

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"> • Fish in cheese sauce ❤️☺E with carrots ☺E & 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 ❤️ • Coleslaw ❤️🍌 • 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"> • Haggis 🌟 with turnip ☺E & 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 🌟 • 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"> • Cottage pie ☺E with diced carrots ☺E & 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 ❤️ • Coleslaw 🍌❤️ • Chilli con carne 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"> • Macaroni cheese 🍌🌟☺E with peas & potato croquettes ☺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 ❤️ • Egg mayonnaise 🍌❤️ • 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"> • Breaded fish with peas & chips 	<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"> • Baked egg and cheese 🍌☺E with mixed vegetables & 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 turkey and gravy ❤️ with peas & 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 🍌❤️
- Yoghurt ❤️☺E
- Jelly & ice cream
- Creamed rice pot ☺E
- Fruit trifle
- Cheese & biscuits



Evening Meal Menu



MAIN COURSES

MONDAY

Main Choices

- Chilli con carne
- Tuna mayonnaise salad ♥
- Mushroom ravioli 🌿🍴☺E

Select a side from each column:

- Peas
- Side salad
- Boiled rice
- Potato croquettes ☺E

Sandwich Choices

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

FRIDAY

Main Choices

- Beef lasagne 🌿☺E
- Smoked mackerel salad
- Quorn korma curry 🌿♥

Select a side from each column:

- Diced carrots ☺E
- Side salad
- Boiled rice
- Potato croquettes ☺E

Sandwich Choices

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

TUESDAY

Main Choices

- Chicken curry ♥
- Minced beef 🌿☺E
- Cheese omelette 🌿☺E

Select a side from each column:

- Diced carrots ☺E
- Side salad
- Mashed potatoes ☺E
- Boiled rice

Sandwich Choices

- Tuna mayonnaise on wholemeal bread ☺E
- 1 cheese/1 egg twin pack on White Bread 🌿

SATURDAY

Main Choices

- Beef stroganoff ♥
- Scotch pie 🌿
- Macaroni cheese 🌿🍴☺E

Select a side from each column:

- Baked beans
- Side salad
- Boiled rice
- Chips

Sandwich Choices

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

WEDNESDAY

Main Choices

- Steak pie 🌿
- Beef in black bean sauce ♥
- Quorn cottage pie 🌿♥

Select a side from each column:

- Mixed vegetables
- Side salad
- Boiled rice
- Mashed potatoes ☺E

Sandwich Choices

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

SUNDAY

Main Choices

- Pork cutlet in gravy 🌿
- Chicken & mushroom with pepper sauce ♥
- Cheese, tomato & basil quiche salad 🌿🍴

Select a side from each column:

- Green beans
- Side salad
- Roast potatoes
- Mashed potatoes ☺E

Sandwich Choices

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

THURSDAY

Main Choices

- Sweet & sour pork 🌿
- Chicken and mushroom pie 🌿
- Spicy tomato pasta salad 🌿♥

Select a side from each column:

- Sweetcorn
- Side salad
- Boiled rice
- Mashed potatoes ☺E

Sandwich Choices

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

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🌿 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 🌿☺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 2



Freshly prepared daily by local catering teams