

## WEEK ONE – TEA MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SOUP OF THE SERVICE</b>						
Chicken Soup	Tomato (EC)	Tomato & Red Pepper (V)	Minestrone (V)	Leek & Potato (V)	Tomato & Red Pepper (V)	
<b>MAINS</b>						
Minced beef hot pot (GF/EC/H/P)	Lamb Pasty (E)	Cottage Pie (EC/H/P)	Fish in Cheese Sauce EC/H/P	Corned Beef Hash (E/EC/P)	Gala pie (E)	High Tea:
Omelette (V)	Cheese & Onion Pasty (V)	Creamy Veg Bake (EC/V)	Baked Vegetable Pie (E/V)	Scrambled Egg (EC/V)	Veggie Cottage Pie (H/EC/V)	Selection of pastries and pies: Quiche (E/V) Sausage rolls Mini Scotch Eggs (E/P)
<b>SIDES (H,V)</b>						
Sauté Potato (EC)	Chips	Mashed Potatoes (EC)	Mashed Potatoes (EC)	Beans (EC)	Wedges	Quavers
Coleslaw	Beans (EC)	Mixed Veg	Peas	Sauté Potato (EC)	Beans (EC)	Side salad
<b>SANDWICHES (H)</b>						
Egg (EC)	Tuna (EC)	Corned Beef	Ham	Beef	Chicken Mayo	Sandwich selection – EC and V options
<b>DESSERTS (V)</b>						
Apple Crumble (E/EC/P/VG)	Lemon Meringue Pie	Cheesecake	Semolina & Jam (EC)	Syrup Sponge (E/EC)	Rice pudding (E/EC)	Gateaux with Cream or Ice Cream

### 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