

Friday

Saturday

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

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Tea or Coffee

Mid Morning Snack

Lunch

Vegetable Hot Pot **V** **EC**
 Battered **E** / Poached Fish **H** **EC**
 Salad **H**
 Jacket Potato **V** **H**
 Soup **V** **H** & Sandwich

Served with...

Chipped or Boiled Potatoes **V** **E**
 Mushy / Garden Peas **V** **H**
 Carrots **V** **H**
 Salad Garnish **V** **H**
 Baked Beans **V** **H**

Desserts

Choose the hot option or anything from the cold dessert menu

Bread & Butter Pudding **E**
 Custard **H** **EC**

Mid Morning Snack

Lunch

Sweet & Sour Pork **EC**
 Cheese & Onion Pie **V** **E**
 Salad **H**
 Jacket Potato **V** **H**
 Soup **V** **H** & Sandwich

Served with...

Chipped Potatoes **V** **E**
 Boiled Rice **V** **H**
 Garden Peas **V** **H** Sweetcorn **V** **H**
 Side Salad **V** **H**
 Baked Beans **V** **H**

Desserts

Choose the hot option or anything from the cold dessert menu

Creamed Rice Pudding **H** **EC**

Mid Morning Snack

Lunch

Vegetarian Toad in the Hole **V**
 Roast Beef **H** Yorkshire Pudding
 Salad **H**
 Jacket Potato **V** **H**
 Soup **V** **H** & Sandwich

Served with...

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

Desserts

Choose the hot option or anything from the cold dessert menu

Trifle **E** **EC**
 Vanilla Sponge **E** & Custard **H** **EC**

Mid Afternoon Snack

Supper

Minted Pea Soup **V** **H** or Fruit Juice **H**
 Cottage Pie **H** **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**

Or anything from the cold dessert menu

Mid Afternoon Snack

Supper

Leek & Potato Soup **V** **H** or Fruit Juice **H**
 Sausage & Bean Pie **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**

Or anything from the cold dessert menu

Mid Afternoon Snack

Supper

Lentil Soup **V** **H** or Fruit Juice **H**
 Corned Beef Hotpot **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**

Or anything from the cold dessert menu

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.

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.

Key to Dietary Icons



Vegetarians



Healthy Option
All healthy options are suitable for Diabetics



Energy
Contains more calories than those Coded H



Easy Chew

FRIDAY
SATURDAY / SUNDAY

Menu

WEEK TWO

Meals are served at the following times:

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



it's all about patients

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

Vegetable Quiche **V** **EC**

Beef Stew **H** & Dumplings **E**

Salad **H**

Jacket Potato **V** **H**

Soup **V** **H** & Sandwich

Served with...

Mashed / Boiled Potatoes **V** **H**

Garden Peas **V** **H**

Diced Swede **V** **H**

Side Salad **V** **H**

Baked Beans **V** **H**

Desserts

Choose the hot option or anything from the cold dessert menu

Rhubarb Crumble **E**

Custard **H** **EC**

Mid Afternoon Snack

Supper

Vegetable Soup **V** **H** or Fruit Juice **H**

Chilli Con Carne & Rice **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**

Or anything from the cold dessert menu

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**

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

Vegetable Frittata **V** **EC**

Pork Meat Loaf **E**

Salad **H**

Jacket Potato **V** **H**

Soup **V** **H** & Sandwich

Served with...

Mashed / Parmentier Potatoes **V** **E**

Green Beans **V** **H**

Cauliflower **V** **H**

Side Salad **V** **H**

Baked Beans **V** **H**

Desserts

Choose the hot option or anything from the cold dessert menu

Hot Pears **H**

Custard **H** **EC**

Mid Afternoon Snack

Supper

Sweet Potato Soup **V** **H** or Fruit Juice **H**

Beef / Quorn Burger in a Bun **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**

Or anything from the cold dessert menu

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**

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.

MONDAY / TUESDAY

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

Cheesy Vegetable Pasta **V** **EC**

Garlic Bread **V** **H**

Salmon & Broccoli Bake **E**

Jacket Potato **V** **H** Salad **H**

Soup **V** **H** & Sandwich

Served with...

Chipped or Mashed Potatoes **V** **E**

Diced Swede **V** **H**

Carrots **V** **H**

Side Salad **V** **H**

Baked Beans **V** **H**

Desserts

Choose the hot option or anything from the cold dessert menu

Banana Sponge **E** **EC**

Custard **H** **EC**

Mid Afternoon Snack

Supper

Tomato Soup **V** **H** or Fruit Juice **H**

Large Sausage Roll **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**

Or anything from the cold dessert menu

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**

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

Cheese & Tomato Omelette **V** **EC**

Chicken a la King **E**

Salad **H**

Jacket Potato **V** **H**

Soup **V** **H** & Sandwich

Served with...

Parmentier Potatoes **V** **E**

Boiled Rice **V** **H**

Peas & Sweetcorn **V** **H**

Side Salad **V** **H**

Baked Beans **V** **H**

Desserts

Choose the hot option or anything from the cold dessert menu

Jam Tart **E**

Custard **H** **EC**

Mid Afternoon Snack

Supper

Mushroom Soup **V** **H** or Fruit Juice **H**

Chicken & Leek Pastry Bake **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**

Or anything from the cold dessert menu

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

H Healthy Option
All healthy options are suitable for Diabetics

E Energy
Contains more calories than those Coded H

EC Easy Chew

WEDNESDAY / THURSDAY