

# VALERIE MANOR

Nursing & Residential Care Home  
Henfield Road, Upper Beeding, West Sussex BN44 3TF  
t: (01903) 812 105 e: info@valeriem Manor.co.uk

## Menus

Here at Valerie Manor we pride ourselves on our food, serving wholesome nutritious and tasty meals. We believe that "living to eat is better than eating to live".

We support local suppliers and producers using the very best available ingredients.

Our menus rotate on a four weekly basis, changing six monthly with the seasons. The menus are not written in stone either, as we always have a second choice, and failing that there are jacket potatoes and omelettes always available too. All dietary needs are catered for, and of course, not forgetting all the themed lunches and suppers throughout the year.

Overleaf are samples from our 2015/2016 menus.

We are also proud to have achieved a 5 star rating as part of the Food Standards Agency National Food Hygiene Rating Scheme at our latest inspection in September 2016.



[www.valeriem Manor.co.uk](http://www.valeriem Manor.co.uk)

Registered Company Details  
Home Care Home Limited. Registered in England & Wales No. 06382339.  
Registered Office: Valerie Manor, Henfield Road, Upper Beeding, West Sussex BN44 3TF

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## Breakfast

*Grapefruit, Prunes and a selection of fruit juices, choice of cereals including porridge, egg, bacon & sausage, tea, coffee and toast.*

## Selection from lunch menu

*Mediterranean baked cod with oven roasted Red, green and yellow peppers, courgette and Baby tomatoes served with new potatoes.*

*Pork Steaks in cider and sage cream sauce  
With spring greens, daisy carrots, peas and sauté potatoes.*

*Coq au vin with baton carrots, broccoli florets  
And garlic creamed potatoes.*

*Battered Cod with Mushy Peas and Chipped Potatoes*

*Chicken casserole with herb dumplings with red cabbage, diced swede, broad beans and cheddar mashed potato.*

*Liver and bacon casserole  
With broccoli and cauliflower florets,  
Mushrooms and creamed potatoes.*

*Bacon and mushroom roly poly with onion gravy  
Savoy cabbage, marrow fat peas and root vegetable mash.*

*Plaice goujons with garden peas  
Baton carrots and chipped potatoes.*

## Suppers

*Suppers consist of a homemade soup, hot or cold snack and sandwiches (any one or combination of the above)*

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