

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
Light Choices <ul style="list-style-type: none"> • Filled Baked Potato with side salad and choice of cold fillings <ul style="list-style-type: none"> • Grated Cheese 🍷🍷 • Coleslaw 🍷🍷 Sandwich Choices <ul style="list-style-type: none"> • Corned Beef and Tomato on White Bread • Cheese and Pickle on Wholemeal Bread 🍷 Hot Meal Choice <ul style="list-style-type: none"> • Fish in Cheese Sauce 🍷🍷🍷 • Burger in Onion Gravy 🍷 Both served with <ul style="list-style-type: none"> • Diced Carrots 🍷🍷 • Mashed Potatoes 🍷🍷 	Light Choices <ul style="list-style-type: none"> • Egg Mayonnaise Salad 🍷 with Crusty Bread Roll Sandwich Choices <ul style="list-style-type: none"> • Ham Salad on White Bread • Cream Cheese and Chive on Wholemeal Bread Hot Meal Choice <ul style="list-style-type: none"> • Haggis 🍷 • Pasta Bolognese 🍷🍷🍷 Both served with <ul style="list-style-type: none"> • Diced Turnip 🍷🍷 • Mashed potatoes 🍷🍷 	Light Choices <ul style="list-style-type: none"> • Filled Baked Potato with side salad and choice of cold fillings <ul style="list-style-type: none"> • Grated Cheese 🍷🍷 • Coleslaw 🍷🍷 Sandwich Choices <ul style="list-style-type: none"> • Chicken Tikka on White Bread • Egg Mayonnaise on Wholemeal Bread 🍷🍷 Hot Meal Choice <ul style="list-style-type: none"> • Cottage Pie 🍷🍷 • Ham Salad 🍷 Both served with <ul style="list-style-type: none"> • Broccoli 🍷🍷 • Spiced Potato Wedges or Mashed potatoes 🍷🍷 	Light Choices <ul style="list-style-type: none"> • Filled Baked Potato with side salad and choice of cold fillings <ul style="list-style-type: none"> • Grated Cheese 🍷🍷 • Tuna Mayonnaise 🍷 Sandwich Choices <ul style="list-style-type: none"> • Chicken Salad on White Roll • Cheese on Wholemeal Bread 🍷 Hot Meal Choice <ul style="list-style-type: none"> • Macaroni Cheese 🍷🍷🍷 • Minced Beef Both served with <ul style="list-style-type: none"> • Diced Carrots 🍷🍷 • Potato Croquettes 🍷🍷 	Light Choices <ul style="list-style-type: none"> • Tomato and Basil Quiche Salad with Crusty Bread Roll 🍷🍷 Sandwich Choices <ul style="list-style-type: none"> • Salmon Mayonnaise on Wholemeal Bread 🍷🍷 • Egg, Tomato and Cress on White Bread 🍷 Hot Meal Choice <ul style="list-style-type: none"> • Breaded Fish • Plain Omelette 🍷🍷🍷 Both served with <ul style="list-style-type: none"> • Peas • Chips or Potato Croquettes 🍷🍷 	Light Choices <ul style="list-style-type: none"> • Filled Baked Potato with side salad and choice of cold fillings <ul style="list-style-type: none"> • Grated Cheese 🍷🍷 • Tuna Mayonnaise 🍷 Sandwich Choices <ul style="list-style-type: none"> • Chicken and Sweetcorn on Malted Bread • 1 Cheese/1 Egg Twin pack on White Bread 🍷 Hot Meal Choice <ul style="list-style-type: none"> • Baked Egg and Cheese 🍷🍷🍷 • Sausage Casserole 🍷 Both served with <ul style="list-style-type: none"> • Broccoli 🍷🍷 • Potato Croquettes 🍷🍷 	Light Choices <ul style="list-style-type: none"> • Cheese Salad 🍷🍷 Sandwich Choices <ul style="list-style-type: none"> • Tuna Mayonnaise on White Bread 🍷🍷 • Cheese and Onion on Wholemeal Bread 🍷 Hot Meal Choice <ul style="list-style-type: none"> • Roast Turkey and Gravy 🍷 • Cheese Omelette 🍷🍷🍷 Both served with <ul style="list-style-type: none"> • Turnip/Carrot 🍷🍷 • Roast Potatoes or Mashed potatoes 🍷🍷

