

Monday 1

Please place a cross **X** in the box next to your choice

DIET CODES

- Healthier Eating
- Higher Energy
- Easily Chewed
- Vegetarian

PLEASE CHOOSE 2 COURSES ONLY

- 1 Homemade Carrot & Coriander Soup
 2 -

MAIN COURSES

- 3 Steak & Mushroom Pie
 4 Braised Chicken & Lentils
 5 Cheese & Vegetable Pie
JACKET POTATOES
 6 Jacket Potato & Baked Beans
 7 Jacket Potato & Cheese
 8 Jacket Potato & Cottage Cheese
 9 Jacket Potato & Chilli Con Carne

SALADS

- 10 Cottage Cheese & Pineapple Salad

- 11 Ham Salad

SANDWICHES

- 12 -
 13 -
 14 Cheese on white bread
 15 Cheese on brown bread
 16 Ham on white bread
 17 Ham on brown bread
 18 Chicken Mayo on white bread
 19 Chicken Mayo on brown bread
 20 Tuna Mayo on white bread
 21 Tuna Mayo on brown bread
 22 Egg Mayo on white bread
 23 Egg Mayo on brown bread

GRAVY/SAUCES Please choose one item

- 24 Gravy
 25 -

POTATOES Please choose one item

- 26 Mashed Potato
 27 Chipped Potatoes
 28 Baby Jacket Potatoes

VEGETABLES Please choose one item

- 29 Green Beans
 30 Diced Swede
 31 Side Salad

DESSERTS Please choose one item

- 32 Chocolate Sponge
 33 Peaches in Natural Juice
 34 Fresh Fruit - Banana
 35 Ice Cream
 36 -

SWEET SAUCES Please choose one item

- 37 Chocolate Sauce

MODIFIED TEXTURE MEAL If required choose one main course

- 38 C: Puree Cottage Pie with Potatoes & Veg
 39 C: Puree Vegetable Curry
 40 E: Fork Mashable Meal (please see separate menu)

DIET CODES

- Healthier Eating
- Higher Energy
- Easily Chewed
- Vegetarian

Tuesday 2

Please place a cross X in the box next to your choice

PLEASE CHOOSE 2 COURSES ONLY

- 1 Homemade Leek & Potato Soup ♥ S V
 2 -

MAIN COURSES

- 3 Pork Sausages in Onion Gravy
 4 Vegetable & Mozzarella Tart S V
 5 Breaded Plaice S

JACKET POTATOES

- 6 Jacket Potato & Baked Beans ♥ V
 7 Jacket Potato & Cheese ↑ V
 8 Jacket Potato & Cottage Cheese ♥ V
 9 Jacket Potato & Chilli Con Carne ♥

SALADS

- 10 Cottage Cheese Salad V
 11 Pork Pie Salad ↑

SANDWICHES

- 12 -
 13 -
 14 Cheese on white bread V
 15 Cheese on brown bread V
 16 Ham on white bread
 17 Ham on brown bread
 18 Chicken Mayo on white bread
 19 Chicken Mayo on brown bread
 20 Tuna Mayo on white bread S
 21 Tuna Mayo on brown bread S
 22 Egg Mayo on white bread S V
 23 Egg Mayo on brown bread S V

GRAVY/SAUCES Please choose one item

- 24 Gravy ♥ S V
 25 Parsley Sauce ↑ S V

POTATOES Please choose one item

- 26 Mashed Potato ♥ S V
 27 Chipped Potatoes ↑ V
 28 Sauté Potatoes S V

VEGETABLES Please choose one item

- 29 Broccoli ♥ V
 30 Carrots ♥ S V
 31 Side Salad ♥ V

DESSERTS Please choose one item

- 32 Rice Pudding ♥ S V
 33 Fruit Cheesecake S V
 34 Fresh Fruit - Apple ♥ V
 35 Ice Cream S V

