

Sandwiches

Traditional Favourites

Tuna Mayonnaise (Dolphin Friendly) and Cucumber on Oatmeal Bread **FF**

Free Range Egg Mayonnaise and Cress on Malted Bread **E V FF**

Chicken and Lettuce Sandwich with Mayonnaise on Malted bread

Plain and Simple - white bread, no mayonnaise and no fuss

Ham **FF**

Cheddar Cheese **★ V FF**

Something Different

Ham, Cheddar and Pickle on Malted Bread **FF**

Houmous and Carrot Wrap (vegan) **♥ V FF**

NB: A small selection of sandwiches made with gluten free bread is available from the diet bay

Salad Selection

Chicken Salad

Greek Salad **V**

With feta cheese, olives and red onion

Tuna Salad **♥**

Egg Salad **♥ V**

Cheddar Cheese Salad **V**

Jacket Potato

A plain jacket potato (vegan) **GF** served with your choice of filling:

Grated Cheddar Cheese **E ★ V**

Tuna Mayonnaise **E ★**

Plain Tuna **♥ ★**

Baked Beans (vegan) **♥ V**

Optional side salad on request

Hearty Soups

A nourishing soup instead of a main meal for when you have a poor appetite. White or brown roll and spread on request

Cream of Chicken Soup **★**

Cream of Tomato Soup **★ V GF**

Codes apply to soup without roll

Small, Simple and Light Selection

If you would like a lighter meal, something plainer or if you have a poor appetite and would prefer something smaller, please choose from the following sections.

Pasta Bolognese **♥ ★**

A smaller portion of our beef Bolognese sauce served with pasta

Cauliflower and Broccoli Cheese **V GF**

A small but tasty serving of cauliflower and broccoli in a rich cheese sauce

Beef Casserole and Dumpling **E**

A smaller portion of our tasty beef casserole in a rich gravy served with a fluffy dumpling

Hot Desserts

Served with custard

Chocolate Sponge **E ★ V**

Steamed Raspberry Jam Sponge **E ★ V**

Apple Crumble (vegan) **♥ V**

Rhubarb and Apple Crumble (vegan) **♥ V**

Sticky Toffee and Date Pudding **E V**

Apple and Raisin Sponge **♥ ★ V**

Cold Desserts

Fresh Fruit or Tinned Fruit in Natural Juice

Fresh Apple **♥ V FF**

Fresh Orange **♥ V FF**

Fresh Banana **♥ ★ V FF**

Peaches in Juice **♥ ★ V**

Pears in Juice **♥ ★ V**

Fruit Cocktail in Juice **♥ V**

Ambrosia Ambrosia Devon Custard Pot **♥ ★ V GF**

Ambrosia Ambrosia Chocolate Custard Pot **★ V GF**

Traditional English Trifle **★ V**

Jelly **★** or Sugar Free Jelly **♥ ★**

müller Thick and Creamy Yoghurt **★ V GF**

müller Diet Fruit Yoghurt **♥ ★ GF**

Ambrosia Ambrosia Rice Pudding Regular **★ V GF** or Light **♥ ★ V GF**

Served hot or cold

Cheese and Biscuits **V FF**

Vanilla Ice Cream (Where available) **♥ ★ V**

freshly
cooked for you

- LUNCH & SUPPER MENU -



Freshly cooked, nutritious food

To Start

Soup of the Day ★

White or brown roll and spread on request

Fruit Juice ♥★V

Ask the Ward Host/Hostess for today's choice

Fish

All fish is from sustainable sources
NB - Fish dishes may contain small bones

Steamed Fillet of Salmon in Hollandaise Sauce E GF

Steamed salmon fillet in a hollandaise sauce served with boiled potatoes and a green vegetable medley

Fish and Chips E

Battered white fish served with chunky chips and garden peas

Fish Fingers and Chips ♥★FF

Fish fingers served with chips and broccoli

Steamed Fish Mornay ♥★GF

Steamed white fish in a cheese and chive sauce served with mashed potato and sweet potato mash

