

## WEEK ONE – LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SOUP OF THE SERVICE</b>						
Mushroom (V)	Minestrone(V)	Pea and ham	Tomato (V)	Vegetable (V)	Chicken	Leek & Potato (V)
<b>MAINS</b>						
Beef Stew & Dumplings (P)	Gammon & Pineapple (H/P)	Chicken Curry (EC/H/P)	Steak Pie (P/E)	Battered Cod	Pork & Apple Casserole (EC/H/P)	Roast Beef & Yorkshire Pudding (E/P)
Chicken Chasseur (H/P)	Chicken Veg Casserole (EC/H/P)	Roast pork in gravy (H/P)	Savoury Mince (EC/P/H)	Potato Topped Chicken Pie (E/EC/P)	Lanc Hot Pot (P)	Roast Chicken (H/P)
Cauli & Broccoli Pasta (EC/V)	Veg Pie (E/V)	Quorn Veggie Tikka (EC/H/P/V)	Macaroni Cheese (E/EC/P/V)	Cheese & Onion Quiche (E/P/V)	Veg Gratin (H/V)	Cauliflower Cheese (EC/V)
<b>SIDES (H/V)</b>						
Mashed Potato (EC)	Roast Potato	Mashed Potato (EC)	Roast Potatoes	Chips	Mashed Potato (EC)	Roast Potatoes
Broccoli	Cauliflower (EC)	Veg Rice	Carrots (EC)	Mushy Peas (EC)	Cauliflower (EC)	Peas (EC)
Carrots (EC)	Peas (EC)	Mixed Veg	Runner Beans	Side Salad	Mixed Veg	Cabbage
<b>SANDWICHES (H)</b>						
Chicken Mayo	Ham	Egg	Corned Beef	Tuna	Cheese	Beef
<b>DESSERTS (V)</b>						
Chocolate Cake (EC)	Rice Pudding (EC)	Cooked Summer Fruits (EC/VG)	Lemon Drizzle (E/EC)	Spotted Dick (E/P)	Bakewell Tart (E/EC/P)	Rhubarb Crumble (E/EC/VG/P)

### DAILY OPTIONS

**JACKET POTATO**  
 with choice of Cheese (E/V), Beans (V), Tuna mayo (E) or Plain (V)

**SALAD (H)**  
 Lettuce  
 Onion  
 Cucumber  
 Tomato  
 Carrots  
 Coleslaw  
*with choice of Boiled Egg, Cheese, Beef, Turkey, Tuna*

# DAILY MENU OPTIONS

## MEAL TIMES

**Breakfast: 8:30 – 9:30**

**Lunch: 12:00 – 13:00**

**Tea: 17:00 – 18:00**

A range of texture modified, halal and specialised meals are always available.

If you have a food allergy or intolerance, please inform your nurse on admission.

## BREAKFAST

Bran Flakes (V)  
 Corn Flakes (V)  
 Rice Krispies (V)  
 Porridge (EC/V)  
 Ready Brek (EC/V)  
 Weetabix (EC/V)

Toast (White or Wholemeal) (V)  
 Thick & Creamy Yoghurt (EC/V)

Butter  
 Jam (all flavours)  
 Marmalade  
 Marmite  
 Honey

## DESSERT (H)

Fruit in Juice (V)  
 Ice Cream (EC/V)  
 Fruit Flavoured Jelly (EC)  
 Creamy Yoghurt (EC/V)  
 Fresh Fruit (V)

## SNACKS

Biscuits (V)  
 Cheese & Crackers (H/P/V)  
 Yoghurt (E/EC/H)  
 Fruit (H/V)  
 Cakes  
 Custard Pots (E/EC)  
 Jelly

*Snacks are served with your mid-morning, mid-afternoon & supper drinks*

## DRINKS

Coffee  
 Tea  
 Milk (Semi Skimmed or Whole Milk)  
 Soya Milk (VG)  
 Malted Drink  
 Hot Chocolate  
 Squash  
 Fruit juice

*Decaffeinated tea or coffee & non-diary milk options are available on request*

## CODES USED IN THE MENU

- E High Energy:** more nourishing than those coded *H* as they contain more calories. Suitable for patients with reduced appetites
- EC Easy to Chew:** tender, easier to cut & eat food options. Suitable for patients who have difficulty coping with firm foods (e.g. no teeth, loose dentures or sore mouth)
- H Healthy Options:** contains moderate amounts of fat, sugar & salt. Suitable part of a healthy balanced diet & for patients with diabetes
- P Higher protein:** patients with increased protein requirements
- V Vegetarian:** made without meat, poultry, fish and all products derived from these. Suitable for vegetarians that consume milk, eggs, and products made with these.
- VG Vegan:** free from animal products, including meat, fish, egg, milk & honey