SWEET SAUCES Please choose one item

- 37 -

MODIFIED TEXTURE MEAL If required choose one main course

- 38 C: Puree Chicken & Gravy with Potatoes & Veg
 39 C: Puree Cheesy Omelette, Mash & Beans V
 40 E: Fork Mashable Meal (please see separate menu) S

Your name

Your ward

Room

DIET CODES

- Healthier Eating
- Higher Energy
- Easily Chewed
- Vegetarian

Wednesday 3

Please place a cross **X** in the box next to your choice

PLEASE CHOOSE 2 COURSES ONLY

- 1 Homemade Carrot & Coriander Soup
 2 -

MAIN COURSES

- 3 Roast Gammon
 4 Chicken Casserole
 5 Macaroni Cheese

JACKET POTATOES

- 6 Jacket Potato & Baked Beans
 7 Jacket Potato & Cheese
 8 Jacket Potato & Cottage Cheese
 9 Jacket Potato & Chilli Con Carne

SALADS

- 10 Egg Salad

- 11 Tuna Salad

SANDWICHES

- 12 -
 13 -
 14 Cheese on white bread
 15 Cheese on brown bread
 16 Ham on white bread
 17 Ham on brown bread
 18 Chicken Mayo on white bread
 19 Chicken Mayo on brown bread
 20 Tuna Mayo on white bread
 21 Tuna Mayo on brown bread
 22 Egg Mayo on white bread
 23 Egg Mayo on brown bread

GRAVY/SAUCES Please choose one item

- 24 Gravy
 25 -

POTATOES Please choose one item

- 26 Mashed Potato
 27 Roast Potatoes
 28 Chipped Potatoes

VEGETABLES Please choose one item

- 29 Cabbage
 30 Parsnips
 31 Side Salad

DESSERTS Please choose one item

- 32 Rhubarb Pie
 33 Fresh Fruit - Orange
 34 Fruit Yogurt
 35 Ice Cream
 36 -

SWEET SAUCES Please choose one item

- 37 Custard

MODIFIED TEXTURE MEAL If required choose one main course

- 38 C: Puree Cottage Pie with Potatoes & Veg
 39 C: Puree Macaroni Cheese with Potatoes & Veg
 40 E: Fork Mashable Meal (please see separate menu)

DIET CODES

- Healthier Eating
- Higher Energy
- Easily Chewed
- Vegetarian

Thursday 4

Please place a cross X in the box next to your choice

PLEASE CHOOSE 2 COURSES ONLY

- 1 Homemade Creamy Vegetable Soup ♥ S V
 2 -

MAIN COURSES

- 3 Sautéed Chicken in a Cream Sauce ♥ S
 4 Lasagne ↑ S
 5 Vegetable Pie ♥ V

JACKET POTATOES

- 6 Jacket Potato & Baked Beans ♥ V
 7 Jacket Potato & Cheese ↑ V
 8 Jacket Potato & Cottage Cheese ♥ V
 9 Jacket Potato & Chilli Con Carne ♥

SALADS

- 10 Grated Cheese Salad ↑ V

- 11 Ham Salad

SANDWICHES

- 12 -
 13 -
 14 Cheese on white bread V
 15 Cheese on brown bread V
 16 Ham on white bread
 17 Ham on brown bread
 18 Chicken Mayo on white bread
 19 Chicken Mayo on brown bread
 20 Tuna Mayo on white bread S
 21 Tuna Mayo on brown bread S
 22 Egg Mayo on white bread S V
 23 Egg Mayo on brown bread S V

GRAVY/SAUCES Please choose one item

- 24 Gravy ♥ S V
 25 -

POTATOES Please choose one item

- 26 Mashed Potato ♥ S V
 27 Chipped Potatoes ↑ V
 28 Boiled Rice ♥ V

VEGETABLES Please choose one item

- 29 Carrots ♥ S V
 30 Diced Swede ♥ S V
 31 Side Salad ♥ V

DESSERTS Please choose one item

- 32 Apple Crumble V
 33 Fresh Fruit - Pear ♥ V
 34 Peaches in Natural Juice ♥ S V
 35 Ice Cream S V
 36 -

