



NHS
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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 Ratatouille (Vegan) ♥ VDEG
5 ☐ Roast Beef & Yorkshire Pudding DH
6 ☐ Chicken Wrapped in Bacon DH
7 ☐ Wiltshire Cheddar Ploughman's & Crusty Roll ♥ DV
8 ☐ Dorset Ham Sandwich/Brown DH
9 ☐ Free Range Egg Sandwich/White VDH

Small Appetite Meal - Served on a Small Plate

- 10 ☐ Roast Beef & Yorkshire Pudding DH

Choose two of the following

- 11 ☐ Peas (in season) ♥ VDG
12 ☐ Swede ♥ 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 Satsuma ♥ VDG
20 ☐ Chocolate Mousse VE
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

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

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 (Somerset Beef) ♥ DHE
9 ☐ Side Salad VDG
10 ☐ White Rice ♥ VDG
11 ☐ Mixed Bean Salad ♥ DGH
12 ☐ Cheese Omelette (Free Range) VDEHG
13 ☐ Jacket Potato & Baked Bean (Vegan) ♥ DGV
14 ☐ Tuna Mayonnaise Sandwich/White DH
15 ☐ Tuna Mayonnaise Sandwich/Brown DH
16 ☐ Free Range Egg Sandwich/Brown VDH
17 ☐ Dorset Ham Sandwich/White ♥ D

Choose one Dessert Course

- 18 ☐ Reduced Sugar Rice Pudding VEHG
19 ☐ Fruit Jelly VEGD
20 ☐ Fresh Apple ♥ VDG
21 ☐ Vanilla Ice Cream VEG
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

*Fresh, Local,
Nutritious*
Supporting local food,
freshly prepared



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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 ☐ Cream of Tomato Soup in a Mug ♥ VDEG
3 ☐

Choose one Main Course

- 4 ☐ Sweet Potato Bake (Vegan) ♥ VDE
5 ☐ Somerset Beef Casserole ♥ DH
6 ☐ Somerset Mild Chicken Curry DHE
7 ☐ Chick Pea & Feta Salad ♥ VDG
8 ☐ Tuna Sandwich/Brown ♥ DH
9 ☐ Cheese Sandwich/White VDH

Small Appetite Meal - Served on a Small Plate

- 10 ☐ Somerset Beef Casserole DH

Choose two of the following

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

Choose one of the following plus Gravy

- 14 ☐ Gravy VDEG
15 ☐ Mashed Potatoes VDEG
16 ☐ New Potatoes VDEG
17 ☐ Pilau Rice ♥ VDG

Choose one Dessert Course

- 18 ☐ Peach Crumble & Cream VEH
19 ☐ Fresh Pear ♥ VDG
20 ☐ Vanilla Ice Cream VDEG
21 ☐ Fruit Jelly VDEG
22 ☐

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 ☐ Veg Pie topped with Mash & Cheese (Vegan) VE
8 ☐ Grilled Dorset Sausages DH
9 ☐ Baked Beans ♥ VDE
10 ☐ Saute Potatoes VDG
11 ☐ Turkey Salad (Herts) ♥ DG
12 ☐ Plain Omelette (Free Range) VDEHG
13 ☐ Jacket Potato with Cheese ♥ DGV
14 ☐ Tuna Sandwich/White DH
15 ☐ Cheese Sandwich/Brown VDH
16 ☐ Chicken Mayo Sandwich/Brown ♥ DH
17 ☐ Chicken Mayo Sandwich/White DH

Choose one Dessert Course

- 18 ☐ Strawberry Mousse VEG
19 ☐ Fruit Yoghurt VEHG
20 ☐ Fruit Jelly VDH
21 ☐ Fresh Apple VHG
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 1

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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 ☐ Cream of Mushroom Soup in a Mug VDEG
3 ☐

