

# Friday

# Saturday

# Sunday

FRIDAY

## Breakfast

**Choose from** - Porridge, Cornflakes, Weetabix or Bran Flakes.

**Toast** - Choice of wholemeal or white bread & Butter with either Marmalade or Jam.

**Tea or Coffee**

## Mid Morning Snack

### Lunch

Vegetable Stuffed Jackets **V**  
 Battered **E** or Poached Fish **H EC**  
 Salad **H**  
 Jacket Potato **V H**  
 Soup **V H** & Sandwich

### Served with...

Chipped or Mashed Potatoes **V E**  
 Mushy / Garden peas **V H**  
 Carrots **V H**  
 Side Salad **V H**  
 Baked Beans **V H**

### Desserts

Choose the hot option or anything from the cold dessert menu

Lemon Sponge **E**  
 Custard **H EC**

## Mid Afternoon Snack

### Supper

Minted Pea Soup **V H** or Fruit Juice **H**  
 Corned Beef Pie & Peas **E**  
 Omelette **H V EC**  
 Jacket Potato **V H**  
 Salad **H** Freshly Made Sandwiches on a Choice of Wholemeal or White Bread

### Hot Desserts

Hot Milk Pudding **E EC**  
 Sponge Cake & Custard **E EC**

Or anything from the cold dessert menu

### Hot Desserts

Cake of the Day **E**  
 Cheese & Crackers **E**  
 Mousse **E EC**  
 Jelly **H EC**  
 Ice Cream **H EC**  
 Fruit Yoghurt **H EC**  
 Fresh Fruit **H**

### Faith & Ethnic Meals

Faith and ethnic meals are available - please ask your ward hostess, catering staff or nurse for details.

### Healthy option

Healthy option suitable for diabetics.

## Breakfast

**Choose from** - Porridge, Cornflakes, Weetabix or Bran Flakes.

**Toast** - Choice of wholemeal or white bread & Butter with either Marmalade or Jam.

**Tea or Coffee**

## Mid Morning Snack

### Lunch

Tomato & Basil Pasta **V EC**  
 Shepherd's Pie **E EC**  
 Salad **H**  
 Jacket Potato **V H**  
 Soup **V H** & Sandwich

### Served with...

Croquette Potatoes **E**  
 Cauliflower & Broccoli **V H**  
 Garden Peas **V H** Garlic Bread **V H**  
 Side Salad **V H**  
 Baked Beans **V H**

### Desserts

Choose the hot option or anything from the cold dessert menu

Rhubarb **H** and Custard **H EC**

## Mid Afternoon Snack

### Supper

Leek & Potato Soup **V H** or Fruit Juice **H**  
 Quiche Lorraine **E**  
 Omelette **H V EC**  
 Jacket Potato **V H**  
 Salad **H** Freshly Made Sandwiches on a Choice of Wholemeal or White Bread

### Hot Desserts

Hot Milk Pudding **E EC**  
 Sponge Cake & Custard **E EC**

Or anything from the cold dessert menu

### Hot Desserts

Cake of the Day **E**  
 Cheese & Crackers **E**  
 Mousse **E EC**  
 Jelly **H EC**  
 Ice Cream **H EC**  
 Fruit Yoghurt **H EC**  
 Fresh Fruit **H**

### Allergy Advice

Further information regarding food allergens is available upon request - please ask your ward hostess, catering staff or nurse for details. All meals may contain traces of nuts.

## Breakfast

**Choose from** - Porridge, Cornflakes, Weetabix or Bran Flakes.

**Toast** - Choice of wholemeal or white bread & Butter with either Marmalade or Jam.

**Tea or Coffee**

## Mid Morning Snack

### Lunch

Quorn Chilli **V EC**  
 Roast Chicken & Stuffing **H**  
 Salad **H**  
 Jacket Potato **V H**  
 Soup **V H** & Sandwich

### Served with...

Roast or Mashed Potatoes **V E**  
 Boiled Rice **V H**  
 Green Beans **V H** Carrots **V H**  
 Side Salad **V H**  
 Baked Beans **V H**