SWEET SAUCES Please choose one item

- 37 Custard S V

MODIFIED TEXTURE MEAL If required choose one main course

- 38 C: Puree Fish Pie with Potatoes & Veg
 39 C: Puree Cheesy Potato Pie & Veg V
 40 E: Fork Mashable Meal (please see separate menu) S

Your name

Your ward

Room

DIET CODES

- Healthier Eating
- Higher Energy
- Easily Chewed
- Vegetarian

PLEASE CHOOSE 2 COURSES ONLY

- 1 Homemade Yellow Split Pea Soup ♥ S V
2 -

MAIN COURSES

- 3 Fried Fish in Batter ↑
4 Poached Fish ♥ S
5 Vegetable Hotpot ♥ V

JACKET POTATOES

- 6 Jacket Potato & Baked Beans ♥ V
7 Jacket Potato & Cheese ↑ V
8 Jacket Potato & Cottage Cheese ♥ V
9 Jacket Potato & Chilli Con Carne ♥

SALADS

- 10 Chicken Salad
11 Cottage Cheese & Pineapple Salad V

SANDWICHES

- 12 -
13 -
14 Cheese on white bread V
15 Cheese on brown bread V
16 Ham on white bread
17 Ham on brown bread
18 Chicken Mayo on white bread
19 Chicken Mayo on brown bread
20 Tuna Mayo on white bread S
21 Tuna Mayo on brown bread S
22 Egg Mayo on white bread S V
23 Egg Mayo on brown bread S V

GRAVY/SAUCES Please choose one item

- 24 Gravy ♥ S V
25 Parsley Sauce ↑ S V

POTATOES Please choose one item

- 26 Mashed Potato ♥ S V
27 Chipped Potatoes ↑ V
28 Sauté Potatoes S V

VEGETABLES Please choose one item

- 29 Mushy Peas ♥ S V
30 Sweetcorn ♥ V
31 Side Salad ♥ V

DESSERTS Please choose one item

- 32 Rice Pudding ♥ S V
33 -
34 Fruit Yogurt S V
35 Fresh Fruit - Banana ♥ S V
36 Ice Cream S V

SWEET SAUCES Please choose one item

- 37 -

MODIFIED TEXTURE MEAL If required choose one main course

- 38 C: Puree Beef & Gravy with Potatoes & Veg
39 C: Puree Vegetable Curry V
40 E: Fork Mashable Meal (please see separate menu) S

DIET CODES

- Healthier Eating
- Higher Energy
- Easily Chewed
- Vegetarian

PLEASE CHOOSE 2 COURSES ONLY

- 1 Homemade Creamy Mushroom Soup ♥ S V
2 -

MAIN COURSES

- 3 Pork Sausage & Onions
4 Cornish Pastry ↑
5 Vegetable Crumble ♥ V

JACKET POTATOES

- 6 Jacket Potato & Baked Beans ♥ V
7 Jacket Potato & Cheese ↑ V
8 Jacket Potato & Cottage Cheese ♥ V
9 Jacket Potato & Chilli Con Carne ♥

SALADS

- 10 Corned Beef Salad ↑
11 Cottage Cheese Salad V

SANDWICHES

- 12 -
13 -
14 Cheese on white bread V
15 Cheese on brown bread V
16 Ham on white bread
17 Ham on brown bread
18 Chicken Mayo on white bread
19 Chicken Mayo on brown bread
20 Tuna Mayo on white bread S
21 Tuna Mayo on brown bread S
22 Egg Mayo on white bread S V
23 Egg Mayo on brown bread S V