Choose one Main Course

- 4 ☐ Mushroom & Lentil Curry (Vegan) VDG
5 ☐ Creamy Chicken & Tarragon Stew DEH
6 ☐ Honey Dorset Roast Gammon DHG
7 ☐ Cheese & Coleslaw Salad ♥ DV
8 ☐ Hummus Sandwich/Brown (Vegan) VD
9 ☐ Cheese Sandwich/White VDH

Small Appetite Meal - Served on a Small Plate

- 10 ☐ Creamy Chicken & Tarragon Stew | DE

Choose two of the following plus Gravy

- 11 ☐ Broccoli (in season) ♥ VDEG
12 ☐ Sweetcorn ♥ VDG
13 ☐ Side Salad ♥ VDG
14 ☐ Gravy VDEG

Choose one of the following

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

Choose one Dessert Course

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

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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■ 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 ☐ Vegetable Pasta with Quorn (Vegan) ♥ VHGE
8 ☐ Cottage Pie (Somerset Beef) DEH
9 ☐ Mixed Vegetables ♥ VDG
10 ☐ Broccoli Quiche Salad ♥ DV
11 ☐ Cheese Omelette (Free Range) VDEHG
12 ☐ Jacket Potato with Baked Beans (Vegan) ♥ DGV
13 ☐ Hummus Sandwich/White (Vegan) VD
14 ☐ Cheese Sandwich/Brown VDH
15 ☐ Dorset Ham Sandwich/Brown ♥ D
16 ☐ Dorset Ham Sandwich/White D
17 ☐

Choose one Dessert Course

- 18 ☐ Chocolate Mousse VEHG
19 ☐ Fruit Jelly VDEG
20 ☐ Fresh Plum (in season) ♥ VDG
21 ☐ Vanilla Ice Cream DVEG
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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Wednesday 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 ☐ Broccoli & Stilton Soup in a Mug VDEG
3 ☐

Choose one Main Course

- 4 ☐ Vegetable and Lentil Chilli (Vegan) VDEHG
5 ☐ Steamed Fish in Tomato Sauce ♥ DHE
6 ☐ Somerset Beef Lasagne DH
7 ☐ Tuna Pasta Salad ♥ DH
8 ☐ Tuna Sandwich/Brown DH
9 ☐ Cheese Sandwich/White VDH

Small Appetite Meal - Served on a Small Plate

- 10 ☐ Steamed Fish in Tomato Sauce ♥ DEH

Choose two of the following

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

Choose one of the following plus Gravy

- 14 ☐ Gravy VDEG
15 ☐ Mashed Potatoes VDEG
16 ☐ Rice VDG
17 ☐ Parsley Potatoes VDGE

Choose one Dessert Course

- 18 ☐ Reduced Sugar Rice Pudding VDEG
19 ☐ Fresh Plum ♥ VDG
20 ☐ Fruit Jelly VE
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.

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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 ☐ Cheese and Potato Leek Bake (Vegan) ♥ VDE
8 ☐ Creamy Cajun Chicken Pasta DHE
9 ☐ Side Salad ♥ VDG
10 ☐ Mixed Bean Salad ♥ DGHV
11 ☐ Plain Omelette (Free Range) ♥ VDEHG
12 ☐ Jacket Potato with Coleslaw ♥ VDG
13 ☐ Tuna Sandwich/White DH
14 ☐ Cheese Sandwich/Brown VDH
15 ☐ Free Range Egg Sandwich/Brown VD
16 ☐ Free Range Egg Sandwich/White VD
17 ☐

Choose one Dessert Course

- 18 ☐ Pear Crumble VHE
19 ☐ Reduced Sugar Custard GVDEH
20 ☐ Fresh Satsuma ♥ VDG
21 ☐ Fruit Jelly VDEG
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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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 ☐ Aubergine & Lentil Curry (Vegan) **♥ VDEG**
5 ☐ Grilled Pork Chops **DHG**
6 ☐ Sweet and Sour Somerset Chicken **DHEG**
7 ☐ Somerset Chicken Caesar Salad **♥ D**
8 ☐ Cheese Sandwich/Brown **VDH**
9 ☐ Ham Sandwich/White **DH**