### Desserts

Choose the hot option or anything from the cold dessert menu

Trifle **E EC**  
 Creamed Rice Pudding **E EC**

## Mid Afternoon Snack

### Supper

Lentil Soup **V H** or Fruit Juice **H**  
 Leek, Bacon & Potato Bake **E V**  
 Omelette **H V EC**  
 Jacket Potato **V H**  
 Salad **H** Freshly Made Sandwiches on a Choice of Wholemeal or White Bread

### Hot Desserts

Hot Milk Pudding **E EC**  
 Sponge Cake & Custard **E EC**

Or anything from the cold dessert menu

### Hot Desserts

Cake of the Day **E**  
 Cheese & Crackers **E**  
 Mousse **E EC**  
 Jelly **H EC**  
 Ice Cream **H EC**  
 Fruit Yoghurt **H EC**  
 Fresh Fruit **H**

### Key to Dietary Icons



Vegetarians



Healthy Option  
 All healthy options are suitable for Diabetics



Energy  
 Contains more calories than those Coded H



Easy Chew

SATURDAY / SUNDAY

# Menu

WEEK ONE

Meals are served at the following times:

BREAKFAST	8.00am - 9.00am
LUNCH	12.30pm - 1.30pm
SUPPER	5.00pm - 6.00pm



# Monday

## Breakfast

**Choose from** - Porridge, Cornflakes, Weetabix or Bran Flakes.

**Toast** - Choice of wholemeal or white bread & Butter with either Marmalade or Jam.

**Tea or Coffee**

## Mid Morning Snack

## Lunch

Leek & Potato Bake **V** **EC**

Beef Lasagne **E** **EC**

Salad **H**

Jacket Potato **V** **H**

Soup **V** **H** & Sandwich

## Served with...

Croquette or Chipped Potatoes **V** **E**

Green Beans **V** **H**

Sweetcorn **V** **H**

Side Salad **V** **H**

Baked Beans **V** **H**

## Desserts

Choose the hot option or anything from the cold dessert menu

Bakewell Tart and

Custard **EC**

## Mid Afternoon Snack

## Supper

Vegetable Soup **V** **H** or Fruit Juice **H**

Sausage Platt **E**

Omelette **H** **V** **EC**

Jacket Potato **V** **H**

Salad **H** Freshly Made Sandwiches on a Choice of Wholemeal or White Bread

## Hot Desserts

Hot Milk Pudding

**E** **EC**

Sponge Cake

& Custard **E** **EC**

Or anything from the cold dessert menu

## Cold Desserts

Cake of the Day **E**

Cheese & Crackers **E**

Mousse **E** **EC**

Jelly **H** **EC**

Ice Cream **H** **EC**

Fruit Yoghurt **H** **EC**

Fresh Fruit **H**

## Soups, Sandwiches, Salads & Jackets

Soup, Sandwiches, Salads & Jacket Potatoes are always available at meal times.

Bread & Butter is available on request with all Soups and Salads.

# Tuesday

## Breakfast

**Choose from** - Porridge, Cornflakes, Weetabix or Bran Flakes.

**Toast** - Choice of wholemeal or white bread & Butter with either Marmalade or Jam.

**Tea or Coffee**

## Mid Morning Snack

## Lunch

Vegetable Tikka Masala **V** **EC**

Chicken Curry **H** **EC**

Salad **H**

Jacket Potato **V** **H**

Soup **V** **H** & Sandwich

## Served with...

Boiled Rice **V** **H**

Chipped Potatoes **V** **E**

Baton Carrots **V** **H**

Garden Peas **V** **H**

Side Salad **V** **H**

## Desserts

Choose the hot option or anything from the cold dessert menu

Apple Crumble **E**

Custard **H** **EC**

## Mid Afternoon Snack

## Supper

Tomato Soup **V** **H** or Fruit Juice **H**

Cottage Pie **H** **EC**

Omelette **H** **V** **EC**

Jacket Potato **V** **H**

Salad **H** Freshly Made Sandwiches on a Choice of Wholemeal or White Bread

## Hot Desserts

Hot Milk Pudding

**E** **EC**

Sponge Cake

& Custard **E** **EC**

Or anything from the cold dessert menu

## Cold Desserts

Cake of the Day **E**

Cheese & Crackers **E**

Mousse **E** **EC**

Jelly **H** **EC**

Ice Cream **H** **EC**

Fruit Yoghurt **H** **EC**

Fresh Fruit **H**

## Accompaniments & Fillings

Salads are available with a daily choice of protein accompaniment ranging from: Ham, Corned Beef, Egg, Tuna, Cheese & Cheese Savoury.