GRAVY/SAUCES Please choose one item

- 24 Gravy ♥ S V
25 -

POTATOES Please choose one item

- 26 Mashed Potato ♥ S V
27 Chipped Potatoes ↑ V
28 Baby Jacket Potatoes ♥ V

VEGETABLES Please choose one item

- 29 Broccoli ♥ V
30 Mixed Vegetables ♥ S V
31 Side Salad ♥ V

DESSERTS Please choose one item

- 32 Apple Pie ↑ V
33 Apricot Fool S V
34 Fresh Fruit - Apple ♥ V
35 Ice Cream S V
36 -

SWEET SAUCES Please choose one item

- 37 Custard S V

MODIFIED TEXTURE MEAL If required choose one main course

- 38 C: Puree Chicken Supreme with Potatoes & Veg
39 C: Puree Broccoli & Cauliflower Bake with Potatoes & V
40 E: Fork Mashable Meal (please see separate menu) S

DIET CODES

- Healthier Eating
- Higher Energy
- Easily Chewed
- Vegetarian

PLEASE CHOOSE 2 COURSES ONLY

- 1 Homemade Creamy Vegetable Soup ♥ S V
2 -

MAIN COURSES

- 3 Roast Pork & Stuffing
4 Savoury Minced Beef S
5 Lentil & Potato Pie ♥ S V

JACKET POTATOES

- 6 Jacket Potato & Baked Beans ♥ V
7 Jacket Potato & Cheese ↑ V
8 Jacket Potato & Cottage Cheese ♥ V
9 Jacket Potato & Chilli Con Carne ♥

SALADS

- 10 Ham Salad
11 Egg Salad V

SANDWICHES

- 12 -
13 -
14 Cheese on white bread V
15 Cheese on brown bread V
16 Ham on white bread
17 Ham on brown bread
18 Chicken Mayo on white bread
19 Chicken Mayo on brown bread
20 Tuna Mayo on white bread S
21 Tuna Mayo on brown bread S
22 Egg Mayo on white bread S V
23 Egg Mayo on brown bread S V

GRAVY/SAUCES Please choose one item

- 24 Gravy ♥ S V
25 -

POTATOES Please choose one item

- 26 Mashed Potato ♥ S V
27 Roast Potatoes ♥ V
28 Chipped Potatoes ↑ V

VEGETABLES Please choose one item

- 29 Green Beans ♥ V
30 Cauliflower ♥ S V
31 Side Salad ♥ V

DESSERTS Please choose one item

- 32 Oaty Rhubarb Crumble V
33 Fruit Trifle S
34 Fresh Fruit - Orange ♥ V
35 Ice Cream S V
36 -

SWEET SAUCES Please choose one item

- 37 Custard S V

MODIFIED TEXTURE MEAL If required choose one main course

- 38 C: Puree Shepherds Pie with Potatoes & Veg
39 C: Puree Veg & Bean Cottage Pie with Potatoes & Veg V
40 E: Fork Mashable Meal (please see separate menu) S

DIET CODES

- Healthier Eating
- Higher Energy
- Easily Chewed
- Vegetarian

PLEASE CHOOSE 2 COURSES ONLY

- 1 Homemade Leek & Potato Soup ♥ S V
 2 -

MAIN COURSES

- 3 Poached Fish in white wine sauce ♥ S
 4 Broccoli & Herb Quiche ↑ V
 5 Chicken Casserole S

JACKET POTATOES

- 6 Jacket Potato & Baked Beans ♥ V
 7 Jacket Potato & Cheese ↑ V
 8 Jacket Potato & Cottage Cheese ♥ V
 9 Jacket Potato & Chilli Con Carne ♥

SALADS

- 10 Tuna Salad
 11 Grated Cheese Salad ↑ V

SANDWICHES

- 12 -
 13 -
 14 Cheese on white bread V
 15 Cheese on brown bread V
 16 Ham on white bread
 17 Ham on brown bread
 18 Chicken Mayo on white bread
 19 Chicken Mayo on brown bread
 20 Tuna Mayo on white bread S
 21 Tuna Mayo on brown bread S
 22 Egg Mayo on white bread S V
 23 Egg Mayo on brown bread S V

