





## **BREAKFAST—16th to 25th JULY 1970**

**7 am – 9.30 am**

Oatmeal Porridge

Cereals—Various

Stewed Fruits—Apples, Figs, Prunes, Pears

Fresh Fruit

Fruit Juices—Various

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Grilled Prime Angus Sirloin Steak

Grilled Pork Sausage : Grilled Beef Sausage : Grilled Bacon

Eggs—Poached, Boiled, Scrambled, Fried

Arbroath Smokies : Grilled Herrings

Poached Golden Cutlet : Grilled Kippers

Grilled Mushrooms : Grilled Tomatoes : Black Pudding

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Morning Rolls : Tea : Coffee : Milk

Butter : Preserves

*Please see resident Dietitian for any dishes other than those shown above.*



## LUNCHEON—SUNDAY 19th JULY 1970

11.45 am – 2 pm

Pâté Maison : Iced Melon : Prawn Cocktail  
Egg Mayonnaise : Fruit Juices : Charcuterie

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Kidney Soup : Leek and Potato Soup

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Grilled Trout, Parsley Butter : Fried Fillet Whiting  
Sauce Tartare

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Grilled Steak Garni : Roast Beef, Yorkshire Pudding  
Braised Veal with Noodles : Haricot Ox Tail

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Shish Kebab : Kukul Muss : Curd Pudding

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French Fried Potatoes : Croquette Potatoes : New Potatoes  
Braised Celery : Cauliflower, Cream Sauce : Stuffed Tomatoes  
Pilau : Parathas

### **Cold Buffet**

Lobster : Crab Salad : Scampi Mayonnaise : Tay Salmon  
Salmon Trout : Soused Herring  
Roast Beef : Roast Lamb : Roast Pork : Roast Turkey  
Chicken : Duck  
Cold Ham : Ox Tongue : Pressed Beef : Veal and Ham Pie  
Melton Mowbray Pie

### **Salads**

Beetroot : Potato : Vegetable : Cole Slaw : Green : Tomato  
Mixed : Cucumber : Sliced Onion

### **Sweets**

Fruit Salad and Cream : Dutch Apple Tart  
Pineapple Upside-Down-Cake : Trifle Chantilly : Yoghurt Various  
Ices Various : Fresh Fruit  
Cheese Various

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## **DINNER—SUNDAY 19th JULY 1970**

**5.30 pm – 8.30 pm**

Pâté Maison : Iced Melon : Prawn Cocktail  
Egg Mayonnaise : Fruit Juices : Charcuterie

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Clear Julienne : Cream of Chicken

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Scampi Provençale : Fried Fillet of Sole

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Sirloin Steak, Sauce Itallienne : Saddle of Lamb Dubarry  
Coq au Vin : Turkey à la King

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Hop Tu Gai Ding : Harak Muss : Matar Panir Curry  
Lentil and Rice Kedgerree

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French Fried Potatoes : Croquette Potatoes : New Potatoes  
Creamed Flageolets : Broccoli Milanaise : Masmás : Parathas : Fried Rice

### **Cold Buffet**

Lobster : Crab Salad : Scampi Mayonnaise : Tay Salmon  
Salmon Trout : Soused Herring  
Roast Beef : Roast Lamb : Roast Pork : Roast Turkey  
Cold Chicken : Duck : Veal and Ham Pie : Melton Mowbray Pie

### **Salads**

Beetroot : Potato : Vegetable : Cole Slaw : Green : Tomato  
Mixed : Cucumber : Sliced Onion

### **Sweets**

Crème Caramel : Cassata : Chocolate Gateau  
Fruit Salad and Fresh Cream : Peach Aida  
Yoghurt Various : Ices Various : Fresh Fruit

Cheese Various

*Please see resident Dietitian for any dishes other than those shown above.*