



NHS
Salisbury
NHS Foundation Trust



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Sunday Lunch Week 1

NAME

WARD

D = Diabetic Diet **♥** = Healthy Option **V** = Vegetarian
H = High Protein/High Energy **E** = Easy Chew **G** = Gluten Free

Portion Size

SMALL ☐ MEDIUM ☐ LARGE ☐

■ Please fill in the box next to your choice like this

Choose one of the following

- 1 ☐ Orange Juice ♥ **VG**
2 ☐ Cream of Cauliflower Soup in a Mug **VDEHG**
3 ☐

Choose one Main Course

- 4 ☐ Vegetable & Lentil Stew (Vegan) ♥ **VDEG**
5 ☐ Roast Beef & Yorkshire Pudding **DH**
6 ☐ Fish Pie in a Parsley Sauce **DEH**
7 ☐ Wiltshire Cheddar Ploughman's & Crusty Roll ♥ **VD**
8 ☐ Tuna Mayo Sandwich/Brown **DH**
9 ☐ Hummus Salad Sandwich/White (Vegan) **VDH**

Small Appetite Meal - Served on a Small Plate

- 10 ☐ Fish Pie in a Parsley Sauce **DEH**

Choose two of the following

- 11 ☐ Broad Beans ♥ **VDG**
12 ☐ Carrots ♥ **VDEG**
13 ☐
14 ☐

Choose one of the following plus gravy

- 15 ☐ Mashed Potatoes **VDEG**
16 ☐ Roast Potatoes **VDG**
17 ☐ Gravy **VDEG**

Choose one Dessert Course

- 18 ☐ Reduced Sugar Semolina Pudding **VDEG**
19 ☐ Fresh Apple (in season) ♥ **VDG**
20 ☐ Fruit Jelly **VEGD**
21 ☐ Vanilla Ice Cream **VDEG**
22 ☐

Choose Mid Meal Snack

- 23 ☐ Cheese and Biscuits

- ☐ Ketchup ☐ Mustard ☐ Mayonnaise
☐ Salad Cream ☐ Vinegar ☐ Tartare Sauce

Optional

Jacket Potatoes with a limited range of fillings and Omelettes are available, please ask the ward team to order for you.

☐ Tick here to see a member of the Catering Team

For Ward Use Only

Red Tray ☐ Assistance Required ☐

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Choose two of the following

- 1 ☐ Cream of Potato & Leek Soup in a Mug **VDEHG**
2 ☐ Slice of White Bread **VDE**
3 ☐ Slice of Brown Bread ♥ **VDE**
4 ☐

Choose one of the following

- 5 ☐ Apple Juice ♥ **VG**
6 ☐ Orange Juice ♥ **VG**

Choose one of the following plus veg

- 7 ☐ Macaroni Cheese **VDEH**
8 ☐ Chilli Con Carne ♥ **DHE**
9 ☐ Side Salad **VDG**
10 ☐ White Rice ♥ **VDG**
11 ☐ Mixed Bean Salad ♥ **DG**
12 ☐ Cheese Omelette **VDEHG**
13 ☐ Jacket Potato & Baked Beans (Vegan) ♥ **DGV**
14 ☐ Tuna Mayo Sandwich/White **DH**
15 ☐ Hummus Salad Sandwich/Brown (Vegan) **VDH**
16 ☐ Ham Sandwich/Brown ♥ **D**
17 ☐ Ham Sandwich/White **D**

Choose one Dessert Course

- 18 ☐ Apple Crumble (in season) **VEH**
19 ☐ Custard **VEG**
20 ☐ Fresh Plum (in season) ♥ **VDG**
21 ☐ Fruit Jelly **VDEG**
22 ☐ Fruit Yogurt **VDEG**

Fresh Fruit and Snacks

Fresh fruit and snacks are available anytime.
Please ask your ward Nurse

- ☐ Ketchup ☐ Mustard ☐ Mayonnaise
☐ Salad Cream ☐ Vinegar ☐ Tartare Sauce

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Choose one of the following

- 1 ☐ Orange Juice ♥ VG
2 ☐ Rich Tomato Soup in a Mug ♥ VDEG
3 ☐

Choose one Main Course

- 4 ☐ Sweet Potato Bake (Vegan) ♥ VDE
5 ☐ Chicken Casserole ♥ DEH
6 ☐ Mild Beef Curry DHE
7 ☐ Egg Salad ♥ VDG
8 ☐ Tuna Sandwich/Brown ♥ D
9 ☐ Cheese Sandwich/White VDH

Small Appetite Meal - Served on a Small Plate

- 10 ☐ Chicken Casserole DEH

Choose two of the following

- 11 ☐ Cauliflower ♥ VDEG
12 ☐ Sweetcorn ♥ VDG
13 ☐ Side Salad ♥ VDG
14 ☐

Choose one of the following plus gravy

- 15 ☐ Pilau Rice ♥ VDG
16 ☐ Parsley Potatoes VDEG
17 ☐ Gravy VDEG

Choose one Dessert Course

- 18 ☐ Strawberry Mousse VEH
19 ☐
20 ☐ Fresh Apple (in season) ♥ VDG
21 ☐ Fruit Jelly VDEG
22 ☐ Vanilla Ice Cream VDEG

Choose Mid Meal Snack

- 23 ☐ Fruit Flapjack

- ☐ Ketchup ☐ Mustard ☐ Mayonnaise
☐ Salad Cream ☐ Vinegar ☐ Tartare Sauce

Optional

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Choose two of the following

- 1 ☐ Vegetable Soup in a Mug ♥ VDEG
2 ☐ Slice of White Bread VDE
3 ☐ Slice of Brown Bread ♥ VDE
4 ☐