GRAVY/SAUCES Please choose one item

- 24 Gravy ♥ S V
 25 -

POTATOES Please choose one item

- 26 Mashed Potato ♥ S V
 27 Chipped Potatoes ↑ V
 28 Baby Jacket Potatoes ♥ V

VEGETABLES Please choose one item

- 29 Diced Swede ♥ S V
 30 Carrots ♥ S V
 31 Side Salad ♥ V

DESSERTS Please choose one item

- 32 Coconut Sponge ↑ S V
 33 Chocolate Mousse S
 34 Fresh Fruit - Pear ♥ V
 35 Ice Cream S V
 36 -

SWEET SAUCES Please choose one item

- 37 Custard S V

MODIFIED TEXTURE MEAL If required choose one main course

- 38 C: Puree Cheesy Potato Pie & Veg V
 39 C: Puree Salmon Supreme with Potatoes & Veg
 40 E: Fork Mashable Meal (please see separate menu) S

DIET CODES

- Healthier Eating
- Higher Energy
- Easily Chewed
- Vegetarian

Tuesday 9

Please place a cross X in the box next to your choice

PLEASE CHOOSE 2 COURSES ONLY

- 1 Homemade Carrot & Coriander Soup ♥ S V
 2 -

MAIN COURSES

- 3 Minced Steak & Potato Pie ↑
 4 Cheese & Tomato Omelette S V
 5 Vegetable Hotpot ♥ V
JACKET POTATOES
 6 Jacket Potato & Baked Beans ♥ V
 7 Jacket Potato & Cheese ↑ V
 8 Jacket Potato & Cottage Cheese ♥ V
 9 Jacket Potato & Chilli Con Carne ♥

SALADS

- 10 Cottage Cheese & Pineapple Salad V
 11 Pork Pie Salad ↑

SANDWICHES

- 12 -
 13 -
 14 Cheese on white bread V
 15 Cheese on brown bread V
 16 Ham on white bread
 17 Ham on brown bread
 18 Chicken Mayo on white bread
 19 Chicken Mayo on brown bread
 20 Tuna Mayo on white bread S
 21 Tuna Mayo on brown bread S
 22 Egg Mayo on white bread S V
 23 Egg Mayo on brown bread S V

GRAVY/SAUCES Please choose one item

- 24 Gravy ♥ S V
 25 -

POTATOES Please choose one item

- 26 Mashed Potato ♥ S V
 27 Chipped Potatoes ↑ V
 28 Sauté Potatoes S V

VEGETABLES Please choose one item

- 29 Cauliflower ♥ S V
 30 Sliced Green Beans ♥ V
 31 Side Salad ♥ V

DESSERTS Please choose one item

- 32 Rice Pudding ♥ S V
 33 Apple Fool S V
 34 Fresh Fruit - Banana ♥ S V
 35 Ice Cream S V
 36 -

SWEET SAUCES Please choose one item

- 37 -

MODIFIED TEXTURE MEAL If required choose one main course

- 38 C: Puree Lamb & Gravy with Potatoes & Veg
 39 C: Puree Cheesy Omelette, Mash & Beans V
 40 E: Fork Mashable Meal (please see separate menu) S

DIET CODES

- Healthier Eating
- Higher Energy
- Easily Chewed
- Vegetarian

PLEASE CHOOSE 2 COURSES ONLY

- 1 Homemade Lentil Soup
 2 -

MAIN COURSES

- 3 Roast Gammon
 4 Minced Beef Pie
 5 Macaroni Cheese

JACKET POTATOES

- 6 Jacket Potato & Baked Beans
 7 Jacket Potato & Cheese
 8 Jacket Potato & Cottage Cheese
 9 Jacket Potato & Chilli Con Carne