Small Appetite Meal - Served on a Small Plate

- 10 ☐ Sweet and Sour Somerset Chicken | **DHE**

Choose two of the following

- 11 ☐ Green Beans (in season) **♥ VDG**
12 ☐ Cauliflower **♥ VDEG**
13 ☐

Choose one of the following plus Gravy

- 14 ☐ Gravy **VDEG**
15 ☐ Mashed Potatoes **VDEG**
16 ☐ Aromatic White Rice **VDG**
17 ☐ New Potatoes **VDG**

Choose one Dessert Course

- 18 ☐ Reduced Sugar Semolina Pudding **VDEH**
19 ☐ Vanilla Ice Cream **VDEG**
20 ☐ Banana **♥ VDGE**
21 ☐ Fruit Jelly **♥ VDGE**
22 ☐

Choose Mid Meal Snack

- 23 ☐ Fruit Flapjack

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

Optional

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Thursday Supper Week 1

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

Choose two of the following

- 1 ☐ Creamy Watercress 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 and Onion Quiche **VH**
8 ☐ Dorset Ham Pie in Shortcrust Pastry **DH**
9 ☐ Sweetcorn **VDG**
10 ☐ Side Salad **♥ DV**
11 ☐ Dorset Ham Salad **DHG**
12 ☐ Jacket Potato with Baked Beans (Vegan) **♥ VDG**
13 ☐ Cheese Omelette (Free Range) **VDEHG**
14 ☐ Egg Mayo Sandwich/Brown (Free Range) **VDH**
15 ☐ Egg Mayo Sandwich/White (Free Range) **VDH**
16 ☐ Ham Sandwich/Brown **D**
17 ☐ Cheese Sandwich/White **VDH**

Choose one Dessert Course

- 18 ☐ Strawberry Mousse **VEHG**
19 ☐
- 20 ☐ Fresh Pear **♥ 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 1

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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 ☐ Roast Vegetable & Lentil Soup in a Mug ♥ VDEG
3 ☐

Choose one Main Course

- 4 ☐ Vegetable Sweet & Sour (Vegan) ♥ VDGE
5 ☐ Battered White Fish and Lemon DH
6 ☐ Somerset Beef & Mushroom Hot Pot DH
7 ☐ Cheese Salad ♥ DVH
8 ☐ Tuna Mayonnaise Sandwich/Brown DHE
9 ☐ Cheese Sandwich/White VDHE

Small Appetite Meal - Served on a Small Plate

- 10 ☐ Somerset Beef & Mushroom Hot Pot DH

Choose two of the following plus Gravy

- 11 ☐ Carrots (in season) ♥ VDEG
12 ☐ Peas ♥ VDG
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 VEH
19 ☐ Reduced Sugar Custard VDEHG
20 ☐ Fresh Pear ♥ VDG
21 ☐ Vanilla Ice Cream VDEG
22 ☐ Fruit Jelly VDEG

Choose Mid Meal Snack

- 23 ☐ Hummus and Salad Sticks

- ☐ 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 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 ☐ Vegetable Pasta Bake (Vegan) ♥ VDE
8 ☐ Somerset Mild Chicken Curry DHE
9 ☐ White Rice ♥ VDG
10 ☐ Side Salad ♥ VDG
11 ☐ Turkey Salad (Herts) ♥ DG
12 ☐ Plain Omelette (Free Range) VDEHG
13 ☐ Jacket Potato with Tuna ♥ DG
14 ☐ Tuna Mayonnaise Sandwich/White DH
15 ☐ Cheese Sandwich/Brown VDH
16 ☐ Chicken Mayo Sandwich/Brown ♥ DH
17 ☐ Chicken Mayo Sandwich/White DH

