

# Welcome

Each day you will be offered a continental breakfast with tea or coffee, cereal, bread, toast or rolls.

For lunch we offer a three course meal with a choice of homemade soup or fruit juice followed by a choice of sandwiches, salad or filled baked potatoes or a hot meal with vegetables and potatoes. This is followed by a choice of desserts such as trifle, fresh fruit, yoghurt, rice pudding, jelly and ice cream or cheese and biscuits.

In the evening we offer a choice of hot meals with vegetables and potatoes or rice plus either a hot or cold dessert.

At each mealtime there is always a choice for vegetarians, a healthier option and a choice for those who need more calories.

Throughout the day you'll be offered tea, coffee and biscuits. If they are not offered, please feel free to ask.

Fresh fruit is also available.

## SPECIAL DIETARY REQUIREMENTS

We provide a range of alternative menus to meet the needs of the more frequently asked for diets such as:

- Gluten free
- Food allergies
- Low fibre/low residue
- Low potassium and no added salt
- Vegan
- Kosher
- Halal
- Texture modified

Please ask a member of the ward staff if you need an alternative menu. These are available every day.

**Allergen lists are available on request.**

# Breakfast

- Fruit juice
- Tea or coffee
- Cereals: Weetabix, Cornflakes, Rice Krispies, Bran Flakes
- Porridge
- Bread or toast
- Bread rolls
- Spreads and preserves



# Lunch Menu



## STARTER CHOICES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
• Fruit Juice 🍷 • Scotch Broth 🍷	• Fruit Juice 🍷 • Lentil Soup 🍷	• Fruit Juice 🍷 • Vegetable Soup 🍷	• Fruit Juice 🍷 • Yellow Split Pea Soup 🍷	• Fruit Juice 🍷 • Carrot and Lentil Soup 🍷	• Fruit Juice 🍷 • Green Split Pea Soup 🍷	• Fruit Juice 🍷 • Minestrone Soup 🍷

