

Welcome

Each day you will be offered a continental breakfast with tea/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, 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 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.

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/no added salt
- Vegan
- Kosher
- Halal

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



Breakfast



- Fruit juice 🍌
- Tea/coffee
- Cereals: choose from Cornflakes, Rice Krispies, Weetabix, Bran Flakes
- Porridge
- Bread/toast
- Bread rolls
- Spreads & preserves



Lunch Menu



STARTER CHOICES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
• Fruit juice 🍌	• Fruit juice 🍌	• Fruit juice 🍌	• Fruit juice 🍌	• Fruit juice 🍌	• Fruit juice 🍌	• Fruit juice 🍌
• Scotch broth soup 🍌	• Lentil soup 🍌	• Vegetable soup 🍌	• Yellow split pea soup 🍌	• Leek & potato soup 🍌	• Green split pea soup 🍌	• Minestrone soup 🍌

MAIN COURSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Light Choices</p> <p>Filled baked potato with side salad and choice of filling:</p> <ul style="list-style-type: none"> • Grated cheese 🍌 • Tuna mayonnaise ♥ • Egg mayonnaise 🍌 • Baked beans ♥ 🍌 H <p>Sandwich Choices</p> <ul style="list-style-type: none"> • Corned beef & tomato on white bread • Cheese & pickle on wholemeal bread 🍌 <p>Hot Meal Choice</p> <ul style="list-style-type: none"> • Minced beef 🍌 ☺E with diced turnip & mashed potatoes ☺E 	<p>Light Choices</p> <p>Filled baked potato with side salad and choice of filling:</p> <ul style="list-style-type: none"> • Grated cheese 🍌 • Tuna mayonnaise ♥ • Chicken tikka 🍌 • Chicken curry ♥ H <p>Sandwich Choices</p> <ul style="list-style-type: none"> • Ham on white bread • Egg mayonnaise on wholemeal bread 🍌 ☺E <p>Hot Meal Choice</p> <ul style="list-style-type: none"> • Mushroom ravioli 🍌 🍌 ☺E with broccoli ☺E & potato croquettes ☺E 	<p>Light Choices</p> <p>Filled baked potato with side salad and choice of filling:</p> <ul style="list-style-type: none"> • Grated cheese 🍌 • Tuna mayonnaise ♥ • Coleslaw ♥ 🍌 • Chilli con carne H <p>Sandwich Choices</p> <ul style="list-style-type: none"> • Chicken tikka on wholemeal bread • Cream cheese & chive on white bread 🍌 ☺E <p>Hot Meal Choice</p> <ul style="list-style-type: none"> • Cheese omelette 🍌 ☺E with peas & potato croquettes ☺E 	<p>Light Choices</p> <p>Filled baked potato with side salad and choice of filling:</p> <ul style="list-style-type: none"> • Grated cheese 🍌 • Tuna mayonnaise ♥ • Egg mayonnaise 🍌 • Baked beans ♥ 🍌 H <p>Sandwich Choices</p> <ul style="list-style-type: none"> • Chicken & lettuce on a white roll • Cheese on wholemeal bread 🍌 <p>Hot Meal Choice</p> <ul style="list-style-type: none"> • Beef stew & dumplings 🍌 with diced carrots ☺E & mashed potatoes ☺E
FRIDAY	SATURDAY	SUNDAY	FOOD KEY
<p>Light Choices</p> <p>Filled baked potato with side salad and choice of filling:</p> <ul style="list-style-type: none"> • Grated cheese 🍌 • Tuna mayonnaise ♥ • Coleslaw ♥ 🍌 • Chicken curry ♥ H <p>Sandwich Choices</p> <ul style="list-style-type: none"> • Salmon mayonnaise on wholemeal bread ☺E • Egg, tomato & cress on white bread 🍌 <p>Hot Meal Choice</p> <ul style="list-style-type: none"> • Cheesy cottage pie 🍌 ☺E with sweetcorn & spiced potato wedges 	<p>Light Choices</p> <p>Filled baked potato with side salad and choice of filling:</p> <ul style="list-style-type: none"> • Grated cheese 🍌 • Tuna mayonnaise ♥ • Chicken tikka 🍌 • Baked beans ♥ 🍌 H <p>Sandwich Choices</p> <ul style="list-style-type: none"> • Chicken & sweetcorn on malted bread • 1 cheese/1 egg twin pack on white bread 🍌 <p>Hot Meal Choice</p> <ul style="list-style-type: none"> • Fish pie ♥ ☺E with diced carrots ☺E & potato croquettes ☺E 	<p>Light Choices</p> <p>Filled baked potato with side salad and choice of filling:</p> <ul style="list-style-type: none"> • Grated cheese 🍌 • Tuna mayonnaise ♥ • Coleslaw ♥ 🍌 • Chilli con carne H <p>Sandwich Choices</p> <ul style="list-style-type: none"> • Tuna mayonnaise on white bread ☺E • Cheese & onion on wholemeal bread 🍌 <p>Hot Meal Choice</p> <ul style="list-style-type: none"> • Roast beef in gravy ♥ with broccoli ☺E & roast potatoes 	<p>FOOD KEY</p> <ul style="list-style-type: none"> 🍌 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 ☺E Easy to eat/texture e H Hot filling option