SALADS

- 10 Cottage Cheese Salad
 11 Egg Salad

SANDWICHES

- 12 -
 13 -
 14 Cheese on white bread
 15 Cheese on brown bread
 16 Ham on white bread
 17 Ham on brown bread
 18 Chicken Mayo on white bread
 19 Chicken Mayo on brown bread
 20 Tuna Mayo on white bread
 21 Tuna Mayo on brown bread
 22 Egg Mayo on white bread
 23 Egg Mayo on brown bread

GRAVY/SAUCES Please choose one item

- 24 Gravy
 25 -

POTATOES Please choose one item

- 26 Mashed Potato
 27 Roast Potatoes
 28 Chipped Potatoes

VEGETABLES Please choose one item

- 29 Mixed Vegetables
 30 Broccoli
 31 Side Salad

DESSERTS Please choose one item

- 32 Hot Banana Cake
 33 Raspberry Ripple Mousse
 34 Fresh Fruit - Apple
 35 Ice Cream
 36 -

SWEET SAUCES Please choose one item

- 37 Custard

MODIFIED TEXTURE MEAL If required choose one main course

- 38 C: Puree Beef & Gravy with Potatoes & Veg
 39 C: Puree Veg & Bean Cottage Pie with Potatoes & Veg
 40 E: Fork Mashable Meal (please see separate menu)

DIET CODES

- Healthier Eating
- Higher Energy
- Easily Chewed
- Vegetarian

Thursday 11

Please place a cross **X** in the box next to your choice

PLEASE CHOOSE 2 COURSES ONLY

- 1 Homemade Yellow Split Pea Soup
 2 -

MAIN COURSES

- 3 Chicken Chasseur
 4 Liver & Onions
 5 Vegetable Casserole & Basil Dumplings
JACKET POTATOES
 6 Jacket Potato & Baked Beans
 7 Jacket Potato & Cheese
 8 Jacket Potato & Cottage Cheese
 9 Jacket Potato & Chilli Con Carne

SALADS

- 10 Egg Salad
 11 Ham Salad

SANDWICHES

- 12 -
 13 -
 14 Cheese on white bread
 15 Cheese on brown bread
 16 Ham on white bread
 17 Ham on brown bread
 18 Chicken Mayo on white bread
 19 Chicken Mayo on brown bread
 20 Tuna Mayo on white bread
 21 Tuna Mayo on brown bread
 22 Egg Mayo on white bread
 23 Egg Mayo on brown bread

GRAVY/SAUCES Please choose one item

- 24 Gravy
 25 -

POTATOES Please choose one item

- 26 Mashed Potato
 27 Chipped Potatoes
 28 Boiled Rice

VEGETABLES Please choose one item

- 29 Cabbage
 30 Carrots
 31 Side Salad

DESSERTS Please choose one item

- 32 Bakewell Tart
 33 Fruit Compote
 34 Fresh Fruit - Orange
 35 Ice Cream
 36 -

SWEET SAUCES Please choose one item

- 37 Custard

MODIFIED TEXTURE MEAL If required choose one main course

- 38 C: Puree Shepherds Pie with Potatoes & Veg
 39 C: Puree Vegetable Curry
 40 E: Fork Mashable Meal (please see separate menu)

Your name

Your ward

Room

DIET CODES

- Healthier Eating
- Higher Energy
- Easily Chewed
- Vegetarian

PLEASE CHOOSE 2 COURSES ONLY

- 1 Homemade Creamy Mushroom Soup ♥ S V
2 -

MAIN COURSES

- 3 Poached Fish ♥ S
4 Fried Fish in Batter ↑
5 Vegetable Hotpot ♥ V
JACKET POTATOES
6 Jacket Potato & Baked Beans ♥ V
7 Jacket Potato & Cheese ↑ V
8 Jacket Potato & Cottage Cheese ♥ V
9 Jacket Potato & Chilli Con Carne ♥

