



Sunday Lunch Week 1

NAME

WARD

Sunday Supper Week 1

NAME

WARD

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

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H = High Protein/High Energy E = Easy Chew G = Gluten Free

Portion Size

SMALL MEDIUM LARGE

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SMALL MEDIUM LARGE

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

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Choose one of the following

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

Choose one Main Course

- 4 Mixed Bean Casserole (Vegan) VDE
- 5 Roast Beef & Yorkshire Pudding DH
- 6 Fish Pie in a Parsley Sauce DEH
- 7 Wiltshire Cheddar Ploughman's & Crusty Roll ♥ D
- 8 Dorset Ham Sandwich/Brown DH
- 9 Hummus Sandwich/White (Vegan) VDEH

Small Appetite Meal - Served on a Small Plate

- 10 Fish Pie & Parsley Sauce DEH

Choose two of the following

- 11 Cabbage (in season) ♥ VDG
- 12 Carrots (in season) ♥ VDEG
- 13 Side Salad ♥ VDG
- 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 VDEG
- 19 Fresh Satsuma ♥ VDG
- 20 Strawberry Mousse VEG
- 21 Vanilla Ice Cream VDEG
- 22

Choose Mid Meal Snack

- 23 Cheese and Biscuits

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

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 Broad Beans VDEG
- 10 White Rice ♥ VDG
- 11 Dorset Ham Salad ♥ DGH
- 12 Cheese Omelette (Free Range) VDEHG
- 13 Jacket Potato & Baked Beans (Vegan) ♥ DG
- 14 Cheese Sandwich/White DHE
- 15 Cheese Sandwich/Brown DHE
- 16 Hummus Sandwich/Brown (Vegan) VDEH
- 17 Dorset Ham Sandwich White ♥ D

Choose one Dessert Course

- 18 Jam Tart VEH
- 19 Custard GVEH
- 20 Fresh Apple ♥ VDG
- 21 Vanilla Ice Cream VEGD
- 22 Fruit Jelly 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

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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**Monday
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 Cream of Tomato Soup in a Mug **♥ VDEG**
- 3

Choose one Main Course

- 4 Grilled Meat Free Sausages (Vegan) **♥ VDE**
- 5 Somerset Chicken Casserole **♥ DEH**
- 6 Somerset Mild Beef Curry **DHE**
- 7 Egg Salad (Free Range) **♥ VDG**
- 8 Tuna Sandwich/Brown **♥ DEH**
- 9 Cheese Sandwich/White **VDH**

Small Appetite Meal - Served on a Small Plate

- 10 Somerset Chicken Casserole **♥ DEH**

Choose two of the following

- 11 Cauliflower **♥ VDEG**
- 12 Peas **♥ VDG**
- 13 Side Salad **♥ VDG**

Choose one of the following plus Gravy

- 14 Mashed Potatoes **♥ VDG**
- 15 Parsley Potatoes **VDEG**
- 16 Gravy **VDEG**
- 17 Rice **♥ VDG**

Choose one Dessert Course

- 18 Apricot Crumble **VEH**
- 19 Reduced Sugar Custard **♥ VDHG**
- 20 Vanilla Ice Cream **VDEG**
- 21 Fruit Jelly **VDEG**
- 22 Fresh Pear **VDG**

Choose Mid Meal Snack

- 23 Fruit Flapjack

- Ketchup Mustard Mayonnaise
- Salad Cream Vinegar Tartare Sauce

Optional

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Size**

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■ 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 Bake (Vegan) **VE**
- 8 Wiltshire Ham Pie in Shortcrust Pastry **DH**
- 9 Baby Carrots **♥ VDG**
- 10 Boiled Potatoes **VDG**
- 11 Turkey Salad (Herts) **♥ DG**
- 12 Plain Omelette (Free Range) **VDEHG**
- 13 Jacket Potato with Cheese **♥ DG**
- 14 Tuna Sandwich/White **DEH**
- 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 **VEGD**
- 19 Fruit Yoghurt **VEHG**
- 20 Fresh Banana **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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Nutritious*
Supporting local food,
freshly prepared



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**Tuesday
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 Cream of Mushroom Soup in a Mug VDEG
- 3

Choose one Main Course

- 4 Vegetable Ratatouille (Vegan) VDG
- 5 Somerset Chicken & Vegetable Stew DEH
- 6 Dorset Honey Roast Gammon DHG
- 7 Cheese Salad ♥ DHG
- 8 Hummus Salad Sandwich/Brown (Vegan) DEH
- 9 Cheese Sandwich/White VDEH

