

## WEEK TWO – LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SOUP OF THE SERVICE</b>						
Asparagus (V)	Minestrone (V)	Lentil (E/P/VG)	Tomato (V)	Tomato (V)	Chicken	Leek & Potato (V)
<b>MAINS</b>						
Chicken in tomato and basil sauce (P/GF/H)	Potato Topped Chicken Pie (E/EC/P)	Shepherds Pie (EC/GF)	Steak Pie (E/P)	Battered Cod (E)	Chilli (H)	Roast Pork (H/P)
Fish Pie (EC/H/P)	Ham & Leek Crumble (E/P)	Lancashire hot pot (P)	Chicken Veg Casserole (EC/H/P)	Shepherds Pie (EC/H/P)	Lamb burgers with Mint Gravy	Roast Chicken (H/P)
Veg Lasagne (E/V)	Tomato & Sweet Potato Crumble (E/VG)	Veg Gratin (H/V)	Omelette (V)	Potato Cheese & Leek Bake (E/EC/P/V)	Bean Chilli (H/VG)	Cauliflower Cheese (EC/V)
<b>SIDES (H,V)</b>						
Chips	Sauté Potato (EC)	Mashed Potato (EC)	Wedges	Chips	Dauphinoise Potatoes (P)	Roast Potatoes
Peas	Runner Beans	Peas (EC)	Root Veg Medley	Broccoli (EC)	Veg Medley	Carrots (EC)
Salad	Cauliflower (EC)	Carrots (EC)	Beans (EC)	Mushy Peas (EC)	Rice	Red Cabbage
<b>SANDWICHES (H)</b>						
Chicken Mayo	Corned Beef	Egg	Tuna	Ham	Beef	Cheese
<b>DESSERTS V)</b>						
Jam Sponge (EC/E)	Trifle (EC)	Ginger Drizzle Cake (E)	Gateaux (EC)	Bread & Butter Pudding (E/P)	Apple Cake (E/EC)	Rice Pudding (EC)

### 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 (V/H/P)  
 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