



BREAKFAST

Cornflakes ♥ V VG

Rice Krispies ♥ V VG

Bread EC V VG or Toast V VG

served with spread and preserves



STARTER

Chicken Soup HC EC

Tomato Soup HC EC V

Orange Juice ♥ V VG

Apple Juice ♥ V VG



MAIN MEALS LUNCH

Pasta in Tomato Sauce ♥ EC V VG

Cheese Omelette HC EC V

Fish Fingers ♥

Sliced Chicken in Gravy ♥

Sausages



MAIN MEALS SUPPER

Plain Omelette ♥ EC V

Macaroni Cheese HC EC V

Fishcakes ♥ EC

Chicken Hotpot HC

Minced Beef HC EC



SIDES

White Bread Roll V

Carrots ♥ EC V VG

Mashed Swede ♥ EC V VG

Boiled Potatoes ♥ V VG

Mashed Potato EC V

White Rice ♥ EC V VG

JACKET POTATO

Sunflower spread and a side salad available with your jacket potato

Plain ♥ V VG

Cheese HC V

Tuna ♥

Tuna Mayonnaise HC

SANDWICHES

Available on white bread

Egg Mayonnaise HC EC V

Cheese HC V

Tuna Mayonnaise HC EC

Ham

DESSERTS All served with custard or ice cream

HOT DESSERTS

Rice Pudding ♥ EC V

Lemon Sponge & Custard EC V

Stewed Apple & Custard ♥ EC V

COLD DESSERTS

Thick & Creamy Yogurt EC V

Ice Cream EC V

Mousse EC V

HC option available

Peaches Slices in Juice ♥ EC V VG

CODES USED IN THIS MENU

- HC** Higher Calorie: more nourishing than those coded ♥ as they contain more calories. Suitable for patients with a reduced appetite.
- ♥ **Healthy Option:** 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: tender, easier to cut and eat food options. Suitable for patients who have difficulty coping with firm foods (e.g. patients who have no teeth, loose dentures or sore mouth) or patients with swallowing difficulties. Refer to our modified texture menus if you need a Level 4 or Level 6 meal.
- V** Vegetarian: Free from meat, poultry, fish and all products derived from these. Suitable for vegetarians that consume, milk, eggs and their products.
- VG** Vegan: free from all animal products including meat, poultry, fish, milk, eggs and all products derived from these. Vegan menu available.

ALLERGEN INFORMATION

If you have a food allergy or intolerance, please advise your Nurse on admission and always inform your Ward Host before you place a meal order.

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 with your Ward Host or nursing staff if you have any concerns.