



Folkestone

Care Centre

BREAKFAST MENU

MORNING SPECIAL

Poached Eggs and Beans on Toast

CEREALS

Crunchy Nut, Alpen Muesli, Special K
Weetabix, Cornflakes, Sugar Puffs

OTHER CHOICES

Eggs (Scrambled, Poached, Fried), Crispy Bacon, Toast and Preserves,
Toasted Crumpets Greek Yogurt and Honey, Creamy Porridge,
Fruit Yogurts, Fresh Fruit

DRINKS

Cold Drinks: Strawberry and Chocolate Milkshake, Fresh Fruit Juice

Hot Drinks: Hot Chocolate, Coffee, Tea



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LUNCH MENU

STARTER

Chef's homemade soup of the day

MAIN COURSE

Slow cooked herb encrusted lamb served with sauteed broccoli and parsley mashed potato

DESSERT

Strawberry ice cream sundae, selection of ice creams with wafer, fruit yogurt or mixed flavor custard pot

DRINKS

Hot Drinks: Tea, coffee, hot chocolate, warm milk, horlicks

Cold Drinks: Fresh fruit juice, milkshake



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DINNER MENU

STARTER

Chef's soup of the day served
with a warm baguette

MAIN COURSE

Broccoli and stilton quiche served
with homemade potato salad

DESSERT

Strawberries and cream with fresh mint, selection of ice creams
with wafer, fruit yogurt or mixed flavor custard pot

DRINKS

Hot Drinks: Tea, coffee, hot chocolate, warm milk, horlicks

Cold Drinks: Fresh fruit juice, milkshake



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LIGHTER OPTION MENU

SANDWICHES

Hand carved gammon and mustard

Mature cheddar and pickle

Tuna mayonnaise and cucumber

Fish finger with tar tare sauce

Bacon, lettuce and tomato



HOT OPTION ALTERNATIVE

Omelette: cheese and tomato, ham and cheese

Chicken salad with caesar dressing

Prawn cocktail with buttered brown bread

Hand carved gammon, egg and chips

Mature cheddar on toast

Spinach, bacon tortellini with garlic bread

Fish cake or scampi with tar tare sauce

Sausage, mash potato with gravy

Jacket potato, cheese, beans or tuna