

Thursday Lunch

Caution plates may be hot

Starters

Please choose one

Tomato soup **EC E V**

Orange juice **H V VG**

Apple juice **V VG**

Mains

Please choose one

Gravy **EC V VG** available on request

Chicken, cheese and bacon bake **E**

Fish pie **EC H**

Vegetarian cottage pie **EC H V**

Jacket Potatoes, Salads and Sandwiches

A range of jacket potatoes, salads and sandwiches are available lunch and evening on page 20

Sides

Potatoes & rice

Please choose one

Mashed potato **EC V**

Sauté potatoes **V VG**

Baked potato wedges **V VG**

+ White or brown roll **V VG**

Vegetables

Please choose one

Baked beans **EC V VG**

Mixed vegetables **H V VG**

Sliced carrots **EC H V VG**

Desserts

Please choose one

Hot desserts

Rice pudding **EC H V**

Lemon flavoured sponge **EC E V**

Custard **EC V** or Vanilla ice cream **EC V** available on request

Cold desserts

A range of cold desserts are available on page 21

Thursday Evening

Caution plates may be hot

Starters

Please choose one

Tomato soup **EC E V**

Orange juice **H V VG**

Apple juice **V VG**

Mains

Please choose one

Gravy **EC V VG** available on request

Minced beef hotpot **EC H**

Sweet and sour chicken **H**

Macaroni cheese **EC E V**

Sides

Potatoes & rice

Please choose one

Mashed potato **EC V**

Baked potato wedges **V VG**

White rice **EC H V VG**

+ White or brown roll **V VG**

Vegetables

Please choose one

Baked beans **EC V VG**

Sweetcorn **H V VG**

Broccoli **EC H V VG**

Desserts

Please choose one

Hot dessert

Rice pudding **EC H V**

Cold desserts

A range of cold desserts are available on page 21

Everyday favourites

A daily everyday favourites menu is available lunch and evening on page 22

Picnic box

A picnic box is available lunch and evening on page 23



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.

Cold desserts

Available everyday, lunch and evening

- | | |
|--|--|
| Vanilla ice cream EC V | Soya yoghurt EC H V VG |
| Strawberry ice cream EC V | Banana H V VG |
| Thick and creamy yoghurt EC V | Chocolate and vanilla mousse tub EC V |
| Strawberry healthy balance yoghurt EC H V | Dairylea cheese V |

Jacket potatoes

Available everyday, lunch and evening

Jacket potato and butter **V**

With a choice of 1 or 2 fillings:

Grated cheese **E V**

Baked beans **H V**

Tuna **H**



Salads

Available everyday, lunch and evening

Served with mixed lettuce, tomato, cucumber and coleslaw*

*Not included in vegan options

Beetroot falafel and houmous **E V VG**

Egg **V**

Tuna **H**

Cheese **E V**

Ham

Sandwiches

Available everyday, lunch and evening

Served with crisps and side salad **V VG**

Houmous and falafel on granary **E H V VG**

Tuna on white or wholemeal **E H**

Cheese on white or wholemeal **E V**

Ham on white or granary

Egg mayonnaise on white or oatmeal **E V**



Everyday favourites

Mains

Please choose one

Vegetable nuggets **V VG**

Quorn sausages **V VG**

Plain omelette **H V**

Fish fingers **H**

Southern fried chicken goujons **H**

Cooked sausages

Sides

Potatoes & rice

Please choose one

Oven chips **V VG**

Sauté potatoes **V VG**

Roast potatoes **V VG**

Garlic bread **E V**

Vegetables

Please choose one

Baked beans **EC V VG**

Sweetcorn **H V VG**

Mixed vegetables **H V VG**

Picnic box

Please choose **one** option from each of the following:

Sandwiches

Houmous and falafel on granary **E H V VG**

Cheese on white or wholemeal **E V**

Egg mayonnaise on white or oatmeal **E V**

Tuna on white or wholemeal **E H**

Ham on white or granary

Fruit

Banana **H V VG**

Sultana and raisins **V VG**

Apple and grape bag **H V VG**

Easy peel orange **H V VG**

Desserts

Peach and pears in juice **V VG**

Thick and creamy yoghurt **EC V**

Strawberry healthy balance yoghurt **EC H V**

Soya yoghurt **EC H V VG**

Dairylea cheese **V**

Chocolate sponge slice **V**

Healthy snacks

Cherry tomatoes **H V VG**

Dairylea cheese **V**

Cucumber sticks **V VG**

Sultana and raisins **V VG**

Treats

Crisps **V VG**

Mini pack biscuits **V**

Mini chocolate muffin **V**

Milky way **V**

Oreo biscuit **V**