Small Appetite Meal - Served on a Small Plate

- 10 Somerset Chicken & Vegetable Stew DEH

Choose two of the following

- 11 Broad Beans ♥ VDEG
- 12 Sweetcorn ♥ VDG
- 13 Side Salad ♥ VDG
- 14

Choose one of the following plus Gravy

- 15 Mash Potatoes VDG
- 16 New Potatoes ♥ VDEG
- 17 Gravy VDEG

Choose one Dessert Course

- 18 Reduced Sugar Semolina Pudding VDE
- 19 Fresh Apple ♥ VDG
- 20 Fruit Yoghurt VDH
- 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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**Portion
Size**

SMALL MEDIUM LARGE

■ 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 Cheese & Onion Quiche ♥ VDE
- 8 Cottage Pie (Somerset Beef) DEH
- 9 Green Beans ♥ VDG
- 10 Free Range Egg Salad ♥ DG
- 11 Cheese Omelette (Free Range) VDEHG
- 12 Jacket Potato with Baked Beans ♥ DG
- 13 Hummus Salad Sandwich/White (Vegan) DEH
- 14 Cheese Sandwich/Brown VDEH
- 15 Dorset Ham Sandwich/Brown ♥ DH
- 16 Dorset Ham Sandwich/White D
- 17

Choose one Dessert Course

- 18 Chocolate Mousse VEHG
- 19 Fruit Jelly VDEG
- 20 Fresh Plum ♥ VDEG
- 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 Casserole (Vegan) GVDE
- 5 Liver & Bacon Casserole ♥ DH
- 6 Somerset Beef Lasagne DEH
- 7 Smoked Mackerel Salad ♥ DH
- 8 Tuna Mayonnaise Sandwich/Brown DEH
- 9 Cheese Sandwich/White VDEH

Small Appetite Meal - Served on a Small Plate

- 10 Somerset Beef Lasagne ♥ DH

Choose two of the following

- 11 Carrots (in season) ♥ VDEG
- 12 Green Cabbage ♥ VDG
- 13 Side Salad VDG

Choose one of the following plus Gravy

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

Choose one Dessert Course

- 18 Reduced Sugar Rice Pudding VDEG
- 19 Fresh Banana VDG
- 20 Fruit Jelly VEG
- 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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**Portion
Size**

SMALL MEDIUM LARGE

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

Choose two of the following

- 1 Creamy Leek 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 Mixed Vegetables ♥ VDG
- 10 Somerset Chicken Salad ♥ DGH
- 11 Plain Omelette (Free Range) ♥ VDEHG
- 12 Jacket Potato with Cheese ♥ VDG
- 13 Tuna Mayonnaise Sandwich/White DEH
- 14 Cheese Sandwich/Brown VDEH
- 15 Free Range Egg Sandwich/Brown VDE
- 16 Free Range Egg Sandwich/White VDE
- 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
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**Portion
Size**

SMALL MEDIUM LARGE

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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 Somerset Beef & Mushroom Pie DH
- 6 Braised Pork with Peppers in a Lemon Sauce DH
- 7 Chickpea & Feta Salad ♥ DG
- 8 Cheese Sandwich/Brown VDEH
- 9 Ham Sandwich/White D

Small Appetite Meal - Served on a Small Plate

- 10 Braised Pork with Peppers in a Lemon Sauce DH

Choose two of the following

- 11 Broad Beans ♥ VDGE
- 12 Cauliflower ♥ VDEG
- 13 Side Salad ♥ VDG

Choose one of the following plus Gravy

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

Choose one Dessert Course

- 18 Plum Crumble VDE
- 19 Reduced Sugar Custard ♥ VDG
- 20 Vanilla Ice Cream VDEG
- 21 Fruit Jelly ♥ VDGE
- 22 Fresh Banana

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
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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 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 Lasagne (Vegan) VEH
- 8 Grilled Sausages DH
- 9 Baked Beans VDG
- 10 Saute Potatoes ♥ D
- 11 Dorset Ham Salad G
- 12 Jacket Potato with Baked Beans (Vegan) VDEHG
- 13 Cheese Omelette (Free Range) VDEH
- 14 Hummus Salad Sandwich/Brown (Vegan) VDEH
- 15 Hummus Salad Sandwich/White (Vegan) VDEH
- 16 Ham Sandwich/Brown D
- 17 Cheese Sandwich/White VDEH

Choose one Dessert Course

- 18 Semolina Pudding GVEH
- 19 Strawberry Mousse VDH
- 20 Fresh Pear ♥ VDG
- 21 Reduced Sugar Yoghurt ♥ VEHGD
- 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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Friday Lunch Week 1 NAME
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NAME **Friday Supper Week 1**
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Portion Size SMALL MEDIUM LARGE