SALADS

- 10 Chicken Salad
11 Grated Cheese Salad ↑ V

SANDWICHES

- 12 -
13 -
14 Cheese on white bread V
15 Cheese on brown bread V
16 Ham on white bread
17 Ham on brown bread
18 Chicken Mayo on white bread
19 Chicken Mayo on brown bread
20 Tuna Mayo on white bread S
21 Tuna Mayo on brown bread S
22 Egg Mayo on white bread S V
23 Egg Mayo on brown bread S V

GRAVY/SAUCES Please choose one item

- 24 Gravy ♥ S V
25 Parsley Sauce ↑ S V

POTATOES Please choose one item

- 26 Mashed Potato ♥ S V
27 Chipped Potatoes ↑ V
28 Baby Jacket Potatoes ♥ V

VEGETABLES Please choose one item

- 29 Mushy Peas ♥ S V
30 Sweetcorn ♥ V
31 Side Salad ♥ V

DESSERTS Please choose one item

- 32 Jam Sponge ↑ S V
33 Crème Caramel S V
34 Fresh Fruit - Pear ♥ V
35 Ice Cream S V
36 -

SWEET SAUCES Please choose one item

- 37 Custard S V

MODIFIED TEXTURE MEAL If required choose one main course

- 38 C: Puree Fish Pie with Potatoes & Veg
39 C: Puree Cheesy Potato Pie & Veg V
40 E: Fork Mashable Meal (please see separate menu) S

DIET CODES

- Healthier Eating
- Higher Energy
- Easily Chewed
- Vegetarian

PLEASE CHOOSE 2 COURSES ONLY

- 1 Homemade Lentil Soup
- 2 -

MAIN COURSES

- 3 Pork Sausage & Onions
- 4 Minced Beef Pie
- 5 Vegetable & Mozzarella Tart
- 6 Jacket Potato & Baked Beans
- 7 Jacket Potato & Cheese
- 8 Jacket Potato & Cottage Cheese
- 9 Jacket Potato & Chilli Con Carne

SALADS

- 10 Cottage Cheese & Pineapple Salad
- 11 Corned Beef Salad

SANDWICHES

- 12 -
- 13 -
- 14 Cheese on white bread
- 15 Cheese on brown bread
- 16 Ham on white bread
- 17 Ham on brown bread
- 18 Chicken Mayo on white bread
- 19 Chicken Mayo on brown bread
- 20 Tuna Mayo on white bread
- 21 Tuna Mayo on brown bread
- 22 Egg Mayo on white bread
- 23 Egg Mayo on brown bread

GRAVY/SAUCES Please choose one item

- 24 Gravy
- 25 -

POTATOES Please choose one item

- 26 Mashed Potato
- 27 Chipped Potatoes
- 28 Sauté Potatoes

VEGETABLES Please choose one item

- 29 Cauliflower
- 30 Mixed Vegetables
- 31 Side Salad

DESSERTS Please choose one item

- 32 Apple Crumble
- 33 Chocolate Whip
- 34 Fresh Fruit - Banana
- 35 Ice Cream
- 36 -

SWEET SAUCES Please choose one item

- 37 Custard

MODIFIED TEXTURE MEAL If required choose one main course

- 38 C: Puree Chicken Supreme with Potatoes & Veg
- 39 C: Puree Broccoli & Cauliflower Bake with Potatoes &
- 40 E: Fork Mashable Meal (please see separate menu)

DIET CODES

- Healthier Eating
- Higher Energy
- Easily Chewed
- Vegetarian

PLEASE CHOOSE 2 COURSES ONLY

- 1 Homemade Leek & Potato Soup ♥ S V
 2 -

MAIN COURSES

- 3 Roast Beef
 4 Chicken Stew (Gravy Style Sauce) ♥ S
 5 Sweetcorn & Mushroom Bake ♥ V
JACKET POTATOES
 6 Jacket Potato & Baked Beans ♥ V
 7 Jacket Potato & Cheese ↑ ♥ V
 8 Jacket Potato & Cottage Cheese ♥ V
 9 Jacket Potato & Chilli Con Carne ♥

