

# The Normanhurst

## RESIDENTS DAILY ALTERNATIVE MENU

### Main Course

#### Fish

FILLET OF PLAICE (Breaded, grilled or poached)  
CHOICE OF FISH CAKES (Salmon or Cod)  
BATTERED/BREADED COD (Check availability)

#### Salads

EGG - CHEESE - TUNA - PILCHARD - SARDINE (In oil or tomato)  
COLD MEAT - HAM, LUNCHEON MEAT or CORNED BEEF

#### Omelette

PLAIN - CHEESE - HAM - TOMATO

#### Others

SCRAMBLED/ FRIED EGG, SAUSAGE, VEGGIE BURGER,  
VEGGIE SAUSAGE, BEEFBURGER, JACKET POTATO, BOILED  
POTATOES, CREAMED POTATOES, CARROTS.

### Supper

#### Choice of sandwiches

#### Baked Potatoes

CHOICE OF FILLINGS

#### Others

FRIED – BOILED – SCRAMBLED – POACHED EGG  
SALADS (SEE LUNCH)  
BAKED BEANS ON TOAST  
CHEESE ON TOAST – OMELETTE  
SAUSAGES – BACON – FISHCAKES – KIPPERS