

Monday lunch

Appetisers

Please choose one option

Leek and potato soup EC E V

Apple juice V VG

Orange juice H V VG

Served with white or malted petit pain V and butter EC E V or margarine EC H V VG

Mains

Please choose one option

Tomato, lentil and sweet potato crumble E V VG

Fish cakes EC H

Cheesy garlic chicken bake E

Gravy EC V VG available on request

Sides

Potatoes & rice

Please choose one option

Mashed potato EC V

Sauté potatoes V VG

Baked potato wedges V VG

+ white or malted petit pain V

Vegetables & side salad

Please choose two options

Sweetcorn H V VG

Broccoli EC H V VG

Side salad H V VG

Desserts

Please choose one option

Hot desserts

Rice pudding EC H V

Apple sponge EC E V

Custard EC V available on request

Cold desserts

Vanilla ice cream EC V

Banana EC H V VG

Easy peel orange H V VG

Red apple H V VG

Thick and creamy yoghurt EC V

Light yoghurt EC V

Soya yoghurt EC V VG

Peach and pears in juice EC H V VG

Mango and orange smoothie dessert EC V VG

Cheese and biscuits V

Sandwiches, salads and jacket potatoes

A range of sandwiches, salads and jacket potatoes are available everyday lunch and evening on page 21

Monday evening

Appetisers

Please choose one option

Tomato and bean soup EC E V VG

Apple juice V VG

Orange juice H V VG

Served with white or malted petit pain V and butter EC E V or margarine EC H V VG

Mains

Please choose one option

Apricot and chickpea tagine E V VG

Salmon crumble E

Cottage pie EC H

Gravy EC V VG available on request

Sides

Potatoes & rice

Please choose one option

Mashed potato EC V

Baked potato wedges V VG

White rice EC H E V VG

+ white or malted petit pain V

Vegetables & side salad

Please choose two options

Sliced carrots EC H V VG

Cut green beans H V VG

Side salad H V VG

Desserts

Please choose one option

Hot desserts

Rice pudding EC H V

Cold desserts

Vanilla ice cream EC V

Banana EC H V VG

Easy peel orange H V VG

Red apple H V VG

Thick and creamy yoghurt EC V

Light yoghurt EC V

Soya yoghurt EC V VG

Peach and pears in juice EC H V VG

Mango and orange smoothie dessert EC V VG

Cheese and biscuits V

Condiments

A range of condiments are available everyday lunch and evening on page 20

Condiments

Salt	Tomato sauce	Mayonnaise
Pepper	Brown sauce	Salad cream
Vinegar		

Missed a meal?

Snack bag

If you have missed a meal and would like a snack bag please inform a member of the nursing staff.

Snack bags include six items.
Please choose **one** option from each of the following:

Sandwich

- Cheese on white or wholemeal E V
- Ham on white or granary
- Tuna on white or wholemeal E H
- Egg mayonnaise on white or oatmeal E V
- Houmous and falafel on granary E H V VG

Drink

- Apple juice V VG
- Orange juice H V VG

Piece of fruit

- Easy peel orange H V VG
- Apple H V VG

Savoury snack

- Ready salted crisps V
- Cheese and crackers V

Yoghurt

- Thick and creamy yoghurt EC V
- Strawberry healthy balance yoghurt EC H V
- Soya fruit yoghurt EC H V VG

Sweet option

- Pack of mini biscuits V
- Madeira cake EC V

Tinned Soup and Ad-Hoc Hot Meals are also available, please ask a member of the nursing team

Sandwiches

Available everyday, lunch and evening
Served with crisps and side salad V VG

Egg mayonnaise on white or malted E V

Cheese on white or malted E V

Tuna mayonnaise on white or malted E H

Ham on white or malted

Salads

Available everyday, lunch and evening

Falafel and houmous E V VG

Cheese E V

Egg V

Tuna H

Chicken

Served with mixed lettuce, tomato, cucumber and coleslaw*

*Not included in vegan options

Jacket potatoes

Available everyday, lunch and evening

Jacket potato and butter V

With a choice of 1 or 2 fillings:

Bean chilli E H V VG

Cheese E V

Baked beans H V

Tuna EC H

Chilli con carne H

Dietary coding and special diets

If you have any other specific dietary requirements or food allergies please inform a member of the ward staff when selecting meals or beverages. Other menus are available as follows: Cultural; Allergen aware; Gluten free; Dysphagia (modified texture), Finger food; Out of hours, Vegan. Please speak to a member of the ward staff.

EC

EASY TO CHEW

Soft or moist foods that are easier to chew.

H

HEALTHIER EATING Dishes/items that have low total fat, salt and added sugar content, and are suitable as part of a healthy balanced diet.

E

HIGH ENERGY Dishes that are particularly high in calories and are suitable choices if you have a small appetite or require food high in energy due to your illness, weight loss or surgery.

V

VEGETARIAN Suitable for lacto-ovo vegetarians where milk, egg and their products are consumed but excludes all meat, poultry, fish and ingredients or products derived from these e.g. gelatine and rennet.

VG

VEGAN Suitable for vegans who exclude all forms of animal and fish flesh and their products. i.e. milk, eggs, cheese, honey, and animal based food additives such as lecithin and whey.