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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
• Fresh Fruit 🍷 • Yoghurt 🍷🍷 • Cheese and Biscuits	• Fresh Fruit 🍷 • Yoghurt 🍷🍷 • Jelly and Ice Cream	• Fresh Fruit 🍷 • Yoghurt 🍷🍷 • Creamed Rice Pot 🍷	• Fresh Fruit 🍷 • Yoghurt 🍷🍷 • Fruit Trifle	• Fresh Fruit 🍷 • Yoghurt 🍷🍷 • Cheese and biscuits	• Fresh Fruit 🍷 • Yoghurt 🍷🍷 • Jelly and Ice Cream	• Fresh Fruit 🍷 • Yoghurt 🍷🍷 • Creamed Rice Pot 🍷



Evening Meal Menu



MAIN COURSES

MONDAY

Main Choices

- Chilli Con Carne
- Tuna Mayonnaise Salad ♥
- Mushroom Ravioli 🌿🍴☺E

Choice of sides:

Vegetables

- Peas
- Broccoli ☺E

Potatoes/Rice

- Boiled Rice
- Potato Croquettes ☺E

FRIDAY

Main Choices

- Beef Lasagne ☺E and Garlic Bread 🌿
- Smoked Mackerel Salad
- Quorn Korma Curry ♥🌿

Choice of sides:

Vegetables

- Diced Carrots ☺E
- Peas

Potatoes/Rice

- Boiled Rice
- Potato Croquettes ☺E

TUESDAY

Main Choices

- Chicken Curry ♥
- Minced Beef Pie 🌿
- Cheese Omelette 🌿☺E

Choice of sides:

Vegetables

- Diced Carrots ☺E
- Cabbage

Potatoes/Rice

- Boiled Rice
- Mashed Potatoes ☺E

SATURDAY

Main Choices

- Beef Stroganoff ♥
- Scotch Pie 🌿
- Macaroni Cheese 🌿🍴☺E

Choice of sides:

Vegetables

- Baked Beans
- Diced Turnip ☺E

Potatoes/Rice

- Mashed Potatoes ☺E
- Chips

WEDNESDAY

Main Choices

- Steak Pie 🌿
- Beef in Black Bean Sauce ♥
- Vegetarian Cannelloni 🌿🍴☺E

Choice of sides:

Vegetables

- Mixed Vegetables
- Sprouts ☺E

Potatoes/Rice

- Boiled Rice
- Mashed Potatoes ☺E

SUNDAY

Main Choices

- Pork Cutlet in Gravy 🌿
- Chicken and Mushroom Pie 🌿
- Quorn Pasta Bolognese ♥🌿☺E

Choice of sides:

Vegetables

- Green Beans
- Broccoli ☺E

Potatoes/Rice

- Roast Potatoes
- Mashed Potatoes ☺E

THURSDAY

Main Choices

- Sweet & Sour Pork 🌿
- Chicken and Mushroom and Pepper Sauce ♥
- Savoury Spaghetti 🌿☺E

Choice of sides:

Vegetables

- Sweetcorn
- Diced Carrots ☺E

Potatoes/Rice

- Mashed Potatoes ☺E
- Boiled Rice

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♥ 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

☺E Easy to eat/soft

DESSERT CHOICES

MONDAY

- Apple Crumble with Custard 🌿
- Fresh Fruit ♥
- Creamed Rice Pot ☺E

TUESDAY

- Ginger Sponge with Custard 🌿☺E
- Fresh Fruit ♥
- Yoghurt ♥☺E
- Fruit Trifle

WEDNESDAY

- Chocolate Doughnut 🌿
- Fresh Fruit ♥
- Yoghurt ♥☺E
- Creamed Rice Pot ☺E

THURSDAY

- Rhubarb Crumble with Custard 🌿
- Fresh Fruit ♥
- Yoghurt ♥☺E
- Jelly and Ice Cream

FRIDAY

- Apple Sponge with Custard 🌿☺E
- Fresh Fruit ♥
- Yoghurt ♥☺E

SATURDAY

- Peach and Pear Crumble with Custard 🌿
- Fresh Fruit ♥
- Creamed Rice Pot ☺E

SUNDAY

- Individual Cheese Cake 🌿
- Fresh Fruit ♥
- Yoghurt ♥☺E
- Jelly and Ice Cream

WEEK 2



Freshly prepared daily by local catering teams