Choose one Dessert Course

- 18 ☐ Reduced Sugar Rice Pudding VDEG
19 ☐ Fresh Apple ♥ VDG
20 ☐ Vanilla Ice Cream VDEG
21 ☐ Fruit Yoghurt VEG
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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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 ☐ Moroccan Chickpea Soup in a Mug ♥ VDEG
3 ☐

Choose one Main Course

- 4 ☐ Vegetable Pasty (Vegan) ♥ DVE
5 ☐ Braised Beef with Onion and Beer DH
6 ☐ Grilled Dorset Sausages ♥ DH
7 ☐ Free Range Egg & Spinach Salad ♥ VDG
8 ☐ Ham Sandwich/Brown DH
9 ☐ Free Range Egg Sandwich/White VD
Small Appetite Meal - Served on a Small Plate
10 ☐ Braised Beef with Onion and Beer DH

Choose two of the following

- 11 ☐ Broad Beans (in season) ♥ VDG
12 ☐ Cauliflower ♥ 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 ☐ Strawberry Mousse VEHG
19 ☐ Fresh Satsuma ♥ VDG
20 ☐ Vanilla Ice Cream VDEG
21 ☐ Fruit Jelly VDEG
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 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 ♥ VD
8 ☐ Chilli Con Carne (Somerset Beef) DHE
9 ☐ White Rice ♥ VDG
10 ☐ Side Salad ♥ VDG
11 ☐ Somerset Beef Salad ♥ DGH
12 ☐ Cheese Omelette (Free Range) VDEHG
13 ☐ Jacket Potato with Cheese ♥ DGV
14 ☐ Ham Sandwich/White DH
15 ☐ Cheese Sandwich/Brown DVH
16 ☐ Cheese Sandwich/White DVH
17 ☐ Free Range Egg Sandwich/Brown ♥ VD

Choose one Dessert Course

- 18 ☐ Reduced Sugar Semolina Pudding VDE
19 ☐ Fresh Banana VDHE
20 ☐ Vanilla Ice Cream VDEGH
21 ☐ Reduced Sugar Yoghurt ♥ VDEGH
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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Just Eat More
(fruit & veg)

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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 ☐ Vegetable Pasta & Lentil Bolognese (Vegan) VDE
5 ☐ Roast Turkey & Stuffing (Herts) DH
6 ☐ Fish in Parsley Sauce DHE
7 ☐ Mixed Bean 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 (Herts) DH

Choose two of the following

- 11 ☐ Cabbage (in season) ♥ VDG
12 ☐ Carrots (in season) ♥ 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 Rice Pudding VEDH
19 ☐ Reduced Sugar Yoghurt ♥ VDEG
20 ☐ Vanilla Ice Cream VDEG
21 ☐ Fresh Plum ♥ 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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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 ☐ 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 ☐ Sweet Potato & Vegetable Bake (Vegan) VHE
8 ☐ Minced Beef & Onion Pie with a Pastry Top DH
9 ☐ Side Salad VDG
10 ☐ Green Beans (in season) VDG
11 ☐ Dorset Ham Salad ♥ DG
12 ☐ Plain Omelette (Free Range) VDEHG
13 ☐ Jacket Potato & Tuna ♥ DG
14 ☐ Tuna Mayonnaise Sandwich/White DH
15 ☐ Cheese Sandwich/Brown VDH
16 ☐ Dorset Ham Sandwich/Brown ♥ DH
17 ☐ Dorset Ham Sandwich/White DH

Choose one Dessert Course

- 18 ☐ Chocolate Mousse VE
19 ☐
20 ☐ Fresh Apple ♥ VDG
21 ☐ Fruit Jelly VDHG
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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Monday 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 ☐ Cream of Carrot Soup in a Mug VDEG
3 ☐