SALADS

- 10 Cottage Cheese Salad V
 11 Ham Salad

SANDWICHES

- 12 -
 13 -
 14 Cheese on white bread V
 15 Cheese on brown bread V
 16 Ham on white bread
 17 Ham on brown bread
 18 Chicken Mayo on white bread
 19 Chicken Mayo on brown bread
 20 Tuna Mayo on white bread S
 21 Tuna Mayo on brown bread S
 22 Egg Mayo on white bread S V
 23 Egg Mayo on brown bread S V

GRAVY/SAUCES Please choose one item

- 24 Gravy ♥ S V
 25 -

POTATOES Please choose one item

- 26 Mashed Potato ♥ S V
 27 Roast Potatoes ♥ V
 28 Chipped Potatoes ↑ ♥ V

VEGETABLES Please choose one item

- 29 Cauliflower ♥ S V
 30 Parsnips ♥ S V
 31 Side Salad ♥ V

DESSERTS Please choose one item

- 32 Rice Pudding ♥ S V
 33 Fruit Trifle S
 34 Ice Cream S V
 35 Peaches in Natural Juice ♥ S V
 36 Fresh Fruit - Apple ♥ V

SWEET SAUCES Please choose one item

- 37 -

MODIFIED TEXTURE MEAL If required choose one main course

- 38 C: Puree Beef & Gravy with Potatoes & Veg
 39 C: Puree Veg & Bean Cottage Pie with Potatoes & Veg V
 40 E: Fork Mashable Meal (please see separate menu) S

Dear Patient

YOUR MENU

The catering team hope that you will enjoy your meals during your stay with us.

Our aim is to provide you with good, nutritious food.

If you wish to speak to a member of the catering team please ask a nurse to arrange it.

Bernadette Baxter Catering Manager



Please remember to wash your hands before meal times.

Please feel free to ask the nursing staff if you require any assistance.

How to fill in your menu card

During your stay with us you will be given a separate menu card to complete for each meal. Make your choice by placing a cross in the box next to one item in each section. Mark the boxes for gravy or sauces only if you want them.

Please do not fill in this card if you are going to theatre or will be discharged prior to it being served.

Need help?

If you need help, a large print copy or a translation please ask your nurse.

Dietary Information

If you have been told to follow a specific diet, look for the symbol on the menu next to the dish.

Explanations of the dietary symbols are listed below. This dietary information is provided for guidance only, is based on standard portion sizes and should be used at your discretion.

The Trust Nutrition Policy is available on request from a member of the nursing staff.

- 🍏 Healthier Eating option - limited in fat and salt (and desserts limited in sugar).
- ⬆️ Higher Energy option - suitable for those whose appetite may be poor and need extra calories.
- 🍷 Softer option - for meals which are easier to chew.
- 🌿 Vegetarian option.

Special diets for cultural, gluten free, vegan, fork mashable, and allergy diets are available; please ask ward staff for a separate menu.

The 'Modified Texture C' and 'Modified Texture E' meals may be selected for patients with swallowing difficulties - if you are not sure, please ask the nursing staff.

Becketts restaurant

Mon - Fri

Breakfast 7.30am – 11.15am Lunch 11.30am – 2.30pm

Afternoon service 2.30pm – 7.30pm continues in Café Qualita

Sat - Sun

Breakfast 7.30am – 11.15am

Afternoon service 11.15am – 7.30pm continues in Café Qualita

Café Qualita

Mon – Fri open 8:00am – 7:30pm

8:00am – 2:30pm offering Costa Coffee, assorted cakes and snacks.

2:30pm – 7:30pm offering Costa Coffee, assorted cakes, a range of sandwiches and hot snacks.

Sat – Sun open 11.15am – 7.30pm

offering Costa Coffee, assorted cakes, a range of sandwiches and hot snacks.