

MENU



BREAKFAST MENU

Breakfast will be served by your Ward Housekeeper and you may choose from the following:

Fruit Juice H V NGI

A choice of apple or orange.

Cereal - Please choose one

Served with whole milk or hot water.

Cornflakes H V LD S

Weetabix H S V

Frosties V

Rice Krispies H V LD

Porridge H S V

Cereals and bread suitable for a gluten free diet available on request.

Toast

Served with butter or low fat spread and a choice of preserves.

Wholemeal H V

White Bread V

Served with a choice of beverage.



H Healthy Option. These dishes are also suitable for people with diabetes and those requiring less fat and salt.

E Higher Energy. These dishes are particularly high in energy.

S Softer. These dishes are easier to chew and can be eaten using one hand.

LD Light Diet. These dishes are lower in fibre and fat and easily digestible.

V Vegetarian. Suitable for vegetarians.

VG Vegan. Suitable for vegans

NGI No Gluten Included. Suitable for those with Coeliac Disease.

Further information regarding food allergens is available upon request; please ask a member of the ward team for details.

TRADITIONAL FAVOURITES

Fish and Chips E

Battered fish with chips and peas.

Meatballs & Pasta S

Penne pasta coated in a tomato and basil sauce topped with pork meatballs.

Shepherd's Pie

Traditional lamb mince base with carrots and onions, topped with a mashed potato top. Served with sliced carrots and garden peas.

Roast Chicken H NGI

Chicken breast served with gravy, roast potatoes and sliced carrots.

Pork & Leek Sausage with Mash H

Pork and leek sausage served with mashed potato, onion gravy, garden peas and sweetcorn.



Small Chicken Korma S NGI

Chicken breast strips in a mild korma curry served with basmati rice.

Quorn, Tomato & Pasta S V

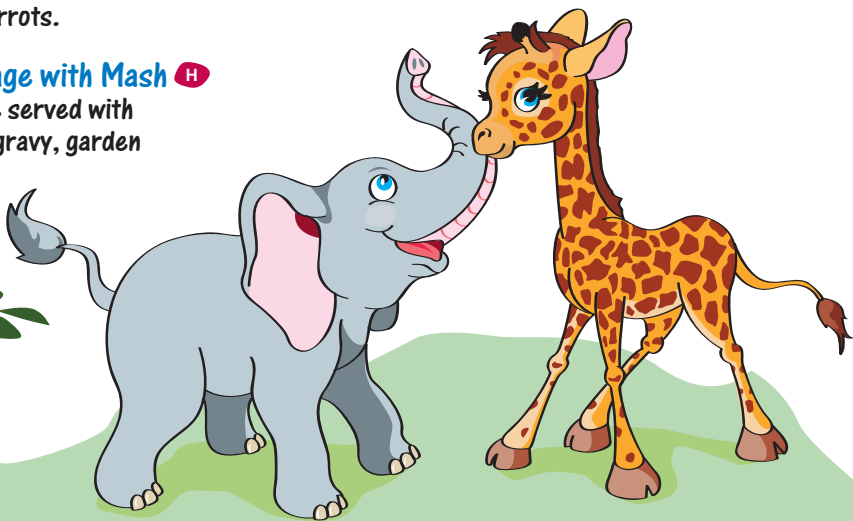
Penne pasta coated in a tomato herb sauce with Quorn mince.

Baked Macaroni Cheese S E V

Baked macaroni pasta in a creamy cheese sauce with wholegrain mustard.

Cheese Omelette NGI V

Cheese omelette served with mashed potato, green beans and sweetcorn.



JACKET POTATOES

Backed jacket potato served with a choice of fillings: **V** **NGI** **H**

- Baked Beans **V**
- Grated Cheese **V** **NGI** **E**
- Tuna Mayonnaise **E** **S**

SOUP AND OTHER OPTIONS

Soup of the day with roll & butter

Cheese and Tomato Pizza **E** **V**

Chicken Nuggets

Fish Fingers

Chipolata Sausages

Grated Cheese Portion **V**

Sliced Ham **NGI**

TRADITIONAL SANDWICH SELECTION

Cheese **V**

Tuna Mayonnaise **S**

Egg Mayonnaise **V** **S**

Chicken Mayonnaise

Ham

TOASTED SANDWICHES

Cheese **V**

Ham

Ham and Cheese

ACCOMPANIMENTS

Creamed Potato

Milk free & soya free is available on request.

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

Chips **V** **NGI** **E**

Side Salad **H** **NGI**

Spaghetti Hoops

Baked Beans **H** **NGI**

Sweetcorn **H** **NGI**

Peas **H** **NGI**

Cucumber & Carrot Sticks **H** **NGI**

Gravy - Gluten free available on request



HOT DESSERTS

Served with custard on request

Custard S V NGI LD

Milk free available on request.

Apple Crumble E V

Apple filling topped with sweet crumble mix.

Chocolate Sponge E S V

A light chocolate sponge topped with rich chocolate sauce.

Jam Sponge E S V LD

A light sponge topped with fruit jam.

OTHER DESSERTS

Chocolate Mousse E V

Ambrosia Rice Pudding S V NGI

Sugar Free Flavoured Jelly H

Fruit Cocktail H V VG NGI

Fresh Fruit Pot H NGI LD V VG

Fresh Fruit always available on request. H V VG

Thick and Creamy Yogurt E S V NGI LD

Cheese and Biscuits V

Ice Cream H S V NGI LD

Light Yogurt H S NGI LD

DRINKS

Fruit Squash

Fresh Cold Milk

Milkshake

Orange or Apple Juice H NGI V VG

Water

Tea & Coffee

Soya Milk available on request



Welcome to our CHILDREN'S MENU

This menu has been created to provide a nutritionally balanced menu with you in mind providing all the dishes you love to eat when at home. We use the freshest of ingredients and offer you a wide variety of dishes that are full of flavour and that we hope you will enjoy.

We really hope that you like our meals as much as we do, if you have any comments please ask to speak to the Housekeeper and complete a survey as we would love to hear what you think.

Other menus are available for those requiring special diets or ethnic and religious choices.

Meal Times

Breakfast	From 8.00AM
Lunch	From 12.00 Midday
Dinner	From 5.00PM

Outside of the meal times a range of snacks are available. This includes cake, fruit and biscuits. Snack Boxes are available if you have missed your meal.