Choose one Main Course

- 4 ☐ Meat Free Sausages (Vegan) ♥ VD
5 ☐ Creamy Somerset Chicken Stew DEH
6 ☐ Sweet & Sour Dorset Pork EHG
7 ☐ Apple and Stilton Salad VDHG
8 ☐ Hummus Sandwich/Brown (Vegan) ♥ DV
9 ☐ Egg Mayo Sandwich/White (Free Range) VDH

Small Appetite Meal - Served on a Small Plate

- 10 ☐ Creamy Somerset Chicken Stew DEH

Choose two of the following plus Gravy

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

Choose one of the following

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

Choose one Dessert Course

- 18 ☐ Bread & Butter Pudding VHD
19 ☐ Reduced Sugar Custard GVHDE
20 ☐ Fresh Plum (in season) ♥ VDG
21 ☐ Vanilla Ice Cream VDEG
22 ☐ Fruit Jelly VDEG

Choose Mid Meal Snack

- 23 ☐ Hummus and Salad Sticks

- ☐ 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 ☐ 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 Casserole (Vegan) VDEG
8 ☐ Cornish Pasty DH
9 ☐ Side Salad VDG
10 ☐ Sweetcorn ♥ VDG
11 ☐ Turkey Salad (Herts) ♥ DG
12 ☐ Cheese Omelette (Free Range) VDEHG
13 ☐ Jacket Potato with Cheese ♥ VDG
14 ☐ Hummus Sandwich/White (Vegan) DV
15 ☐ Egg Mayo Sandwich/Brown (Free Range) VDH
16 ☐ Dorset Ham Sandwich/Brown ♥ DH
17 ☐ Dorset Ham Sandwich/White DH

Choose one Dessert Course

- 18 ☐ Reduced Sugar Semolina Pudding VDE
19 ☐ Banana VEG
20 ☐ Reduced Sugar Yoghurt ♥ VDEGH
21 ☐ Fresh Satsuma VDG
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) ♥ VDEG
5 ☐ Somerset Mild Beef Curry DH
6 ☐ Cottage Pie (Somerset Beef) DEH
7 ☐ Cheese Salad ♥ VD
8 ☐ Tuna Mayonnaise Sandwich Brown DH
9 ☐ Cheese Sandwich/White VDH

Small Appetite Meal - Served on a Small Plate

- 10 ☐ Cottage Pie (Somerset Beef) DEH

Choose two of the following

- 11 ☐ Sweetcorn ♥ VDG
12 ☐ Green Cabbage (in season) ♥ VDG
13 ☐ Side Salad ♥ VDG

Choose one of the following plus Gravy

- 14 ☐ Gravy VDEG
15 ☐ Mashed Potato VDEG
16 ☐ Boiled Parsley Potatoes VDEG
17 ☐ Boiled Rice VDG

Choose one Dessert Course

- 18 ☐ Peach Crumble VHG
19 ☐ Reduced Sugar Custard ♥ VDGHE
20 ☐ Vanilla Ice Cream VEHG
21 ☐ Fruit Jelly VEGD
22 ☐ Fresh Apple

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

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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) ♥ VD
8 ☐ Somerset Pork in Creamy Cider Sauce DHE
9 ☐ Green Beans (in season) VDG
10 ☐ Boiled Potatoes VDE
11 ☐ Egg Mayonnaise Salad (Free Range) ♥ DGHV
12 ☐ Plain Omelette (Free Range) ♥ VDEHG
13 ☐ Jacket Potato with Tuna ♥ DG
14 ☐ Chicken Mayo Sandwich/Brown DH
15 ☐ Chicken Mayo Sandwich/White DH
16 ☐ Tuna Mayonnaise Sandwich/White ♥ DH
17 ☐ Cheese Sandwich/Brown VDH

Choose one Dessert Course

- 18 ☐ Strawberry Mousse VEHG
19 ☐
20 ☐ Fresh Banana ♥ VDGE
21 ☐ Fruit Jelly 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