Choose one of the following

- 5 ☐ Apple Juice ♥ VG
6 ☐ Orange Juice ♥ VG

Choose one of the following plus veg

- 7 ☐ Meat Free Sausages (Vegan) VD
8 ☐ Pork and Apple Casserole DHE
9 ☐ Baked Beans ♥ VD
10 ☐ Parsley Potatoes VDEG
11 ☐ Turkey Salad ♥ DG
12 ☐ Plain Omelette VDEHG
13 ☐ Jacket Potato with Cheese ♥ VDG
14 ☐ Tuna Sandwich/White D
15 ☐ Cheese Sandwich/Brown VDH
16 ☐ Chicken Mayo Sandwich/Brown ♥ DH
17 ☐ Chicken Mayo Sandwich/White DH

Choose one Dessert Course

- 18 ☐ Plum Crumble ♥ VHEG
19 ☐ Reduced Sugar Custard VDEG
20 ☐ Yoghurt VEHG
21 ☐ Fresh Pear (in season) VG
22 ☐

Fresh Fruit and Snacks

Fresh fruit and snacks are available anytime.
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- ☐ Ketchup ☐ Mustard ☐ Mayonnaise
☐ Salad Cream ☐ Vinegar ☐ Tartare Sauce

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Tuesday
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Portion Size

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☐ Please fill in the box next to your choice like this

Choose one of the following

- 1 ☐ Orange Juice ♥ VG
 2 ☐ Mushroom Soup in a Mug VDEG
 3 ☐

Choose one Main Course

- 4 ☐ Vegetable Ratatouille (Vegan) VDG
 5 ☐ Creamy Chicken & Coriander Stew DEH
 6 ☐ Honey Glazed Roast Gammon DHG
 7 ☐ Cheese Salad DHG
 8 ☐ Tuna Mayo Sandwich/Brown DEH
 9 ☐ Cheese Sandwich/White VDH

Small Appetite Meal - Served on a Small Plate

- 10 ☐ Creamy Chicken & Coriander Stew DEH

Choose two of the following

- 11 ☐ Cabbage (in season) ♥ VDEG
 12 ☐ Mixed Vegetables ♥ VDG
 13 ☐
 14 ☐

Choose one of the following plus Gravy

- 15 ☐ Roasted New Potatoes VD
 16 ☐ Parsley Potatoes ♥ VDEG
 17 ☐ Gravy VDEG

Choose one Dessert Course

- 18 ☐ Reduced Sugar Semolina Pudding VDE
 19 ☐ Fresh Satsuma ♥ VDG
 20 ☐ Vanilla Ice Cream VDEG
 21 ☐ Fruit Jelly VDEG
 22 ☐ Fresh Fruit Salad ♥ VDG

Choose Mid Meal Snack

- 23 ☐ Hummus and Cucumber

- ☐ Ketchup ☐ Mustard ☐ Mayonnaise
☐ Salad Cream ☐ Vinegar ☐ Tartare Sauce

Optional

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Portion Size

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☐ Please fill in the box next to your choice like this

Choose two of the following

- 1 ☐ Minted Pea Soup in a Mug VDEHG
 2 ☐ Slice of White Bread VDE
 3 ☐ Slice of Brown Bread ♥ VDE
 4 ☐

Choose one of the following

- 5 ☐ Apple Juice ♥ VG
 6 ☐ Orange Juice ♥ VG

Choose one of the following plus veg

- 7 ☐ Veg Cottage Pie with Cheese (Vegan) VDEG
 8 ☐ Cottage Pie DHE
 9 ☐ Side Salad ♥ VDG
 10 ☐ Chicken & Bacon Salad ♥ DG
 11 ☐ Cheese Omelette VDEHG
 12 ☐ Jacket Potato with Baked Beans (Vegan) DGV
 13 ☐ Tuna Mayo Sandwich/White DHG
 14 ☐ Cheese Sandwich/Brown VDH
 15 ☐ Ham Sandwich/Brown ♥ DH
 16 ☐ Ham Sandwich/White DH
 17 ☐

Choose one Dessert Course

- 18 ☐ Apple Crumble (in season) VEH
 19 ☐ Custard VDH
 20 ☐ Fruit Yoghurt VEG
 21 ☐ Fresh Plum (in season) ♥ VDG
 22 ☐ Fruit Jelly VE

Fresh Fruit and Snacks

 Fresh fruit and snacks are available anytime.
 Please ask your ward Nurse

- ☐ Ketchup ☐ Mustard ☐ Mayonnaise
☐ Salad Cream ☐ Vinegar ☐ Tartare Sauce

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Wednesday
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Portion
Size

 SMALL ☐ MEDIUM ☐ LARGE ☐

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Choose one of the following

- 1 ☐ Orange Juice ♥ VG
 2 ☐ Broccoli & Stilton Soup in a Mug VDEG
 3 ☐

Choose one Main Course

- 4 ☐ Bean & Vegetable Bake (Vegan) VDE
 5 ☐ Steamed Fish in Tomato Sauce ♥ DE
 6 ☐ Beef Lasagne DEH
 7 ☐ Ham Salad ♥ DG
 8 ☐ Tuna Sandwich/Brown DH
 9 ☐ Cheese Sandwich/White VDH

Small Appetite Meal - Served on a Small Plate

- 10 ☐ Steamed Fish in Tomato Sauce ♥ DE

Choose two of the following

- 11 ☐ Carrots ♥ VDEG
 12 ☐ Peas (in season) ♥ VDG
 13 ☐
 14 ☐

Choose one of the following plus Gravy

- 15 ☐ Boiled Potatoes VDEG
 16 ☐ Mashed Potatoes VDEG
 17 ☐ Gravy VDEG

Choose one Dessert Course

- 18 ☐ Reduced Sugar Rice Pudding VDEG
 19 ☐ Fresh Apple (in season) ♥ VDG
 20 ☐ Fruit Yoghurt VEG
 21 ☐ Fresh Banana DEG
 22 ☐

Choose Mid Meal Snack

- 23 ☐ Cheese and Biscuits

- ☐ Ketchup ☐ Mustard ☐ Mayonnaise
☐ Salad Cream ☐ Vinegar ☐ Tartare Sauce

Optional

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■ Please fill in the box next to your choice like this

Choose two of the following

- 1 ☐ Cream of Tomato Soup in a Mug VDEG
 2 ☐ Slice of White Bread VDE
 3 ☐ Slice of Brown Bread ♥ VDE
 4 ☐