Jacket Potato fillings: Cheese, Cheese Savoury, Coleslaw, Tuna Mayo, Beans, Cheese Sauce.

MONDAY / TUESDAY

# Wednesday

## Breakfast

**Choose from** - Porridge, Cornflakes, Weetabix or Bran Flakes.

**Toast** - Choice of wholemeal or white bread & Butter with either Marmalade or Jam.

**Tea or Coffee**

## Mid Morning Snack

## Lunch

Cauliflower & Broccoli Bake **V** **EC**

Chicken & Leek Pie **E**

Salad **H**

Jacket Potato **V** **H**

Soup **V** **H** & Sandwich

## Served with...

Chipped or Mashed Potatoes **V** **E**

Sliced Carrots **V** **H**

Savoy Cabbage **V** **H**

Side Salad **V** **H**

Baked Beans **V** **H**

## Desserts

Choose the hot option or anything from the cold dessert menu

Jam Sponge **E**

Custard **H** **EC**

## Mid Afternoon Snack

## Supper

Carrot Soup **V** **H** or Fruit Juice **H**

Cheese & Bacon Quiche **E** **V**

Omelette **H** **V** **EC**

Jacket Potato **V** **H**

Salad **H** Freshly Made Sandwiches on a Choice of Wholemeal or White Bread

## Hot Desserts

Hot Milk Pudding

**E** **EC**

Sponge Cake

& Custard **E** **EC**

Or anything from the cold dessert menu

## Cold Desserts

Cake of the Day **E**

Cheese & Crackers **E**

Mousse **E** **EC**

Jelly **H** **EC**

Ice Cream **H** **EC**

Fruit Yoghurt **H** **EC**

Fresh Fruit **H**

## Beverages & Snacks

A selection of hot and cold drinks will be served throughout the day.

Snack selection includes: Biscuits, Cakes, Fresh Fruit, Yoghurts and Cheese & Crackers.

# Thursday

## Breakfast

**Choose from** - Porridge, Cornflakes, Weetabix or Bran Flakes.

**Toast** - Choice of wholemeal or white bread & Butter with either Marmalade or Jam.

**Tea or Coffee**

## Mid Morning Snack

## Lunch

Quorn Sausages **V**

Pork Sausages in Onion Gravy **E**

Salad **H**

Jacket Potato **V** **H**

Soup **V** **H** & Sandwich

## Served with...

Chipped or Mashed Potatoes **V** **E**

Diced Swede **V** **H**

Broccoli **V** **H**

Side Salad **V** **H**

Baked Beans **V** **H**

## Desserts

Choose the hot option or anything from the cold dessert menu

Eve's Pudding **E**

Custard **H** **EC**

## Mid Afternoon Snack

## Supper

Mushroom Soup **V** **H** or Fruit Juice **H**

Beef Pasta Bolognese **H**

Omelette **H** **V** **EC**

Jacket Potato **V** **H**

Salad **H** Freshly Made Sandwiches on a Choice of Wholemeal or White Bread

## Hot Desserts

Hot Milk Pudding

**E** **EC**

Sponge Cake

& Custard **E** **EC**

Or anything from the cold dessert menu

## Cold Desserts

Cake of the Day **E**

Cheese & Crackers **E**

Mousse **E** **EC**

Jelly **H** **EC**

Ice Cream **H** **EC**

Fruit Yoghurt **H** **EC**

Fresh Fruit **H**

## Key to Dietary Icons

**V** Vegetarians

**H** Healthy Option  
All healthy options are suitable for Diabetics

**E** Energy  
Contains more calories than those Coded H

**EC** Easy Chew

WEDNESDAY / THURSDAY