

Desserts

HOT

Hot Dessert of the Day **E V**
Please ask your Ward Host for information
Stewed Apple & Custard **V**
Rice Pudding **V**
Custard **V**

COLD

Jelly
Ice Cream **V**
Strawberry Trifle **V**
Chocolate Dessert Pot **V**
Chocolate Brownie **E V**
Fromage Frais **V**
Tinned Fruit in Juice **V VG ★**
Fresh Fruit **V VG ★**







Information for Parents / Carers

MEAL TIMES

Breakfast: 07:00 – 08:30*
Lunch: 12:00 – 13:00
Evening Meal: 17:00 – 18:00

*Items available until 09:30

DRINKS & SNACKS SCHEDULE

 Breakfast
 Mid Morning
 Lunch
 Mid Afternoon
 Evening
 Supper

MISSED MEALS

If your child has missed a meal, we can still offer a range of hot meals and snacks. Please speak to the Ward Nurse or Ward Host.

ALLERGEN INFORMATION

If your child has a food allergy or intolerance, please advise the Nurse on admission and always inform your Ward Catering Team before you place a meal order.

We have an Allergy Aware menu which contains dishes prepared free from: cereals containing gluten, celery, egg, fish, milk (and other dairy products), molluscs, mustard, nuts, peanuts, crustaceans, lupins, soya, sulphites and sesame.

FISH BONES

Although every care has been taken to remove fish bones from our dishes, some may remain.

WELCOME TO YOUR

MENU



Hello!
My name is Monkey.

We've put together a menu so you can choose what you would like to eat each day. Take a look inside to see all the yummy food options.

Drinks

Drinks will be offered to you throughout the day.



Milk **V** Water **V VG ★**
Squash **V VG ★** Soya Milk **V VG ★**

Snacks

Snacks are served with your mid-morning, mid-afternoon and supper.

Fresh Fruit **V VG ★** Fruit Pot **V VG**
Biscuits **V** Fromage Frais **V**
Cake Slice **V** Cheese & Crackers **V**



Breakfast Menu

FRUIT JUICES

Orange **V VG ★** Apple **V VG ★**

CEREALS

with regular or soya milk.

Cornflakes **V VG ★** Rice Krispies **V VG ★**
Weetabix **V VG ★** Ready Brek **V ★**

BREAD OR TOAST

with butter or sunflower spread and a selection of jams and marmalade.

White **V VG ★** Wholemeal **V VG ★**

YOGURT

choose from different flavours.
Fruity Fromage Frais **V**

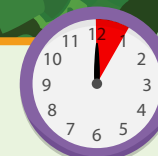
FRUIT

Apple **V VG ★** Orange **V VG ★**
Banana **V VG ★**



Lunch & Evening Meal

Please choose from either a **lighter meal** or a **daily main meal + sides + one dessert**.



Lunch
12:00-13:00



Evening Meal
17:00-18:00

MAIN MEALS

Tomato & Basil Pasta **V VG ★**

Quorn Dog **V VG ★**

Macaroni Cheese **E V**

Vegetable Burger in a Bun **V VG ★**

Vegetable Nuggets **V VG ★**

Fishcakes

Roast Chicken Breast in Gravy **★**

Chicken Curry **★**

Sausages **★**

Hot Dog

Cheese & Onion Pie **E V**

Cheese & Tomato Pizza **E V**

Beef or Chicken Burger in a Bun **E**

Tuna Pasta Bake

Fish Fingers **★**

Chicken Goujons **★**

Chicken & Vegetable Pie **E**

Cottage Pie

Beef Bolognese with Pasta **★**

SALADS

Lettuce, carrots, cucumber and tomatoes. Add:

Egg **V**

Cheese **V**

Tuna Mayo

Ham

You can also add coleslaw to your salad bowl.



SIDES

OPTION 1

Boiled Potatoes **V VG ★**

Plain Pasta **V VG ★**

Mashed Potato **E V** Boiled Rice **V VG ★**

Chips **V VG ★** Garlic Bread **V**

Potato Wedges **V VG ★**

OPTION 2

Baked Beans **V VG ★**

Mashed Root Vegetables **V VG ★**

Carrots **V VG ★**

Carrot & Cucumber Sticks **V VG ★**

Coleslaw **E V**

Peas **V VG ★**

Side Salad **V VG ★**

Spaghetti **V VG ★**

Cauliflower **V VG ★**

Mixed Vegetables **V VG ★**

Menu Codes

E High Energy: dishes have more energy.

★ Dishes are made without cow's milk or other animal milks such as goat, sheep or any products derived from these milks but cannot be guaranteed to be milk free. If you have a milk allergy, we recommend choosing a dish from our Allergen Aware menu.

V Vegetarian: made without meat, poultry, fish and all products derived from these.

VG Vegan: free from animal products, including meat, fish, egg, milk & honey.

LIGHTER MEALS

SOUP

Leek & Potato Soup **E V**

Chicken Soup **E**

Bread Roll **V VG ★** white or wholemeal with butter **V** or sunflower spread **V VG**

OMELETTE

Plain Omelette **V**

Cheese Omelette **V**

JACKET POTATO

Served with butter **V** or sunflower spread **V VG ★**.

Plain **V VG ★**

Baked Beans **V VG ★**

Cheddar Cheese **E V**

Tuna Mayonnaise **E ★**

SANDWICHES

Egg Mayonnaise **E V**

Cheese **E V**

Tuna Mayonnaise **E**

Ham

Additional Menus

Allergen Aware Halal & World Foods
Gluten Free Vegan



Don't forget to choose vegetables, salad, potatoes or rice for your meals!