Choose one of the following

- 5 ☐ Apple Juice ♥ VG
 6 ☐ Orange Juice ♥ VG

Choose one of the following plus veg

- 7 ☐ Vegetable and Lentil Chilli (Vegan) VDEG
 8 ☐ Mildly Spiced Tomato Chicken Pasta DHE
 9 ☐ Side Salad ♥ VDG
 10 ☐ Tuna Mayonnaise Salad ♥ DG
 11 ☐ Plain Omelette VDEHG
 12 ☐ Jacket Potato with Cheese ♥ VDG
 13 ☐ Tuna Sandwich/White DH
 14 ☐ Cheese Sandwich/Brown VDH
 15 ☐ Egg Mayo Sandwich/Brown VD
 16 ☐ Egg Mayo Sandwich/White VD
 17 ☐

Choose one Dessert Course

- 18 ☐ Pear Crumble (in season) VHE
 19 ☐ Fruit Jelly VDEG
 20 ☐ Reduced Sugar Custard ♥ VDG
 21 ☐ Vanilla Ice Cream VDEG
 22 ☐ Fresh Pear (in season) VDG

Fresh Fruit and Snacks

Fresh fruit and snacks are available anytime.
 Please ask your ward Nurse

- ☐ Ketchup ☐ Mustard ☐ Mayonnaise
☐ Salad Cream ☐ Vinegar ☐ Tartare Sauce

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Thursday Lunch Week 1

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Choose one of the following

- 1 ☐ Orange Juice ♥ VG
2 ☐ White Onion Soup in a Mug ♥ VDEG
3 ☐

Choose one Main Course

- 4 ☐ Mild Sweet Potato & Lentil Curry (Vegan) ♥ VDEG
5 ☐ Pork in Mustard Sauce DH
6 ☐ Roast Chicken DEH
7 ☐ Smoked Mackerel Salad ♥ D
8 ☐ Cheese Sandwich/Brown VDH
9 ☐ Ham Sandwich/White D

Small Appetite Meal - Served on a Small Plate

- 10 ☐ Roast Chicken DH

Choose two of the following plus Gravy

- 11 ☐ Swede (in season) ♥ VDEG
12 ☐ Broccoli ♥ VDEG
13 ☐
14 ☐ Gravy VDEG

Choose one of the following

- 15 ☐ Aromatic White Rice VDG
16 ☐ Mashed Potatoes VDEG
17 ☐ Roast Potatoes VDG

Choose one Dessert Course

- 18 ☐ Reduced Sugar Semolina Pudding VDE
19 ☐ Fresh Apple (in season) ♥ VDG
20 ☐ Fruit Jelly VDE
21 ☐ Vanilla Ice Cream VDE
22 ☐

Choose Mid Meal Snack

- 23 ☐ Fruit Flapjack

- ☐ Ketchup ☐ Mustard ☐ Mayonnaise
☐ Salad Cream ☐ Vinegar ☐ Tartare Sauce

Optional

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■ Please fill in the box next to your choice like this

Choose two of the following

- 1 ☐ Creamy of Mushroom Soup in a Mug VDEG
2 ☐ Slice of White Bread VDE
3 ☐ Slice of Brown Bread ♥ VDE
4 ☐

Choose one of the following

- 5 ☐ Apple Juice ♥ VG
6 ☐ Orange Juice ♥ VG

Choose one of the following plus veg

- 7 ☐ Cheese & Onion Quiche - Served Hot VEH
8 ☐ Wiltshire Ham Pie in Shortcrust Pastry DH
9 ☐ Side Salad ♥ VDG
10 ☐ Ham Salad ♥ DG
11 ☐ Cheese Omelette VDEHG
12 ☐ Jacket Potato with Hummus & Peppers (Vegan) VDE
13 ☐ Cheese Sandwich/White VDEH
14 ☐ Hummus Salad Sandwich/Brown VDH
15 ☐ Hummus Salad Sandwich/White VDH
16 ☐ Ham Sandwich/Brown D
17 ☐

Choose one Dessert Course

- 18 ☐ Eton Mess VEH
19 ☐ Chocolate Mousse VDH
20 ☐ Fresh Plum (in season) ♥ VDG
21 ☐ Fruit Yoghurt VEHG
22 ☐ Reduced Sugar Yoghurt ♥ VDEG

Fresh Fruit and Snacks

Fresh fruit and snacks are available anytime.
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- ☐ Ketchup ☐ Mustard ☐ Mayonnaise
☐ Salad Cream ☐ Vinegar ☐ Tartare Sauce

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Portion
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 SMALL ☐ MEDIUM ☐ LARGE ☐
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Choose one of the following

- 1 ☐ Orange Juice ♥ VG
 2 ☐ Roast Vegetable & Lentil Soup in a Mug ♥ VDEG
 3 ☐

Choose one Main Course

- 4 ☐ Vegetable Sweet & Sour (Vegan) VDEG
 5 ☐ Battered White Fish and Lemon DH
 6 ☐ Beef & Mushroom Hot Pot DH
 7 ☐ Chicken Caesar Salad ♥ VD
 8 ☐ Tuna Mayonnaise Sandwich/Brown DH
 9 ☐ Cheese Sandwich/White VDH

Small Appetite Meal - Served on a Small Plate

- 10 ☐ Beef & Mushroom Hot Pot DH

Choose two of the following plus Gravy

- 11 ☐ Cauliflower ♥ VDEG
 12 ☐ Peas ♥ VDEG
 13 ☐
 14 ☐ Gravy VDEG

Choose one of the following

- 15 ☐ Mashed Potatoes VDEG
 16 ☐ Chipped Potatoes VDH
 17 ☐ Rice VDG

Choose one Dessert Course

- 18 ☐ Blackberry & Apple Crumble (in season) VEH
 19 ☐ Reduced Sugar Custard VDH
 20 ☐ Fresh Pear (in season) ♥ VDG
 21 ☐ Vanilla Ice Cream VDEG
 22 ☐ Fruit Jelly VDEG

