

# Glyn Nest

## Our Fabulous Food

Sample Menu

### Breakfast

- Fruit Juice
- Variety of cereals to include porridge
- Cooked option (bacon & egg)
- Toast and preserves
- Tea & Coffee

### 11.00 a.m.

- Tea & Coffee & Biscuits

### Lunch

- Main course: Home cooked using fresh local produce
- Fresh vegetables
- Homemade sweet of the day
- Fresh fruit salad
- Tea & Coffee

### Afternoon Tea

- Homemade cake tea & coffee

## **Supper**

- Soup
- Scrambled egg
- Selection of sandwiches

## **Sweet**

- Fresh fruit salad
- Mousse
- Yogurt

All dietary needs are catered for.

Special occasions are celebrated with cake.