Using this menu

- This menu has been translated into 11 additional languages; pictorial and Braille versions are available upon request. The following additional menus are also available: Halal, Kosher, Caribbean, Asian Vegetarian, Vegan, Allergy and Modified Textures.
- Occasionally your first choice may not be available; in this case please choose a suitable alternative
- If you are having difficulty finding food you can eat, please speak to a member of the Catering Team.
- A choice of drinks will be offered to accompany your meals.
- Although dishes do not contain nuts in the ingredients, we cannot guarantee that traces of nuts may not be present. Please ask for our **Allergy Menu** or alert your nurse if you have a nut or other severe food allergy.
- For the nutritional information of our dishes, including **carbohydrate content**, ingredients and allergens, or if you need help **opening food packaging**, please ask a member of the team who will be happy to assist you.

Beef & Lamb

Minced Beef Pie ★E

Pastry pie filled with minced beef and onions, served with mashed potato and mushy peas

Cottage Pie ♥★GF

Minced beef in a rich gravy topped with fluffy mashed potato and served with carrots

Beef Casserole and Dumpling E

Tender beef in a rich gravy served with a steamed vegetable medley, boiled potatoes and a fluffy dumpling

Savoury Minced Lamb ♥★GF

Minced lamb in a rich gravy, served with boiled potatoes and carrots

Minced Lamb Curry ♥★GF)

Minced lamb and potato in a mildly spiced curry sauce, served with steamed rice

Chicken

Roast Chicken ♥GF

Roast chicken breast in a rich gravy served with roast potatoes, broccoli and a vegetable medley

Chicken, Tomato and Mascarpone Pasta E

Tender pieces of chicken in a tomato and mascarpone cheese sauce with mixed peppers and spinach

Chicken Goujons and Potato Wedges FF

Southern fried style chicken goujons served with seasoned potato wedges, carrot batons and broccoli florets

Chicken Tikka Masala E GF)

Tender pieces of chicken breast in a spicy tikka masala sauce served with steamed yellow rice

Nutritional symbols

If you have a special dietary requirement which the dietitian has told you about, look for the relevant symbol on the menu next to each dish.

- ♥ **Healthier Choice.** These meals have less fat and salt. Desserts have a lower sugar content making them a better choice for people with diabetes.
- E **Higher Energy.** Each main course contains more than 450kcal.
- ★ **Easy to Chew.** These meals are regular texture but some people may find them tender and easy to chew. These are **not** designed for people at risk with a swallowing difficulty who will be given a separate menu.
- V **Vegetarian.** Meals suitable for vegetarians.
- GF **Gluten Free.** These meals are tested to ensure they are suitable for people with coeliac disease.
- FF **Finger Food.** Suitable to eat without cutlery.

Pork

All Day Breakfast E

Traditional English breakfast with a Cumberland sausage, streaky bacon, fluffy omelette, baked beans, fresh tomato and a hash brown

Sausage and Mash E

Traditional Cumberland sausages in a rich red onion gravy served with mashed potato and garden peas

Vegetarian and Vegan

Cheese and Tomato Pasta E★V

Fusilli pasta in a rich tomato sauce, topped with Cheddar and mozzarella cheese

Vegetarian "Meatballs" and Roast Potatoes (vegan) ♥V FF

Vegetarian "meatballs" served with roast potatoes, carrots and broccoli

Macaroni Cheese E★V

Pasta in a mature Cheddar cheese sauce

Vegetarian Bean Chilli (vegan) ♥V GF)

Mixed beans in a spicy tomato and pepper sauce served with steamed rice

Cheese and Tomato Omelette E V GF

Cheese and tomato omelette served with chips and baked beans

Plain Omelette ♥V GF

A plain omelette served with boiled potatoes and garden peas

Spring Vegetable Risotto E V GF

With soya beans and garden peas

Coconut and Lentil Curry (vegan) ★E V GF)

A mild curry with butternut squash, chickpeas and served with steamed yellow rice

Please turn over for a selection of smaller and light meals, salads and sandwiches