Choose Mid Meal Snack

- 23 ☐ Hummus and Cucumber

- ☐ Ketchup ☐ Mustard ☐ Mayonnaise
☐ Salad Cream ☐ Vinegar ☐ Tartare Sauce

Optional

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Portion
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☐ Please fill in the box next to your choice like this

Choose two of the following

- 1 ☐ Cream of Parsnip Soup in a Mug VDEG
 2 ☐ Slice of White Bread VDE
 3 ☐ Slice of Brown Bread ♥ VDE
 4 ☐

Choose one of the following

- 5 ☐ Apple Juice ♥ VG
 6 ☐ Orange Juice ♥ VG

Choose one of the following plus veg

- 7 ☐ Vegetable Lentil Spaghetti Bolognese (Vegan) ♥ VDE
 8 ☐ Mild Chicken Curry DHE
 9 ☐ White Rice ♥ VDG
 10 ☐ Side Salad ♥ VDG
 11 ☐ Cheese Salad ♥ DG
 12 ☐ Plain Omelette VDEHG
 13 ☐ Jacket Potato with Tuna ♥ DG
 14 ☐ Tuna Mayonnaise Sandwich/White DH
 15 ☐ Cheese Sandwich/Brown VDH
 16 ☐ Chicken Mayo Sandwich/Brown ♥ D
 17 ☐ Chicken Mayo Sandwich/White D

Choose one Dessert Course

- 18 ☐ Reduced Sugar Rice Pudding VDEG
 19 ☐ Fresh Apple (in season) ♥ VDG
 20 ☐ Fresh Banana VDH
 21 ☐ Vanilla Ice Cream VDEG
 22 ☐

Fresh Fruit and Snacks

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 Please ask your ward Nurse

- ☐ Ketchup ☐ Mustard ☐ Mayonnaise
☐ Salad Cream ☐ Vinegar ☐ Tartare Sauce

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Saturday Lunch Week 1

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Portion Size

SMALL ☐ MEDIUM ☐ LARGE ☐

■ Please fill in the box next to your choice like this

Choose one of the following

- 1 ☐ Orange Juice **♥ VG**
2 ☐ Potato and Leek Soup in a Mug **♥ VDEG**
3 ☐

Choose one Main Course

- 4 ☐ Lentil & Vegetable Stew (Vegan) **♥ DEVG**
5 ☐ Braised Beef with Onion & Beer **DEH**
6 ☐ White Fish in Parsley Sauce **♥ DEH**
7 ☐ Egg & Spinach Salad **VDG**
8 ☐ Ham Sandwich/Brown **D**
9 ☐ Egg Mayo Sandwich/White **VD**

Small Appetite Meal - Served on a Small Plate

- 10 ☐ Braised Beef with Onion & Beer **DEH**

Choose two of the following

- 11 ☐ Carrots **♥ VDEG**
12 ☐ Broad Beans **♥ VDG**
13 ☐
14 ☐

Choose one of the following plus Gravy

- 15 ☐ Mashed Potatoes **VDEG**
16 ☐ Boiled Potatoes **VDEG**
17 ☐ Gravy **VDEG**

Choose one Dessert Course

- 18 ☐ Chocolate Mousse **VEH**
19 ☐
20 ☐ Vanilla Ice Cream **VDEG**
21 ☐ Fruit Jelly **VDEG**
22 ☐ Banana **DEG**

Choose Mid Meal Snack

- 23 ☐ Satsuma

- ☐ Ketchup ☐ Mustard ☐ Mayonnaise
☐ Salad Cream ☐ Vinegar ☐ Tartare Sauce

Optional

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■ Please fill in the box next to your choice like this

Choose two of the following

- 1 ☐ Cream of Carrot & Coriander Soup in a Mug **VDEHG**
2 ☐ Slice of White Bread **VDE**
3 ☐ Slice of Brown Bread **♥ VDE**
4 ☐

Choose one of the following

- 5 ☐ Apple Juice **♥ VG**
6 ☐ Orange Juice **♥ VG**

Choose one of the following plus veg

- 7 ☐ Vegetable Cottage Pie (Vegan) **♥ VDEG**
8 ☐ Sweet & Sour Chicken **HG**
9 ☐ White Rice **♥ VDG**
10 ☐ Side Salad **♥ VDG**
11 ☐ Beef Salad **♥ DG**
12 ☐ Cheese Omelette **VDEHG**
13 ☐ Jacket Potato Baked Beans (Vegan) **♥ DG**
14 ☐ Ham Sandwich/White **D**
15 ☐ Cheese Sandwich/Brown **DH**
16 ☐ Cheese Sandwich/White **DH**
17 ☐ Egg Mayo Sandwich/Brown **♥ VD**

Choose one Dessert Course

- 18 ☐ Reduced Sugar Semolina Pudding **VDE**
19 ☐ Fruit Jelly **VDH**
20 ☐ Fresh Apple (in season) **♥ VDG**
21 ☐ Reduced Sugar Yoghurt **♥ VDEG**
22 ☐

Fresh Fruit and Snacks

Fresh fruit and snacks are available anytime.
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- ☐ Ketchup ☐ Mustard ☐ Mayonnaise
☐ Salad Cream ☐ Vinegar ☐ Tartare Sauce

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Sunday Lunch Week 2

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Portion Size

SMALL ☐ MEDIUM ☐ LARGE ☐

■ Please fill in the box next to your choice like this

Choose one of the following

- 1 ☐ Orange Juice ♥ VG
2 ☐ Pea & Watercress Soup in a Mug ♥ VDEG
3 ☐

Choose one Main Course

- 4 ☐ Mixed Bean Lasagne (Vegan) VDE
5 ☐ Roast Turkey & Stuffing DH
6 ☐ Grilled Sausages DH
7 ☐ Mixed Bean & Feta Cheese Salad VDG
8 ☐ Tuna Mayonnaise Sandwich/Brown DH
9 ☐ Cheese Sandwich/White VDH