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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 ☐ Cheesy Leek & Mustard Soup in a Mug VDEG
3 ☐

Choose one Main Course

- 4 ☐ Vegetable Curry (Vegan) ♥ VDEG
5 ☐ Somerset Roast Pork DH
6 ☐ Grilled Fish with Cheese Sauce DHE
7 ☐ Watermelon, Spinach & Feta Salad ♥ VDH
8 ☐ Chicken Mayo Sandwich/Brown DH
9 ☐ Egg Mayo Sandwich/White (Free Range) VDH
Small Appetite Meal - Served on a Small Plate

- 10 ☐ Grilled Fish with Cheese Sauce DHE

Choose two of the following

- 11 ☐ Broccoli (in season) VEGD
12 ☐ Mixed Vegetable ♥ VDG
13 ☐ Side Salad ♥ VDG

Choose one of the following plus Gravy

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

Choose one Dessert Course

- 18 ☐ Reduced Sugar Rice Pudding VDEG
19 ☐ Vanilla Ice Cream VDEG
20 ☐ Fruit Jelly VDEG
21 ☐ Fresh Plum (in season) 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 ☐ 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 ☐ Somerset Savoury Minced Beef DHE
9 ☐ Carrots ♥ VDEG
10 ☐ Dorset Ham Salad ♥ DGH
11 ☐ Boiled Potatoes VDG
12 ☐ Jacket Potato with Coleslaw ♥ DGV
13 ☐ Cheese Omelette (Free Range) VDHEG
14 ☐ Egg Mayo Sandwich/Brown (Free Range) VDH
15 ☐ Dorset Ham Sandwich/Brown ♥ DH
16 ☐ Dorset Ham Sandwich/White DH
17 ☐ Chicken Mayo Sandwich/White DH

Choose one Dessert Course

- 18 ☐ Chocolate Mousse VEG
19 ☐ Reduced Sugar Yoghurt GVDEH
20 ☐ Fresh Banana VDEG
21 ☐ Fresh Apple ♥ VDG
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

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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 and Chickpea Chilli (Vegan) VDEG
5 ☐ Dorset Pork and Onion In BBQ Sauce DH
6 ☐ Steak and Ale Pie DH
7 ☐ Cheese and Broccoli Quiche Salad ♥ DV
8 ☐ Tuna Sandwich/Brown DH
9 ☐ Cheese Sandwich/White VDH

Small Appetite Meal - Served on a Small Plate

- 10 ☐ Steak and Ale Pie DH

Choose two of the following

- 11 ☐ Broad Beans (in season) ♥ VDG
12 ☐ Carrots (in season) ♥ VDGE
13 ☐ Side Salad ♥ VDG

Choose one of the following plus Gravy

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

Choose one Dessert Course

- 18 ☐ Apple Crumble VEH
19 ☐ Reduced Sugar Custard VEHG
20 ☐ Vanilla Ice Cream VEG
21 ☐ Fresh Banana ♥ VDGE
22 ☐ Fruit Jelly

Choose Mid Meal Snack

- 23 ☐ Hummus and Salad Sticks

- ☐ 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 (Somerset Beef) DEH
9 ☐ Peas ♥ VD
10 ☐ Tuna Salad ♥ DH
11 ☐ Plain Omelette (Free Range) VDEHG
12 ☐ Jacket Potato with Cheese ♥ VDG
13 ☐ Tuna Sandwich/White DH
14 ☐ Cheese Sandwich/Brown VDH
15 ☐ Dorset Ham Sandwich/Brown ♥ DH
16 ☐ Dorset Ham Sandwich/White DH
17 ☐

Choose one Dessert Course

- 18 ☐ Semolina Reduced Sugar VHE
19 ☐
20 ☐ Fresh Apple ♥ VDG
21 ☐ Fruit Yoghurt VEHG
22 ☐ Fresh Satsuma ♥ 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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Friday 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 ☐ Vegetable and Herb Soup in a Mug ♥ VDEG
3 ☐

