

Please wash your hands or use wipes provided before each meal.



STARTER

Lentil & Tomato Soup **E EC V**

Chicken Soup **E EC**

Bread Roll **V VG**

white or wholemeal options served with
butter **V** or sunflower spread **V VG**

Cheesy Leek & Potato Soup **E EC V**

Pea & Ham Soup **E**



LIGHTER OPTIONS

SANDWICHES

A daily selection of sandwiches is available
on white bread or wholemeal bread.
Please ask your Ward Host for details.

JACKET POTATOES

Baked Beans **H V VG** Cheese **E V**

Tuna Mayo **E**

MINI EXTRA MEALS

These meals are extra nourishing as they
are higher in calories and protein.

Cheese & Potato Bake **E EC V**

Macaroni Cheese **E EC V**

Salmon Bake **E**

Pasta Carbonara **E**

Beef Stroganoff **E**



MAIN MEALS

Available with a selection of daily sides.

Tomato & Basil Pasta **H EC V VG**

Cheese & Tomato Omelette **V**

Cheese & Onion Pie **E V**

Chicken Curry **H EC**

Fishcakes **H EC**

Corned Beef Hash **E**

Vegetable Lasagne **E V**

Potato, Cheese & Leek Bake **E V**

Potato Topped Chicken Pie **E EC**

Roast Chicken in Gravy **H**

Sausage Roll **E**

Cottage Pie **H EC**

DESSERTS

HOT DESSERTS

Stewed Apple & Custard **EC V**

Rice Pudding **EC V**

Custard **EC V**

Hot Dessert of the Day **E V**

Please ask your ward host for information

COLD DESSERTS

Jam Doughnut **V**

Chocolate Éclair **V**

Chocolate Brownie **E V**

Ice Cream **EC V**

Thick & Creamy Yogurt **EC V**

Strawberry Trifle **EC V**

Tinned Fruit in Juice **H V VG**

served with ice cream

Banana **H EC V VG**

HiCal Jelly **E EC**

served with ice cream (reduced sugar jelly available)

CODES USED IN THIS MENU

- E** Higher Energy: more nourishing than those coded **H** as they contain more calories. **Suitable for patients with a reduced appetite.**
- H** Healthy Options: contain moderate amounts of fat, sugar and salt. **Suitable as part of a healthy balanced diet and for patients with diabetes.**
- EC** Easy to Chew: suitable for patients who have difficulty coping with firm foods (e.g. patients who have no teeth, loose dentures or sore mouth). **Refer to our modified texture menus if you have difficulties with swallowing (dysphagia).**
- V** Vegetarian: free from meat, poultry, fish and all products derived from these. **Suitable for vegetarians that consume milk, eggs and their products.**
- VG** Vegan: Free from all animal products including meat, poultry, fish, milk, eggs and all products derived from these. **Vegan menu available.**

ALLERGY INFORMATION

If you have a food allergy or intolerance, please advise your Nurse on admission and always inform your Ward Catering Team before you place a meal order. **Allergen Free menu available.**

FISH BONES

Although every care has been taken to remove fish bones from our fish dishes, some may remain. Therefore, please take care when consuming fish dishes. Please speak to your Ward Host or Nurse if you have any concerns.

CARBOHYDRATE INFORMATION

Please ask your Ward Host for carbohydrate information if you require it.