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

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Choose one of the following

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

Choose one Main Course

- 4 Vegetable Chilli Pasta (Vegan) ♥ VDHE
- 5 Battered White Fish and Lemon DH
- 6 Beef Goulash DH
- 7 Cheese Salad ♥ DVHEG
- 8 Tuna Mayonnaise Sandwich/Brown DSH
- 9 Cheese Sandwich/White VDHE

Small Appetite Meal - Served on a Small Plate

- 10 Beef Goulash DH

Choose two of the following

- 11 Sweetcorn ♥ VDEG
- 12 Peas ♥ VDG
- 13 Side Salad ♥ VGD
- 14

Choose one of the following plus Gravy

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

Choose one Dessert Course

- 18 Blackberry & Apple Crumble VEH
- 19 Reduced Sugar Custard GVDEH
- 20 Vanilla Ice Cream VDEG
- 21 Fruit Jelly VDEG
- 22 Fresh Banana VDEG

Choose Mid Meal Snack

- 23 Hummus and Cucumber

- Ketchup Mustard Mayonnaise
- Salad Cream Vinegar Tartare Sauce

Choose two of the following

- 1 Potato & 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 Lentil & Aubergine Bake (Vegan) ♥ VDE
- 8 Somerset Mild Chicken Curry DHE
- 9 White Rice ♥ VDG
- 10 Green Beans ♥ VDG
- 11 Turkey Salad (Herts) ♥ DG
- 12 Plain Omelette (Free Range) VDEHG
- 13 Jacket Potato with Tuna ♥ DG
- 14 Tuna Mayonnaise Sandwich/White DEH
- 15 Cheese Sandwich/Brown VDHE
- 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 ♥ 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

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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PROTECTED MEALTIMES

FOOD FOR LIFE
BRONZE SERVED HERE

5 A DAY
Just Eat More (fruit & veg)

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**Saturday
Lunch Week 1**

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 Creamed Chickpea Soup in a Mug **♥ VDEG**
- 3

Choose one Main Course

- 4 Vegetable Pasty (Vegan) **♥ VD**
- 5 Braised Beef with Onion and Beer **DEH**
- 6 Chicken & Tarragon Stew **♥ DE**
- 7 Mixed Bean Salad **VDG**
- 8 Chicken Mayo Sandwich Brown **D**
- 9 Free Range Egg Sandwich/White
Small Appetite Meal - Served on a Small Plate **VDE**
- 10 Chicken & Tarragon Stew **VDE**

Choose two of the following

- 11 Swede **♥ VDEG**
- 12 Broccoli **♥ VDG**
- 13 Side Salad **♥ VDG**
- 14

Choose one of the following plus Gravy

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

Choose one Dessert Course

- 18 Apricot Crumble **VEH**
- 19 Custard **♥ VHEG**
- 20 Vanilla Ice Cream **VDEG**
- 21 Fruit Jelly **VDEG**
- 22 Fresh Satsuma **VDH**

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

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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 Curry (Vegan) **♥ VDEG**
- 8 Cornish Pasty **DH**
- 9 White Rice **♥ VDGE**
- 10 Peas **♥ VDG**
- 11 Somerset Beef Salad **♥ DGH**
- 12 Cheese Omelette (Free Range) **VDEHG**
- 13 Jacket Potato with Baked Beans **♥ DG**
- 14 Chicken Mayo Sandwich/White **D**
- 15 Cheese Sandwich/Brown **DE**
- 16 Cheese Sandwich/White **DE**
- 17 Free Range Egg Sandwich/Brown **♥ VDE**

Choose one Dessert Course

- 18 Reduced Sugar Semolina Pudding **VDE**
- 19 Fruit Jelly **VDH**
- 20 Fresh Apple **♥ VDG**
- 21 Reduced Sugar Yoghurt **♥ 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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freshly prepared



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Sunday Lunch Week 2 NAME
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Portion Size SMALL MEDIUM LARGE

Portion Size SMALL MEDIUM LARGE

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

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Choose one of the following

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

Choose one Main Course

- 4 Lentil Bolognese (Vegan) VDE
- 5 Roast Turkey & Stuffing (Herts) DH
- 6 Dorset Sausage, Onions and Gravy DH
- 7 Cheese Salad VDG
- 8 Tuna Mayonnaise Sandwich/Brown DEH
- 9 Cheese Sandwich/White VDEH

Small Appetite Meal - Served on a Small Plate

- 10 Roast Turkey & Stuffing (Herts) DH

Choose two of the following

- 11 Cauliflower ♥ VDG
- 12 Mixed Vegetables ♥ VDE
- 13 Side Salad ♥ VDG
- 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 GVEDH
- 19 Fruit Yoghurt VEHG
- 20 Vanilla Ice Cream VDEG
- 21 Fresh Banana ♥ VDG
- 22