Choose one Main Course

- 4 ☐ Lentil & Courgette Bake (Vegan) VDHE
5 ☐ Battered White Fish and Lemon DH
6 ☐ Beef Goulash (Somerset Beef) DH
7 ☐ Chicken and Bacon Salad ♥ DG
8 ☐ Chicken Mayo Sandwich/Brown (Herts) DH
9 ☐ Cheese Sandwich/White VDH

Small Appetite Meal - Served on a Small Plate

- 10 ☐ Beef Goulash DH

Choose two of the following

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

Choose one of the following plus Gravy

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

Choose one Dessert Course

- 18 ☐ Reduced Sugar Rice Pudding VDEG
19 ☐ Fruit Yoghurt VEHG
20 ☐ Reduced Sugar Yoghurt ♥ VDGE
21 ☐ Fresh Plum ♥ VDG
22 ☐ 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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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 (Vegan) VDE
8 ☐ Pork and Pepper Stew DE
9 ☐ New Potatoes ♥ VDG
10 ☐ Side Salad ♥ VDG
11 ☐ Turkey Salad (Herts) ♥ DG
12 ☐ Cheese Omelette (Free Range) VDEHG
13 ☐ Jacket Potato with Baked Beans (Vegan) ♥ VDG
14 ☐ Chicken Mayo Sandwich/White (Herts) DH
15 ☐ Tuna Mayonnaise Sandwich/Brown DH
16 ☐ Tuna Mayonnaise Sandwich/White DH
17 ☐ Cheese Sandwich/Brown VDH

Choose one Dessert Course

- 18 ☐ Eton Mess VEH
19 ☐ Fresh Apple ♥ 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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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 ♥ VDHG
3 ☐

Choose one Main Course

- 4 ☐ Mushroom & Sweet Potato Curry (Vegan) VDG
5 ☐ Somerset Chicken & Mushroom Pie DH
6 ☐ Braised Pork in Lemon Sauce ♥ DEH
7 ☐ Cheese Salad & Coleslaw ♥ VDG
8 ☐ Cheese Sandwich/Browri VDH
9 ☐ Tuna Mayo Sandwich/White DH

Small Appetite Meal - Served on a Small Plate

- 10 ☐ Somerset Chicken & Mushroom Pie DH

Choose two of the following plus Gravy

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

Choose one of the following

- 15 ☐ Mashed Potatoes VDEG
16 ☐ Parsley Potatoes ♥ VDEG
17 ☐ Rice VDG

Choose one Dessert Course

- 18 ☐ Apple Crumble VE
19 ☐ Reduced Sugar Custard VDEHG
20 ☐ Fresh Satsuma ♥ VDG
21 ☐ Vanilla Ice Cream VDEG
22 ☐ Fruit Jelly VDEG

Choose Mid Meal Snack

- 23 ☐ Fruit Flap Jack

- ☐ 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 ☐ Creamed 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 ☐ Roast Vegetables & Tofu (Vegan) ♥ VDHG
8 ☐ Beef Curry (Somerset Beef) DH
9 ☐ Rice ♥ VDG
10 ☐ Side Salad ♥ DGV
11 ☐ Plain Omelette (Free Range) VDEHG
12 ☐ Jacket Potato with Cheese ♥ VDGH
13 ☐ Tuna Salad HGD
14 ☐ Hummus Sandwich/Brown (Vegan) ♥ VDE
15 ☐ Hummus Sandwich/White (Vegan) VDE
16 ☐ Tuna Mayo Sandwich/Brown DH
17 ☐ Cheese Sandwich/White VHD

Choose one Dessert Course

- 18 ☐ Reduced Sugar Semolina Pudding VDHE
19 ☐ Fresh Apple ♥ VDG
20 ☐ Fresh Banana 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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