Small Appetite Meal - Served on a Small Plate

- 10 ☐ Roast Turkey & Stuffing DH

Choose two of the following

- 11 ☐ Cauliflower ♥ VDEG
12 ☐ Peas ♥ VDEG
13 ☐
14 ☐

Choose one of the following plus Gravy

- 15 ☐ Mashed Potatoes VDEG
16 ☐ Roast Potatoes VDG
17 ☐ Gravy VDEG

Choose one Dessert Course

- 18 ☐ Rice Pudding Reduced Sugar VEHD
19 ☐ Fruit Yoghurt VEHG
20 ☐ Reduced Sugar Yoghurt ♥ VDEG
21 ☐ Fresh Pear (in season) ♥ VDG
22 ☐ Vanilla Ice Cream VDEG

Choose Mid Meal Snack

- 23 ☐ Cheese and Biscuits

- ☐ Ketchup ☐ Mustard ☐ Mayonnaise
☐ Salad Cream ☐ Vinegar ☐ Tartare Sauce

Optional

Jacket Potatoes with a limited range of fillings and Omelettes are available, please ask the ward team to order for you.

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NAME

WARD

D = Diabetic Diet ♥ = Healthy Option V = Vegetarian
H = High Protein/High Energy E = Easy Chew G = Gluten Free

Portion Size

SMALL ☐ MEDIUM ☐ LARGE ☐

■ Please fill in the box next to your choice like this

Choose two of the following

- 1 ☐ Butternut, Butterbean & Ginger Soup in a Mug VDEHG
2 ☐ Slice of White Bread VDE
3 ☐ Slice of Brown Bread ♥ VDE
4 ☐

Choose one of the following

- 5 ☐ Apple Juice ♥ VG
6 ☐ Orange Juice ♥ VG

Choose one of the following plus veg

- 7 ☐ Sweet Potato & Vegetable Bake (Vegan) VDE
8 ☐ Minced Beef & Onion Pie with Pastry Top DH
9 ☐ Parsley Potatoes VDEG
10 ☐ Side Salad ♥ VDG
11 ☐ Ham Salad ♥ DG
12 ☐ Plain Omelette VDEHG
13 ☐ Jacket Potato & Tuna ♥ DG
14 ☐ Tuna Mayonnaise Sandwich/White DH
15 ☐ Cheese Sandwich/Brown VDH
16 ☐ Chicken Mayo Sandwich/Brown ♥ D
17 ☐ Chicken Mayo Sandwich/White D

Choose one Dessert Course

- 18 ☐ Strawberry Mousse VDEG
19 ☐ Fresh Apple (in season) ♥ VDG
20 ☐ Fruit Jelly VDEG
21 ☐ Vanilla Ice Cream VDEG
22 ☐

Fresh Fruit and Snacks

Fresh fruit and snacks are available anytime.
Please ask your ward Nurse

- ☐ Ketchup ☐ Mustard ☐ Mayonnaise
☐ Salad Cream ☐ Vinegar ☐ Tartare Sauce

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Monday
Lunch Week 2

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Portion Size

 SMALL ☐ MEDIUM ☐ LARGE ☐

■ Please fill in the box next to your choice like this

Choose one of the following

- 1 ☐ Orange Juice ♥ VG
 2 ☐ Cream of Carrot Soup in a Mug VDEG
 3 ☐

Choose one Main Course

- 4 ☐ Courgette & Mushroom Pasta Bake (Vegan) VDE
 5 ☐ Beef and Vegetable Stew DEH
 6 ☐ Sweet & Sour Pork EG
 7 ☐ Apple & Cheddar Salad VDHG
 8 ☐ Tuna Sandwich/Brown ♥ D
 9 ☐ Egg Mayo Sandwich/White VDH

Small Appetite Meal - Served on a Small Plate

- 10 ☐ Sweet & Sour Pork EG

Choose two of the following

- 11 ☐ Green Beans ♥ VDG
 12 ☐ Carrots ♥ VDEG
 13 ☐
 14 ☐

Choose one of the following plus Gravy

- 15 ☐ White Rice ♥ VDG
 16 ☐ Boiled Potatoes ♥ VDEG
 17 ☐ Gravy VDEG

Choose one Dessert Course

- 18 ☐ Pear Crumble VH
 19 ☐ Reduced Sugar Custard VDH
 20 ☐ Fresh Plum (in season) ♥ VDG
 21 ☐ Fruit Jelly VDEG
 22 ☐ Vanilla Ice Cream EVDG

Choose Mid Meal Snack

- 23 ☐ Fruit Flapjack

- ☐ Ketchup ☐ Mustard ☐ Mayonnaise
☐ Salad Cream ☐ Vinegar ☐ Tartare Sauce

Optional

Jacket Potatoes with a limited range of fillings and Omelettes are available, please ask the ward team to order for you.

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Monday
Supper Week 2

NAME

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Portion Size

 SMALL ☐ MEDIUM ☐ LARGE ☐

■ Please fill in the box next to your choice like this

Choose two of the following

- 1 ☐ Vegetable Soup in a Mug ♥ VDEG
 2 ☐ Slice of White Bread VDE
 3 ☐ Slice of Brown Bread ♥ VDE
 4 ☐

Choose one of the following

- 5 ☐ Apple Juice ♥ VG
 6 ☐ Orange Juice ♥ VG

Choose one of the following plus veg

- 7 ☐ Vegetable Roasted with Tofu (Vegan) VDEH
 8 ☐ Braised Chicken & Butternut Squash DHE
 9 ☐ Boiled Potato ♥ VDE
 10 ☐ Side Salad ♥ VDG
 11 ☐ Tuna Salad ♥ DG
 12 ☐ Cheese Omelette VDEHG
 13 ☐ Jacket Potato with Cheese ♥ VDG
 14 ☐ Tuna Sandwich/White D
 15 ☐ Egg Mayonnaise Sandwich/Brown VDH
 16 ☐ Ham Sandwich/Brown ♥ D
 17 ☐ Ham Sandwich/White D

Choose one Dessert Course

- 18 ☐ Reduced Sugar Semolina Pudding VDS
 19 ☐ Fresh Banana ♥ VEHG
 20 ☐ Vanilla Ice Cream VDEG
 21 ☐ Chocolate Mousse ♥ VGE
 22 ☐

