

Friday

Breakfast

Choose from - Porridge, Cornflakes, Weetabix or Bran Flakes.
Toast - Choice of wholemeal or white bread & Butter with either Marmalade or Jam.
Tea or Coffee

Mid Morning Snack

Lunch

Cauliflower Cheese Bake **V** **EC**
Battered Fish **E** / Poached Fish **H** **EC**
Salad **H**
Jacket Potato **V** **H**
Soup **V** **H** & Sandwich

Served with...

Chipped or Creamed Potatoes **V** **E**
Mushy or Garden Peas **V** **H**
Side Salad **V** **H**
Baked Beans **V** **H**

Desserts

Choose the hot option or anything from the cold dessert menu
Chocolate Sponge **E**
Custard **H** **EC**

Mid Afternoon Snack

Supper

Minted Pea Soup **V** **H** or Fruit Juice **H**
Tuna Pasta Bake **E** **EC**
Omelette **H** **V** **EC**
Jacket Potato **V** **H**
Salad **H** Freshly Made Sandwiches on a Choice of Wholemeal or White Bread

Hot Desserts

Hot Milk Pudding **E** **EC**
Sponge Cake & Custard **E** **EC**

Cold Desserts

Cake of the Day **E**
Cheese & Crackers **E**
Mousse **E** **EC**
Jelly **H** **EC**
Ice Cream **H** **EC**
Fruit Yoghurt **H** **EC**
Fresh Fruit **H**

Faith & Ethnic Meals

Faith and ethnic meals are available - please ask your ward hostess, catering staff or nurse for details.

Healthy option

Healthy option suitable for diabetics.

Saturday

Breakfast

Choose from - Porridge, Cornflakes, Weetabix or Bran Flakes.
Toast - Choice of wholemeal or white bread & Butter with either Marmalade or Jam.
Tea or Coffee

Mid Morning Snack

Lunch

Potato & Leek Cheese Bake **E** **EC**
Sausage Casserole **E**
Salad **H**
Jacket Potato **V** **H**
Soup **V** **H** & Sandwich

Served with...

Mashed Potatoes **V** **E**
Brussels Sprouts **V** **H** Carrots **V** **H**
Coleslaw **V** **E**
Side Salad **V** **H**
Baked Beans **V** **H**

Desserts

Choose the hot option or anything from the cold dessert menu
Spiced Baked Apples **H**
Custard **H** **EC**

Mid Afternoon Snack

Supper

Carrot & Lentil Soup **V** **H** or Fruit Juice **H**
Chicken & Mushroom Pastry **E**
Omelette **H** **V** **EC**
Jacket Potato **V** **H**
Salad **H** Freshly Made Sandwiches on a Choice of Wholemeal or White Bread

Hot Desserts

Hot Milk Pudding **E** **EC**
Sponge Cake & Custard **E** **EC**

Cold Desserts

Cake of the Day **E**
Cheese & Crackers **E**
Mousse **E** **EC**
Jelly **H** **EC**
Ice Cream **H** **EC**
Fruit Yoghurt **H** **EC**
Fresh Fruit **H**

Allergy Advice

Further information regarding food allergens is available upon request - please ask your ward hostess, catering staff or nurse for details.
All meals may contain traces of nuts.

Sunday

Breakfast

Choose from - Porridge, Cornflakes, Weetabix or Bran Flakes.
Toast - Choice of wholemeal or white bread & Butter with either Marmalade or Jam.
Tea or Coffee

Mid Morning Snack

Lunch

Macaroni Cheese **E** **EC**
Roast Pork **H**
Salad **H**
Jacket Potato **V** **H**
Soup **V** **H** & Sandwich

Served with...

Roast or Mashed Potatoes **V** **E**
Green Beans **V** **H**
Diced Swede **V** **H**
Coleslaw **V** **E**
Side Salad **V** **H**

Desserts

Choose the hot option or anything from the cold dessert menu
Trifle **E** **EC**
Prunes **H** & Custard **H** **EC**

Mid Afternoon Snack

Supper

Parsnip Soup **V** **H** or Fruit Juice **H**
Arrabiata Pasta & Garlic Bread **E** **EC**
Omelette **H** **V** **EC**
Jacket Potato **V** **H**
Salad **H** Freshly Made Sandwiches on a Choice of Wholemeal or White Bread

Hot Desserts

Hot Milk Pudding **E** **EC**
Sponge Cake & Custard **E** **EC**

Cold Desserts

Cake of the Day **E**
Cheese & Crackers **E**
Mousse **E** **EC**
Jelly **H** **EC**
Ice Cream **H** **EC**
Fruit Yoghurt **H** **EC**
Fresh Fruit **H**

Key to Dietary Icons

- V** Vegetarians
- E** Energy
Contains more calories than those Coded H
- H** Healthy Option
All healthy options are suitable for Diabetics
- EC** Easy Chew

Menu

WEEK THREE

Meals are served at the following times:

BREAKFAST	8.00am - 9.00am
LUNCH	12.30pm - 1.30pm
SUPPER	5.00pm - 6.00pm

Monday

Breakfast

Choose from - Porridge, Cornflakes, Weetabix or Bran Flakes.
Toast - Choice of wholemeal or white bread & Butter with either Marmalade or Jam.
Tea or Coffee

Mid Morning Snack

Lunch

Lentil Pasta Bolognaise  
Beef & Onion Pie 
Salad 
Jacket Potato  
Soup   & Sandwich

Served with...