## MAIN COURSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	FOOD KEY
<b>Light Choices</b> <ul style="list-style-type: none"> <li>• Tomato and Basil Quiche Salad with Crusty Bread Roll 🍷🍷</li> </ul> <b>Sandwich Choices</b> <ul style="list-style-type: none"> <li>• Corned Beef and Tomato on White Bread</li> <li>• Cheese and Pickle on Wholemeal Bread 🍷</li> </ul> <b>Hot Meal Choice</b> <ul style="list-style-type: none"> <li>• Minced Beef ☺E</li> <li>• Chicken in Tarragon Sauce ❤️</li> </ul> <b>Both served with</b> <ul style="list-style-type: none"> <li>• Diced Turnip ☺E</li> <li>• Mashed Potatoes ☺E</li> </ul>	<b>Light Choices</b> <ul style="list-style-type: none"> <li>• Filled Baked Potato with side salad and choice of cold fillings                             <ul style="list-style-type: none"> <li>• Grated Cheese 🍷🍷</li> <li>• Coleslaw ❤️🍷</li> </ul> </li> </ul> <b>Sandwich Choices</b> <ul style="list-style-type: none"> <li>• Ham on White Bread</li> <li>• Egg Mayonnaise on Wholemeal Bread ☺E 🍷</li> </ul> <b>Hot Meal Choice</b> <ul style="list-style-type: none"> <li>• Mushroom Ravioli 🍷☺E 🍷</li> <li>• Roast Turkey and Gravy ❤️</li> </ul> <b>Both served with</b> <ul style="list-style-type: none"> <li>• Broccoli ☺E</li> <li>• Potato Croquettes ☺E</li> </ul>	<b>Light Choices</b> <ul style="list-style-type: none"> <li>• Filled Baked Potato with side salad and choice of cold fillings                             <ul style="list-style-type: none"> <li>• Grated Cheese 🍷🍷</li> <li>• Tuna Mayonnaise ❤️</li> </ul> </li> </ul> <b>Sandwich Choices</b> <ul style="list-style-type: none"> <li>• Tuna Mayonnaise on Wholemeal Bread ☺E</li> <li>• Cream Cheese and Chive on White Bread 🍷</li> </ul> <b>Hot Meal Choice</b> <ul style="list-style-type: none"> <li>• Cheese Omelette ☺E 🍷</li> <li>• Sausage in Onion Gravy 🍷</li> </ul> <b>Both served with</b> <ul style="list-style-type: none"> <li>• Diced Carrot/Turnip ☺E</li> <li>• Potato Croquettes ☺E</li> </ul>	<b>Light Choices</b> <ul style="list-style-type: none"> <li>• Ham Salad with Crusty Bread Roll ❤️</li> </ul> <b>Sandwich Choices</b> <ul style="list-style-type: none"> <li>• Chicken and Lettuce on White Roll</li> <li>• Cheese on Wholemeal Bread 🍷</li> </ul> <b>Hot Meal Choice</b> <ul style="list-style-type: none"> <li>• Beef Stew and Dumplings 🍷</li> <li>• Savoury Spaghetti ☺E 🍷</li> </ul> <b>Both served with</b> <ul style="list-style-type: none"> <li>• Diced Carrots ☺E</li> <li>• Mashed Potatoes ☺E</li> </ul>	<b>Light Choices</b> <ul style="list-style-type: none"> <li>• Filled Baked Potato with side salad and choice of cold fillings                             <ul style="list-style-type: none"> <li>• Grated Cheese 🍷🍷</li> <li>• Coleslaw ❤️🍷</li> </ul> </li> </ul> <b>Sandwich Choices</b> <ul style="list-style-type: none"> <li>• Salmon Mayonnaise on Wholemeal Bread ☺E</li> <li>• Egg, Tomato and Cress on White Bread 🍷</li> </ul> <b>Hot Meal Choice</b> <ul style="list-style-type: none"> <li>• Cheesy Cottage Pie 🍷☺E</li> <li>• Turkey Salad</li> </ul> <b>Both served with</b> <ul style="list-style-type: none"> <li>• Carrot/Turnip ☺E</li> <li>• Potato Croquettes ☺E</li> </ul>	<b>Light Choices</b> <ul style="list-style-type: none"> <li>• Filled Baked Potato with side salad and choice of cold fillings                             <ul style="list-style-type: none"> <li>• Grated Cheese 🍷🍷</li> <li>• Coleslaw ❤️🍷</li> </ul> </li> </ul> <b>Sandwich Choices</b> <ul style="list-style-type: none"> <li>• Chicken and Sweetcorn on Malted Bread</li> <li>• 1 Cheese/1 Egg Twin pack on White Bread 🍷</li> </ul> <b>Hot Meal Choice</b> <ul style="list-style-type: none"> <li>• Fish Pie 🍷☺E</li> <li>• Savoury Scrambled Egg 🍷</li> </ul> <b>Both served with</b> <ul style="list-style-type: none"> <li>• Broccoli ☺E</li> <li>• Chips or Mashed Potatoes ☺E</li> </ul>	<b>Light Choices</b> <ul style="list-style-type: none"> <li>• Filled Baked Potato with side salad and choice of cold fillings                             <ul style="list-style-type: none"> <li>• Grated Cheese 🍷🍷</li> <li>• Tuna Mayonnaise ❤️</li> </ul> </li> </ul> <b>Sandwich Choices</b> <ul style="list-style-type: none"> <li>• Tuna Mayonnaise on White Bread ☺E</li> <li>• Cheese and Onion on Wholemeal Bread 🍷</li> </ul> <b>Hot Meal Choice</b> <ul style="list-style-type: none"> <li>• Roast Beef in Gravy ❤️</li> <li>• Vegetarian Cannelloni 🍷☺E 🍷</li> </ul> <b>Both served with</b> <ul style="list-style-type: none"> <li>• Diced Carrots ☺E</li> <li>• Roast Potatoes or Mashed Potatoes ☺E</li> </ul>	<p>🍷 Contains more energy (calories). Better for patient with small appetites or who need to gain weight.</p> <p>❤️ These dishes have controlled amounts of fat and sugar. Suitable for patients wishing to eat healthily, have diabetes, are following a lower fat diet or are trying to lose weight.</p> <p>🍷 Vegetarian option</p> <p>☺E Easy to eat/soft</p>