DESSERT CHOICES

- | | | |
|-------------------|-----------------------|---------------------|
| • Fresh fruit ♥ 🍌 | • Jelly & ice cream | • Fruit trifle |
| • Yoghurt ♥ ☺E | • Creamed rice pot ☺E | • Cheese & biscuits |



Evening Meal Menu



MAIN COURSES

MONDAY

Main Choices

- Breaded fish
- Turkey salad ♥
- Macaroni cheese 🍴🌱☺E

Select a side from each column:

- | | |
|--------------|----------------------|
| • Peas | • Chips |
| • Side salad | • Mashed potatoes ☺E |

Sandwich Choices

- Roast beef on white bread
- Egg mayonnaise on wholemeal bread 🍴☺E

FRIDAY

Main Choices

- Breaded fish
- Chicken in mushroom & pepper sauce ♥
- Macaroni cheese 🍴🌱☺E

Select a side from each column:

- | | |
|--------------|----------------------|
| • Peas | • Mashed potatoes ☺E |
| • Side salad | • Chips |

Sandwich Choices

- 1 chicken/1 tuna twin pack on white bread
- Cheese on wholemeal bread 🍴

TUESDAY

Main Choices

- Steak pie 🍴
- Pork meatballs in tomato sauce ☺E
- Quorn & bean chilli ♥🍴

Select a side from each column:

- | | |
|--------------|----------------------|
| • Sprouts ☺E | • Mashed potatoes ☺E |
| • Side salad | • Boiled rice |

Sandwich Choices

- Tuna mayonnaise on wholemeal bread ☺E
- 1 cheese/1 egg twin pack on white bread 🍴

SATURDAY

Main Choices

- Pork cutlet in gravy 🍴
- Minced beef 🍴☺E
- Vegetable rissole ♥🍴

Select a side from each column:

- | | |
|--------------------|----------------------|
| • Diced carrots ☺E | • Mashed potatoes ☺E |
| • Side salad | • Roast potatoes |

Sandwich Choices

- Ham on wholemeal bread
- Cream cheese & chive on white bread 🍴☺E

WEDNESDAY

Main Choices

- Beef curry 🍴
- Fish pie ♥☺E
- Egg mayonnaise salad 🍴

Select a side from each column:

- | | |
|--------------|------------------------|
| • Sweetcorn | • Spiced potato wedges |
| • Side salad | • Boiled rice |

Sandwich Choices

- Ham on wholemeal bread
- Cheese & onion on white bread 🍴

SUNDAY

Main Choices

- Chicken korma ♥
- Sausage roll 🍴
- Cheese salad 🍴🍴

Select a side from each column:

- | | |
|---------------|---------------|
| • Baked beans | • Chips |
| • Side salad | • Boiled rice |

Sandwich Choices

- Chicken, lettuce & mayo in a wholemeal roll
- Egg mayonnaise on white bread 🍴☺E

THURSDAY

Main Choices

- Beef lasagne 🍴☺E
- Roast pork salad ♥
- Baked egg & cheese 🍴☺E

Select a side from each column:

- | | |
|---------------|------------------------|
| • Green beans | • Potato croquettes ☺E |
| • Side salad | • Garlic bread |

Sandwich Choices

- Corned beef on white bread ☺E
- Egg, tomato & cress on wholemeal bread 🍴

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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/texture e

DESSERT CHOICES

MONDAY

- Apple crumble with custard 🍴
- Fresh fruit ♥
- Yoghurt ♥☺E
- Jelly & ice cream
- Creamed rice pot ☺E
- Fruit trifle

TUESDAY

- Ginger sponge with custard 🍴
- Fresh fruit ☺E
- Fresh fruit ♥
- Yoghurt ♥☺E
- Jelly & ice cream
- Creamed rice pot ☺E
- Fruit trifle

WEDNESDAY

- Gateaux with cream 🍴
- Fresh fruit ♥
- Yoghurt ♥☺E
- Jelly & ice cream
- Creamed rice pot ☺E
- Fruit trifle

THURSDAY

- Rhubarb crumble with custard 🍴
- Fresh fruit ♥
- Yoghurt ♥☺E
- Jelly & ice cream
- Creamed rice pot ☺E
- Fruit trifle

FRIDAY

- Apple sponge with custard 🍴
- Fresh fruit ☺E
- Fresh fruit ♥
- Yoghurt ♥☺E
- Jelly & ice cream
- Creamed rice pot ☺E
- Fruit trifle

SATURDAY

- Peach & pear crumble with custard 🍴
- Fresh fruit ♥
- Yoghurt ♥☺E
- Jelly & ice cream
- Creamed rice pot ☺E
- Fruit trifle

SUNDAY

- Cheese cake with cream 🍴
- Fresh fruit ♥
- Yoghurt ♥☺E
- Jelly & ice cream
- Creamed rice pot ☺E
- Fruit trifle

WEEK 1



Freshly prepared daily by local catering teams