Chipped or Mashed Potatoes  
Garlic Bread  
Carrots  
Broccoli  
Baked Beans  

Desserts

Choose the hot option or anything from the cold dessert menu
Lemon Tart  
Custard  

Mid Afternoon Snack

Supper

Tomato Soup   or Fruit Juice 
Meat Ball Pasta in Tomato Sauce 
Omelette   
Jacket Potato  
Salad  Freshly Made Sandwiches on a Choice of Wholemeal or White Bread

Hot Desserts

Hot Milk Pudding
 
Sponge Cake & Custard  

Or anything from the cold dessert menu

Cold Desserts

Cake of the Day 
Cheese & Crackers 
Mousse  
Jelly  
Ice Cream  
Fruit Yoghurt  
Fresh Fruit 

Soups, Sandwiches, Salads & Jackets

Soup, Sandwiches, Salads & Jacket Potatoes are always available at meal times.

Bread & Butter is available on request with all Soups and Salads.

Tuesday

Breakfast

Choose from - Porridge, Cornflakes, Weetabix or Bran Flakes.
Toast - Choice of wholemeal or white bread & Butter with either Marmalade or Jam.
Tea or Coffee

Mid Morning Snack

Lunch

Quorn Chilli & Boiled Rice.   
Minced Beef & Dumplings  
Salad 
Jacket Potato  
Soup   & Sandwich

Served with...

Parmentier Potatoes  
Garden Peas   Sliced Carrots  
Coleslaw  
Side Salad  
Baked Beans  

Desserts

Choose the hot option or anything from the cold dessert menu
Rhubarb Crumble  
Custard  

Mid Afternoon Snack

Supper

Carrot Soup   or Fruit Juice 
Cheese & Onion Quiche 
Omelette   
Jacket Potato  
Salad  Freshly Made Sandwiches on a Choice of Wholemeal or White Bread

Hot Desserts

Hot Milk Pudding
 
Sponge Cake & Custard  

Or anything from the cold dessert menu

Cold Desserts

Cake of the Day 
Cheese & Crackers 
Mousse  
Jelly  
Ice Cream  
Fruit Yoghurt  
Fresh Fruit 

Accompaniments & Fillings

Salads are available with a daily choice of protein accompaniment ranging from: Ham, Corned Beef, Egg, Tuna, Cheese & Cheese Savoury.

Jacket Potato fillings: Cheese, Cheese Savoury, Coleslaw, Tuna Mayo, Beans, Cheese Sauce.

Wednesday

Breakfast

Choose from - Porridge, Cornflakes, Weetabix or Bran Flakes.
Toast - Choice of wholemeal or white bread & Butter with either Marmalade or Jam.
Tea or Coffee

Mid Morning Snack

Lunch

Pasta in Tomato & Basil Sauce  
with Garlic Bread  
Roast Gammon 
Salad  Jacket Potato  
Soup   & Sandwich

Served with...

Creamed or Boiled Potatoes  
Savoy Cabbage  
Diced Swede  
Side Salad  
Baked Beans  

Desserts

Choose the hot option or anything from the cold dessert menu
Treacle Sponge  
Custard  

Mid Afternoon Snack

Supper

Sweet Potato Soup   or Fruit Juice 
Traditional Cornish Pasty 
Omelette   
Jacket Potato  
Salad  Freshly Made Sandwiches on a Choice of Wholemeal or White Bread

Hot Desserts

Hot Milk Pudding
 
Sponge Cake & Custard  

Or anything from the cold dessert menu

Cold Desserts

Cake of the Day 
Cheese & Crackers 
Mousse  
Jelly  
Ice Cream  
Fruit Yoghurt  
Fresh Fruit 

Beverages & Snacks

A selection of hot and cold drinks will be served throughout the day.

Snack selection includes: Biscuits, Cakes, Fresh Fruit, Yoghurts and Cheese & Crackers.

Thursday

Breakfast

Choose from - Porridge, Cornflakes, Weetabix or Bran Flakes.
Toast - Choice of wholemeal or white bread & Butter with either Marmalade or Jam.
Tea or Coffee

Mid Morning Snack

Lunch

Vegetarian Sausage Hotpot  
Chicken & Vegetable Hotpot 
Salad 
Jacket Potato  
Soup   & Sandwich

Served with...

Parmentier Potatoes  
Broccoli  
Garden Peas  
Side Salad  
Beans  

Desserts

Choose the hot option or anything from the cold dessert menu
Fruity Creamed Rice Pudding  

Mid Afternoon Snack

Supper

Vegetable Soup   or Fruit Juice 
Leek & Bacon Pasta  
Omelette   
Jacket Potato  
Salad  Freshly Made Sandwiches on a Choice of Wholemeal or White Bread

Hot Desserts

Hot Milk Pudding
 
Sponge Cake & Custard  

Or anything from the cold dessert menu

Cold Desserts

Cake of the Day 
Cheese & Crackers 
Mousse  
Jelly  
Ice Cream  
Fruit Yoghurt  
Fresh Fruit 

Key to Dietary Icons



Vegetarians



Healthy Option
All healthy options are suitable for Diabetics



Energy
Contains more calories than those Coded H



Easy Chew

MONDAY / TUESDAY

WEDNESDAY / THURSDAY