$\frac{McCARTHY \, stone}{bifu, will bived} Homeowner \, Pre-Order \, Menus - Please \, place \, a \, \sqrt{in the Box \, under the Dishes \, you \, wish to \, order:} Adults need around 2000 \, Kcals \, per \, day$

Starters £1.50, Main Courses £4.20, Desserts £1.50, unless otherwise stated

Week 1	Start Date	Name			Apartment no		Small Portions Yes/no
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

Fruit Juice (45 kcal) £1.00				
House Salad (49 kcal) £1.50				
MAIN SALAD £4.20				
Ham (567 kcal)				
Cheese (512 kcal)				
Smoked Mackerel (422 kcal)				
JACKET POTATOES £4.20				
Plain (401 kcal)				
Tuna Mayo (540 kcal)				
Tuna Mayo & Cheese (664 kcal)				
Baked Beans (387 kcal)				
Baked Beans & Cheese (511 kcal)				
Cheese (547 kcal)				
Prawn Marie Rose (518 kcal)				
OMELETTES £4.20				
Plain (323 kcal)				
Ham (333 kcal)				
Cheese (335 kcal				
Mushroom (306 kcal)				
DESSERTS				
Fruit Salad (45 kcal) £2.00				
Yoghurt (97 kcal) £1.00				
Vanilla Ice Cream 2 scoops (194 kcal) £1.50				
Sugar Free Jelly (5 kcal) £1.00				
Cheese & Biscuits (525 kcal) £3.00				

*Supper Plates are completed on a separate form.

Please speak to a member of staff if you would like a supper plate menu.

FOOD ALLERGY & INTOLERANCES. While we make every effort to prevent cross contamination in our kitchens, we cannot guarantee that any food item we make is FREE of any specific allergen. Guests concerned about the presence of allergens in our dishes; please do not hesitate to ask the Chef Manager or member of our catering team for assistance before ordering