## DESSERT CHOICES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
• Fresh Fruit ❤️ • Yoghurt ❤️☺E • Jelly and Ice Cream	• Fresh Fruit ❤️ • Yoghurt ❤️☺E • Creamed Rice Pot ☺E	• Fresh Fruit ❤️ • Yoghurt ❤️☺E • Fruit Trifle	• Fresh Fruit ❤️ • Yoghurt ❤️☺E • Cheese and biscuits	• Fresh Fruit ❤️ • Yoghurt ❤️☺E • Jelly and Ice Cream	• Fresh Fruit ❤️ • Yoghurt ❤️☺E • Creamed Rice Pot ☺E	• Fresh Fruit ❤️ • Yoghurt ❤️☺E • Fruit Trifle



# Evening Meal Menu



## MAIN COURSES

### MONDAY

#### Main Choices

- Breaded Fish
- Turkey Salad ♥
- Macaroni Cheese ⚡️😊🌿

#### Choice of sides:

##### Vegetables

- Peas
- Broccoli 😊

##### Potatoes/Rice

- Chips
- Mashed Potatoes 😊

### FRIDAY

#### Main Choices

- Breaded Fish
- Chicken in Mushroom and Pepper Sauce ♥
- Macaroni Cheese ⚡️😊🌿

#### Choice of sides:

##### Vegetables

- Peas
- Broccoli 😊

##### Potatoes/Rice

- Mashed Potatoes 😊
- Chips

### TUESDAY

#### Main Choices

- Steak Pie ⚡️
- Pork Meatballs in Tomato Sauce ♥😊
- Quorn and Bean Chilli ♥🌿

#### Choice of sides:

##### Vegetables

- Sprouts 😊
- Peas

##### Potatoes/Rice

- Mashed Potatoes 😊
- Boiled Rice

### SATURDAY

#### Main Choices

- Pork Cutlet in Gravy ⚡️
- Minced Beef 😊
- Vegetable Rissole ♥🌿

#### Choice of sides:

##### Vegetables

- Diced Carrots 😊
- Side Salad

##### Potatoes/Rice

- Mashed Potatoes 😊
- Roast Potatoes

### WEDNESDAY

#### Main Choices

- Beef Curry ♥
- Fish Pie ⚡️😊
- Egg Mayonnaise Salad 🌿

#### Choice of sides:

##### Vegetables

- Sweetcorn
- Carrots 😊

##### Potatoes/Rice

- Potato Croquettes 😊
- Boiled Rice

### SUNDAY

#### Main Choices

- Chicken Korma ♥
- Sausage Casserole ⚡️
- Plain Omelette ♥😊🌿

#### Choice of sides:

##### Vegetables

- Baked Beans
- Turnip/Carrot

##### Potatoes/Rice

- Mashed Potatoes 😊
- Boiled Rice

### THURSDAY

#### Main Choices

- Beef Lasagne ⚡️😊
- Roast Pork Salad ♥
- Baked Egg and Cheese 😊🌿

#### Choice of sides:

##### Vegetables

- Green Beans
- Turnip 😊

##### Potatoes/Rice

- Potato Croquettes 😊
- Garlic Bread

### FOOD KEY

⚡️ Contains more energy (calories). Better for patient with small appetites or who need to gain weight.

♥ These dishes have controlled amounts of fat and sugar. Suitable for patients wishing to eat healthily, have diabetes, are following a lower fat diet or are trying to lose weight.

🌿 Vegetarian option

😊 Easy to eat/soft

## DESSERT CHOICES

### MONDAY

- Apple Crumble with Custard ⚡️
- Fresh Fruit ♥
- Yoghurt ♥😊

### TUESDAY

- Ginger Sponge with Custard ⚡️😊
- Fresh Fruit ♥
- Jelly and Ice Cream

### WEDNESDAY

- Chocolate Doughnut ⚡️
- Fresh Fruit ♥
- Yoghurt ♥😊
- Creamed Rice Pot 😊

### THURSDAY

- Rhubarb Crumble with Custard ⚡️
- Fresh Fruit ♥
- Yoghurt ♥😊
- Creamed Rice Pot 😊

### FRIDAY

- Apple Sponge with Custard ⚡️😊
- Fresh Fruit ♥
- Yoghurt ♥😊

### SATURDAY

- Peach and Pear Crumble with Custard ⚡️
- Fresh Fruit ♥
- Yoghurt ♥😊
- Creamed Rice Pot 😊

### SUNDAY

- Individual Cheese Cake ⚡️
- Fresh Fruit ♥
- Yoghurt ♥😊
- Creamed Rice Pot 😊

# WEEK 1



## Freshly prepared daily by local catering teams

