

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

Please use this menu to select your Lunch and Evening Meal choices. You can choose from a hot or cold option and select one dessert.



STARTER

Orange Juice **H EC V VG**

Apple Juice **H EC V VG**



HOT CHOICES

Vegetable Nuggets
with chips and green beans **V**

Chicken Goujons
with potato wedges, carrots
and Romano beans **R**

Fish Goujons
with chips and Romano beans **R**

Chipolata Sausages
with diced potatoes and
broccoli **R**

Pork Meatballs
with roast potatoes, broccoli
and cauliflower **R**

Cottage Pie
with roast potatoes and green
beans

Roast Chicken & Stuffing
with roast potatoes, Brussels
sprouts and cauliflower **R**

Fishcakes
with potato wedges and a side
salad

Sausage Roll
with chips and green beans

Ham
with boiled egg and chips

Available with a selection of condiments.

SANDWICHES

Cheese Sandwich
with a side salad **V R**

Tuna Mayonnaise Sandwich
with a side salad **R**

Egg Mayonnaise Sandwich
with a side salad **V R**

Ham Sandwich
with a side salad **R**

DESSERTS

Jam Doughnut **V R**

Chocolate Éclair **V**

Chocolate Brownie **V**

Banana **H EC V**

In addition to the desserts listed on the finger food menu, a hot dessert can be ordered and offered to the patient with assisted feeding.

CODES USED IN THIS MENU

- 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.
- R** Renal Diet: suitable for patients on a low potassium diet.

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.