



Menu



Eat Better Feel Better

Welcome to the picture version of the main menu. All options are available every day. Please use this pictorial guide to meet the individual needs of the patient.

Please let your Ward Housekeeper or member of the ward team know if you have any special dietary requirements. We also have the following alternative menus available should you need them -

Puree (Texture C), Mashed (Texture D) and Soft (Texture E)

Halal Menu

Kosher Menu

Finger Food Menu

Renal Menu

Vegan Menu

In addition a choice of hot and cold drinks together with a range of snacks will be offered throughout the day. Whilst our patient meals do not contain nuts, we cannot guarantee that all products served are completely nut free.

If you require any further details of the contents of any items served to you, please ask a member of staff.

Dietary Codes



Gluten Free



Vegetarian



High Calorie



Healthier Eating

Menu

Breakfast 7.30 am to 8.30 am

Lunch 12.00 midday to 1.30 pm

Supper 5.30 pm to 6.30 pm

Eat Better Feel Better

breakfast



Breakfast 07.30 am to 08.30 am



Breakfast

A selection of fruit juice, yoghurts, porridge, fresh fruit, cereal and bread with butter, marmalade or jam



Fruit Juice

Orange or apple juice



Porridge



Selection of Yoghurts

Eat Better Feel Better

lunch



Lunch 12.00 midday to 1.30 pm

Your lunch order will be taken after breakfast.

Your ward housekeeper can help you with your meal choices.

Fruit juice will also be offered with lunch.



Beef and Onion Pie

served with mashed potatoes and green beans and sweetcorn





Savoury Minced Beef

served with mashed potato, carrots and peas





Beef Lasagne

served with garlic bread



HC
HIGH CAL



Chilli con Carne

served with white rice





Roast Chicken Breast and Stuffing

served with roast potatoes, green beans, carrots, gravy and a Yorkshire pudding





Chicken in Mushroom Sauce

served with potatoes, green beans and carrots





Chicken Curry

served with white rice





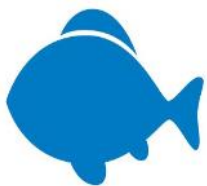
Sweet and Sour Chicken

served with white rice with red peppers and peas





Breaded Fish and Chips
with mushy peas or baked beans





Poached Cod in Parsley Sauce

served with new potatoes, green beans and carrots





Fisherman's Pie

served with mashed potato and carrots





Shepherd's Pie

served with carrots and green beans





Lamb Rogan Josh
served with white rice





Sausages in Onion Gravy

served with mashed potatoes and green beans





All Day Breakfast

bacon, sausage, baked beans and omelette





Plain or Cheese Omelette

served with beans and diced potatoes





Plain or Cheese Omelette

Can be served with fresh salad and a bread roll





Cheese and Onion Quiche

served with diced potatoes and coleslaw





Vegetable Curry

served with white rice, peppers and peas and an onion bhaji





Three Cheese Pasta

served with garlic bread





Vegetable Lasagne

served with garlic bread





Plain Jacket Potato





Jacket Potato with Butter

Plain jacket potato served with butter





Jacket Potato with Cheese

Plain jacket potato served with cheese





Jacket Potato with Beans

Plain jacket potato served with beans





Jacket Potato with Cheese and Beans

Plain jacket potato served with cheese and beans





Jacket Potato with Tuna Mayonnaise

Plain jacket potato served with tuna mayonnaise





Jacket Potato with Coleslaw

Plain jacket potato served with coleslaw

Salads

A choice of ham, cheddar cheese, chicken, egg or tuna mayonnaise salad is available served with a bread roll and coleslaw.



Eat Better Feel Better

hot and cold desserts



Lunch 12.00 midday to 1.30 pm

All hot puddings can be served with custard.





Spotted Dick

Sponge pudding with sultanas





Rice Pudding

Milk pudding with rice





Syrup Sponge

Sponge pudding with syrup sauce





Chocolate Sponge

Chocolate pudding with chocolate sauce





Rhubarb Crumble

Stewed rhubarb with a crumble topping





Sticky Toffee Pudding

Treacle flavoured sponge





Fruit Jelly Pot





Selection of Thick and Creamy Smooth Yoghurts Toffee, Peach and Strawberry





Ice Cream





Mixed Fruit in Juice





Cheese and Biscuits

* Gluten free crackers are available





Fresh Fruit



Eat Better Feel Better

Evening Meal



Supper 5.30pm to 6.30 pm

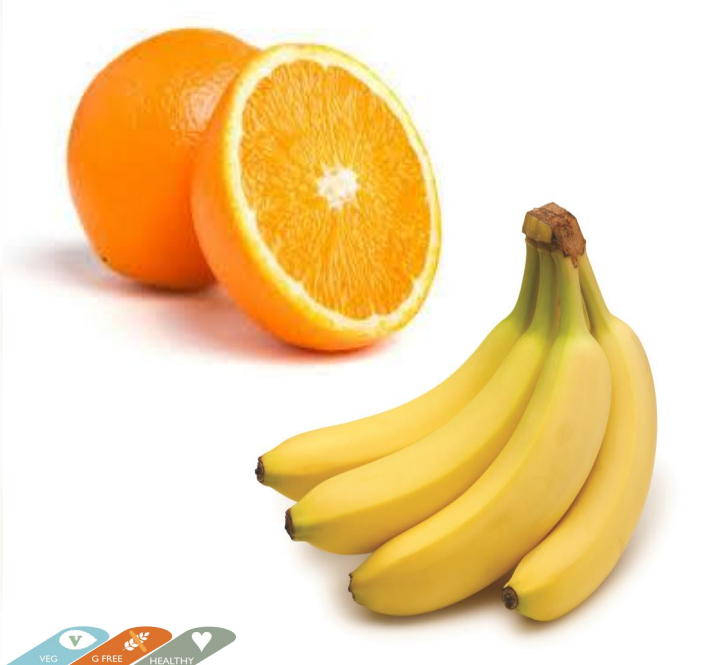
Evening Meal

A selection of sandwiches, soups and puddings will be offered to you at suppertime.



Snack Items

Snacks will be offered 3 times a day



Snack Items

Snacks will be offered 3 times a day



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Snacks will be offered 3 times a day