Fresh Fruit and Snacks

Fresh fruit and snacks are available anytime.
 Please ask your ward Nurse

- ☐ Ketchup ☐ Mustard ☐ Mayonnaise
☐ Salad Cream ☐ Vinegar ☐ Tartare Sauce

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Tuesday Lunch Week 2

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Portion Size

SMALL ☐ MEDIUM ☐ LARGE ☐

■ Please fill in the box next to your choice like this

Choose one of the following

- 1 ☐ Orange Juice ♥ VG
2 ☐ Cream of White Bean & Thyme Soup in a Mug ♥ VDEG
3 ☐

Choose one Main Course

- 4 ☐ Mixed Bean Casserole (Vegan) ♥ VD
5 ☐ Roast Chicken DH
6 ☐ Liver and Bacon Casserole DEH
7 ☐ Cheese & Coleslaw Salad VDG
8 ☐ Chicken Mayo Sandwich/Brown DH
9 ☐ Cheese Sandwich/White VDH

Small Appetite Meal - Served on a Small Plate

- 10 ☐ Liver and Bacon Casserole DEH

Choose two of the following

- 11 ☐ Sweetcorn ♥ VDG
12 ☐ Cabbage (in season) ♥ VDEG
13 ☐
14 ☐

Choose one of the following plus Gravy

- 15 ☐ Roast Potatoes VDG
16 ☐ Mashed Potatoes VDEG
17 ☐ Gravy VDEG

Choose one Dessert Course

- 18 ☐ Sticky Toffee Pudding VEH
19 ☐ Custard VDHE
20 ☐ Fresh Apple (in season) ♥ VDG
21 ☐ Fruit Yoghurt VDEG
22 ☐ Reduced Sugar Yoghurt DEG

Choose Mid Meal Snack

- 23 ☐ Hummus and Cucumber

- ☐ Ketchup ☐ Mustard ☐ Mayonnaise
☐ Salad Cream ☐ Vinegar ☐ Tartare Sauce

Optional

Jacket Potatoes with a limited range of fillings and Omelettes are available, please ask the ward team to order for you.

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Portion Size

SMALL ☐ MEDIUM ☐ LARGE ☐

■ Please fill in the box next to your choice like this

Choose two of the following

- 1 ☐ Cream of Tomato Soup in a Mug VDEG
2 ☐ Slice of White Bread VDE
3 ☐ Slice of Brown Bread ♥ VDE
4 ☐

Choose one of the following

- 5 ☐ Apple Juice ♥ VG
6 ☐ Orange Juice ♥ VG

Choose one of the following plus veg

- 7 ☐ Butternut Squash & Mushroom Bake (Vegan) VDE
8 ☐ Tender Pork & Apple Sage Crumble DH
9 ☐ Side Salad ♥ VDG
10 ☐ Boiled Potatoes VD
11 ☐ Beef Salad ♥ DG
12 ☐ Plain Omelette VDEHG
13 ☐ Jacket Potato with Tuna Mayonnaise ♥ DG
14 ☐ Chicken Mayo Sandwich/ White VDH
15 ☐ Hummus Salad Sandwich/Brown VDH
16 ☐ Hummus Salad Sandwich/White DHV
17 ☐ Cheese Sandwich/Brown VDH

Choose one Dessert Course

- 18 ☐ Rice Pudding VEG
19 ☐ Fruit Jelly VDEG
20 ☐ Plum (in season) ♥ VDG
21 ☐ Strawberry Mousse DEG
22 ☐ Vanilla Ice Cream VDEG

Fresh Fruit and Snacks

Fresh fruit and snacks are available anytime.
Please ask your ward Nurse

- ☐ Ketchup ☐ Mustard ☐ Mayonnaise
☐ Salad Cream ☐ Vinegar ☐ Tartare Sauce

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**Wednesday
Lunch Week 2**

NAME

WARD

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Size**SMALL ☐ MEDIUM ☐ LARGE ☐

■ Please fill in the box next to your choice like this

Choose one of the following

- 1 ☐ Orange Juice ♥ VG
 2 ☐ Cheesy Leek & Mustard Soup in a Mug VDEG
 3 ☐

Choose one Main Course

- 4 ☐ Vegetable and Chick Pea Chilli (Vegan) ♥ VDE
 5 ☐ Mild Chicken Curry DH
 6 ☐ Poached Fish in Parsley Sauce DHE
 7 ☐ Mixed Bean & Feta Cheese Salad VDHG
 8 ☐ Cheese Sandwich/Brown DHV
 9 ☐ Egg Mayonnaise Sandwich/White VDH
 Small Appetite Meal - Served on a Small Plate

- 10 ☐ Poached Fish in Parsley Sauce DHE

Choose two of the following plus Gravy

- 11 ☐ Cauliflower VEG
 12 ☐ Mixed Vegetables ♥ VDG
 13 ☐ Side Salad ♥ VDG
 14 ☐ Gravy VDEG

Choose one of the following

- 15 ☐ White Rice ♥ VDG
 16 ☐ Mashed Potatoes VDEG
 17 ☐ Roast Potatoes VDG

Choose one Dessert Course

- 18 ☐ Reduced Sugar Rice Pudding DVEH
 19 ☐ Fresh Pear (in season) ♥ VDEG
 20 ☐ Vanilla Ice Cream DEG
 21 ☐ Fruit Jelly DEG
 22 ☐

Choose Mid Meal Snack

- 23 ☐ Cheese and Biscuits

- ☐ Ketchup ☐ Mustard ☐ Mayonnaise
☐ Salad Cream ☐ Vinegar ☐ Tartare Sauce

Optional

Jacket Potatoes with a limited range of fillings and Omelettes are available, please ask the ward team to order for you.

