

WEEK TWO – TEA MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP OF THE SERVICE						
Chicken Soup	Tomato (EC)	Lentil Soup (E/P/VG)	Minestrone (V)	Leek & Potato (V)	Red Pepper & Lentil (V)	
MAINS						
Corned Beef Hash	Beef Bolognaise (H/P)	Fish Cakes (EC/H)	Salmon Crumble (E/P)	Chicken Goujons	Sausage & Onion Gravy	High Tea:
Fish Pie (EC/H/P)	Cauliflower and broccoli pasta (V/EC)	Veg Flaky Topped Lentil Pie (E/H/V/VG)	Penne Pasta in Tomato & Basil Sauce (EC/H/V/VG)	Veg Quiche (E/V/P)	Cheese & Onion Pie (E/V/EC)	Selection of pastries and pies: Quiche (E/V) Sausage rolls Mini Scotch Eggs (E/P)
SIDES (H/V)						
Mashed Potatoes (EC)	Roast Potatoes (E)	Sauté Potatoes (EC)	Baby Potatoes	Potato Croquettes	Mash (EC)	Quavers
Carrots	Mixed Veg	Peas	Carrots (EC)	Minted Summer Veg	Beans (EC)	Side salad
SANDWICHES (H)						
Egg Mayo	Tuna Mayo	Corned Beef	Ham	Cheese	Chicken Mayo	Sandwich selection – EC and V options
DESSERTS (V)						
Toffee Pudding (E/EC)	Sundae (EC)	Rice Pudding (EC/H)	Country Cake & Custard	Lemon Meringue Pie	Pineapple Sponge (E)	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