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 Red 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) or a Chilled Beer

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