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Size**SMALL ☐ MEDIUM ☐ LARGE ☐

■ Please fill in the box next to your choice like this

Choose two of the following

- 1 ☐ Sweet Potato & Coconut Soup in a Mug VDEG
 2 ☐ Slice of White Bread VDE
 3 ☐ Slice of Brown Bread ♥ VDE
 4 ☐

Choose one of the following

- 5 ☐ Apple Juice ♥ VG
 6 ☐ Orange Juice ♥ VG

Choose one of the following plus veg

- 7 ☐ Vegetable Lasagne (Vegan) ♥ VDE
 8 ☐ Grilled Sausages DH
 9 ☐ Baked Beans ♥ VD
 10 ☐ Sauté Potatoes ♥ D
 11 ☐ Ham Salad DHG
 12 ☐ Jacket Potato with Coleslaw ♥ DG
 13 ☐ Cheese Sandwich/White DHV
 14 ☐ Egg Mayonnaise Sandwich/Brown VDH
 15 ☐ Ham Sandwich/Brown ♥ D
 16 ☐ Ham Sandwich/White D
 17 ☐

Choose one Dessert Course

- 18 ☐ Eton Mess VDEG
 19 ☐ Fruit Jelly VDH
 20 ☐ Fresh Apple (in season) ♥ VDG
 21 ☐ Vanilla Ice Cream VDEG
 22 ☐

Fresh Fruit and Snacks

Fresh fruit and snacks are available anytime.
Please ask your ward Nurse

- ☐ Ketchup ☐ Mustard ☐ Mayonnaise
☐ Salad Cream ☐ Vinegar ☐ Tartare Sauce

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Thursday Lunch Week 2

NAME

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Portion Size

SMALL ☐ MEDIUM ☐ LARGE ☐

■ Please fill in the box next to your choice like this

Choose one of the following

- 1 ☐ Orange Juice ♥ VG
2 ☐ Creamy Carrot & Coriander Soup in a Mug ♥ VDEHG
3 ☐

Choose one Main Course

- 4 ☐ Vegetable Curry (Vegan) VDEH
5 ☐ Roast Gammon DH
6 ☐ Cottage Pie DEH
7 ☐ Cheese & Broccoli Quiche Salad ♥ D
8 ☐ Tuna Sandwich/Brown D
9 ☐ Cheese Sandwich/White VDH

Small Appetite Meal - Served on a Small Plate

- 10 ☐ Cottage Pie DEH

Choose two of the following plus Gravy

- 11 ☐ Broccoli (in season) ♥ VDEG
12 ☐ Carrots ♥ VDG
13 ☐
14 ☐ Gravy VDEG

Choose one of the following

- 15 ☐ Mashed Potatoes VDEG
16 ☐ Roast Potatoes VDG
17 ☐ Rice VDG

Choose one Dessert Course

- 18 ☐ Chocolate Mousse VEH
19 ☐ Fruit Jelly VE
20 ☐ Vanilla Ice Cream VEG
21 ☐ Fresh Satsuma ♥ VDG
22 ☐

Choose Mid Meal Snack

- 23 ☐ Fruit Flapjack

- ☐ Ketchup ☐ Mustard ☐ Mayonnaise
☐ Salad Cream ☐ Vinegar ☐ Tartare Sauce

Optional

Jacket Potatoes with a limited range of fillings and Omelettes are available, please ask the ward team to order for you.

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Portion Size

SMALL ☐ MEDIUM ☐ LARGE ☐

■ Please fill in the box next to your choice like this

Choose two of the following

- 1 ☐ Cream of Celery Soup in a Mug VDEHG
2 ☐ Slice of White Bread VDE
3 ☐ Slice of Brown Bread ♥ VDE
4 ☐

Choose one of the following

- 5 ☐ Apple Juice ♥ VG
6 ☐ Orange Juice ♥ VG

Choose one of the following plus veg

- 7 ☐ Vegetable Pasty (Vegan) VH
8 ☐ Spaghetti Bolognese DEH
9 ☐ Side Salad ♥ VD
10 ☐ Tuna Mayonnaise Salad ♥ DG
11 ☐ Plain Omelette VDEHG
12 ☐ Jacket Potato with Coronation Chicken DG
13 ☐ Tuna Sandwich/White DH
14 ☐ Cheese Sandwich/Brown VDH
15 ☐ Ham Sandwich/Brown ♥ D
16 ☐ Ham Sandwich/White D
17 ☐

Choose one Dessert Course

- 18 ☐ Semolina Pudding VEH
19 ☐ Fruit Jelly VDH
20 ☐ Fresh Apple (in season) ♥ VDG
21 ☐ Fruit Yoghurt VEHG
22 ☐ Reduced Sugar Yoghurt ♥ VDEG

Fresh Fruit and Snacks

Fresh fruit and snacks are available anytime.
Please ask your ward Nurse

- ☐ Ketchup ☐ Mustard ☐ Mayonnaise
☐ Salad Cream ☐ Vinegar ☐ Tartare Sauce

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Friday
Lunch Week 2

NAME

WARD

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Portion
Size

 SMALL ☐ MEDIUM ☐ LARGE ☐
☐ Please fill in the box next to your choice like this

 Choose one of the following

- 1 ☐ Orange Juice **♥ VG**
 2 ☐ Vegetable and Herb Soup in a Mug **♥ VDEG**
 3 ☐

 Choose one Main Course

- 4 ☐ Lentil & Aubergine Bake (Vegan) **VDHE**
 5 ☐ Battered White Fish and Lemon **DH**
 6 ☐ Steak & Kidney Pie **DH**
 7 ☐ Chicken & Bacon Salad **♥ DG**
 8 ☐ Tuna Mayonnaise Sandwich/Brown **DH**
 9 ☐ Cheese Sandwich/White **VD**

Small Appetite Meal - Served on a Small Plate

- 10 ☐ Steak & Kidney Pie **DH**

 Choose two of the following

- 11 ☐ Peas **♥ VDEG**
 12 ☐ Sweetcorn **♥ VDG**
 13 ☐
 14 ☐

 Choose one of the following plus Gravy

- 15 ☐ Mashed Potatoes **VDEG**
 16 ☐ Chipped Potatoes **VDH**
 17 ☐ Gravy **VDSG**

 Choose one Dessert Course

- 18 ☐ Reduced Sugar Rice Pudding **VDEG**
 19 ☐ Fruit Yoghurt **VEHG**
 20 ☐ Reduced Sugar Yoghurt **♥ VDEG**
 21 ☐ Fresh Pear (in season) **♥ VDG**
 22 ☐ Vanilla Ice Cream **VDEG**

Choose Mid Meal Snack

- 23 ☐ Hummus and Cucumber

- ☐ Ketchup ☐ Mustard ☐ Mayonnaise
☐ Salad Cream ☐ Vinegar ☐ Tartare Sauce

Optional

Jacket Potatoes with a limited range of fillings and Omelettes are available, please ask the ward team to order for you.

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Portion
Size

 SMALL ☐ MEDIUM ☐ LARGE ☐
☐ Please fill in the box next to your choice like this

 Choose two of the following

- 1 ☐ Cream of Spinach Soup in a Mug **VDEG**
 2 ☐ Slice of White Bread **VDE**
 3 ☐ Slice of Brown Bread **♥ VDE**
 4 ☐

 Choose one of the following

- 5 ☐ Apple Juice **♥ VG**
 6 ☐ Orange Juice **♥ VG**

 Choose one of the following plus veg

- 7 ☐ Tomato & Herb Cheese Pasta Bake (Vegan) **VDE**
 8 ☐ Mild Beef Curry **DEH**
 9 ☐ White Rice **♥ VDG**
 10 ☐ Side Salad **♥ VG**
 11 ☐ Turkey Salad **♥ DG**
 12 ☐ Cheese Omelette **VDEHG**
 13 ☐ Jacket Potato with Baked Beans (Vegan) **♥ VDG**
 14 ☐ Chicken Mayo Sandwich/Brown **DH**
 15 ☐ Chicken Mayo Sandwich/White **D**
 16 ☐ Tuna Mayonnaise Sandwich/White **DH**
 17 ☐ Cheese Sandwich/Brown **VDS**

 Choose one Dessert Course

- 18 ☐ Strawberry Mousse **VEH**
 19 ☐ Fruit Jelly **VDEG**
 20 ☐ Fresh Apple (in season) **♥ VDG**
 21 ☐ Vanilla Ice Cream **VEG**
 22 ☐ Banana **VDEG**

Fresh Fruit and Snacks

 Fresh fruit and snacks are available anytime.
 Please ask your ward Nurse

- ☐ Ketchup ☐ Mustard ☐ Mayonnaise
☐ Salad Cream ☐ Vinegar ☐ Tartare Sauce

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Saturday Lunch Week 2

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Portion Size

SMALL ☐ MEDIUM ☐ LARGE ☐

■ Please fill in the box next to your choice like this

Choose one of the following

- 1 ☐ Orange Juice ♥ VG
2 ☐ Cream of Sweetcorn Soup in a Mug ♥ VDG
3 ☐

Choose one Main Course

- 4 ☐ Vegetable Sweet & Sour (Vegan) VE
5 ☐ Chicken & Mushroom Pie DH
6 ☐ Pork in Cider Sauce ♥ DEH
7 ☐ Cheese Salad & Coleslaw VDG
8 ☐ Cheese Sandwich/Brown VDH
9 ☐ Hummus Sandwich/White DH

Small Appetite Meal - Served on a Small Plate

- 10 ☐ Chicken & Mushroom Pie DH

Choose two of the following

- 11 ☐ Carrots ♥ VDEG
12 ☐ Peas (in season) ♥ VDG
13 ☐
14 ☐

Choose one of the following plus Gravy

- 15 ☐ Mashed Potatoes VDEG
16 ☐ White Rice ♥ VDG
17 ☐ Gravy VDEG

Choose one Dessert Course

- 18 ☐ Reduced Sugar Semolina Pudding VDE
19 ☐ Fresh Satsuma ♥ VDG
20 ☐ Vanilla Ice Cream VDEG
21 ☐ Fruit Yoghurt VEG
22 ☐ Reduced Sugar Yoghurt ♥ VDEG

Choose Mid Meal Snack

- 23 ☐ Banana

- ☐ Ketchup ☐ Mustard ☐ Mayonnaise
☐ Salad Cream ☐ Vinegar ☐ Tartare Sauce

Optional

Jacket Potatoes with a limited range of fillings and Omelettes are available, please ask the ward team to order for you.

- ☐ Tick here to see a member of the Catering Team

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Saturday Supper Week 2

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Portion Size

SMALL ☐ MEDIUM ☐ LARGE ☐

■ Please fill in the box next to your choice like this

Choose two of the following

- 1 ☐ Curried Parsnip Soup in a Mug VDEHG
2 ☐ Slice of White Bread VDE
3 ☐ Slice of Brown Bread ♥ VDE
4 ☐

Choose one of the following

- 5 ☐ Apple Juice ♥ VG
6 ☐ Orange Juice ♥ VG

Choose one of the following plus veg

- 7 ☐ Steakless Pasty (Vegan) ♥ VDE
8 ☐ Sweet & Sour Chicken DEG
9 ☐ Side Salad ♥ VDG
10 ☐ Chicken Mayonnaise Salad ♥ D
11 ☐ Rice VDG
12 ☐ Jacket Potato with Cheese VDG
13 ☐ Plain Omelette VDEHG
14 ☐ Egg Mayo Sandwich/Brown ♥ VD
15 ☐ Egg Mayo Sandwich/White VD
16 ☐ Hummus Sandwich/Brown DH
17 ☐ Cheese Sandwich/White VDH

Choose one Dessert Course

- 18 ☐ Chocolate & Orange Mousse VEHG
19 ☐ Fresh Apple (in season) ♥ VDG
20 ☐ Fruit Jelly DEG
21 ☐ Vanilla Ice Cream VDEG
22 ☐

Fresh Fruit and Snacks

Fresh fruit and snacks are available anytime.
Please ask your ward Nurse

- ☐ Ketchup ☐ Mustard ☐ Mayonnaise
☐ Salad Cream ☐ Vinegar ☐ Tartare Sauce

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