Choose Mid Meal Snack

- 23 Fruit Flapjack

Ketchup Mustard Mayonnaise
 Salad Cream Vinegar Tartare Sauce

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 Mushroom & Vegetable Bake (Vegan) VDE
- 8 Beef & Vegetable Stew DHE
- 9 Potatoes VDEG
- 10 Green Beans VDG
- 11 Dorset Ham Salad ♥ DG
- 12 Plain Omelette (Free Range) VDEHG
- 13 Jacket Potato & Tuna ♥ DG
- 14 Tuna Mayonnaise Sandwich/White DHE
- 15 Cheese Sandwich/Brown VDHE
- 16 Ham Sandwich/Brown ♥ D
- 17 Ham Sandwich/White D

Choose one Dessert Course

- 18 Apple Crumble VE
- 19 Reduced Sugar Custard VHEG
- 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

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 Lunch Week 2

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Portion Size

SMALL MEDIUM LARGE

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Choose one of the following

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

Choose one Main Course

- 4 Leek & Mushroom Hot Pot (Vegan) ♥ VD
5 Creamy Somerset Chicken Stew DEH
6 Sweet & Sour Dorset Pork EG
7 Apple and Cheddar Salad VDHG
8 Cheese Sandwich/Brown ♥ DE
9 Free Range Egg Mayo Sandwich/White VDEH
Small Appetite Meal - Served on a Small Plate

- 10 Creamy Somerset Chicken Stew DEH

Choose two of the following

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

Choose one of the following plus Gravy

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

Choose one Dessert Course

- 18 Pear Crumble VH
19 Reduced Sugar Custard GVHD
20 Fresh Pear ♥ 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

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

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 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 & Butter Bean Casserole (Vegan) GVDEH
8 Minced Beef & Onion Pie in Pastry DH
9 Boiled Potatoes VDE
10 Peas ♥ VDG
11 Tuna Salad ♥ DG
12 Cheese Omelette (Free Range) VDEHG
13 Jacket Potato with Cheese ♥ VDG
14 Cheese Sandwich/White DE
15 Egg Mayo Sandwich/Brown (Free Range) VDEH
16 Ham Sandwich/Brown ♥ D
17 Ham Sandwich/White D

Choose one Dessert Course

- 18 Reduced Sugar Semolina Pudding VDE
19 Fruit Yoghurt VEHG
20 Reduced Sugar Yoghurt ♥ VEHG
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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Supporting local food,
freshly prepared



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Tuesday Lunch Week 2

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 Celery Soup in a Mug **♥ VDEG**
3

Choose one Main Course

- 4 Mixed Bean Casserole (Vegan) **♥ VDEG**
5 Chicken & Mushroom Casserole **DH**
6 Cottage Pie (Somerset Beef) **DEH**
7 Wiltshire Cheese Ploughmans & Crusty Roll **VD**
8 Tuna Mayonnaise Sandwich/Brown **DEH**
9 Cheese Sandwich/White **VDHE**

Small Appetite Meal - Served on a Small Plate

- 10 Chicken & Mushroom Casserole **DEH**

Choose two of the following

- 11 Carrots (in season) **♥ VDEG**
12 Sprouts **♥ VDG**
13 Side Salad **♥ VDG**

Choose one of the following plus Gravy

- 14 Mashed Potato **VDEG**
15 Boiled Potatoes **VDEG**
16 Gravy **VDEG**
17

Choose one Dessert Course

- 18 Reduced Sugar Baked Rice Pudding **VDEHG**
19 Vanilla Ice Cream **VEHG**
20 Fruit Jelly **VEHG**
21 Fresh Banana **VDG**
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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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 Mushroom & Vegetable Korma (Vegan) **♥ VDEG**
8 Somerset Pork in a Creamy Mustard Sauce **DHE**
9 Broad Beans **VDGE**
10 Rice **VDG**
11 Dorset Ham Salad **♥ DG**
12 Plain Omelette (Free Range) **♥ VDEHG**
13 Jacket Potato with Tuna **♥ DG**
14 Hummus Salad Sandwich/White (Vegan) **VDH**
15 Hummus Salad Sandwich/Brown (Vegan) **VDH**
16 Tuna Mayonnaise Sandwich/White **♥ DEH**
17 Cheese Sandwich/Brown **VDEH**

Choose one Dessert Course

- 18 Chocolate Mousse **VEHG**
19 Fruit Yoghurt **VHD**
20 Fresh Apple **♥ 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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Nutritious*
Supporting local food,
freshly prepared



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**Wednesday
Lunch Week 2**

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 Cheesy Leek & Mustard Soup in a Mug VDEG
- 3

Choose one Main Course

- 4 Vegetable & Chickpea Chilli (Vegan) ♥ VDE
- 5 Somerset Roast Pork DHG
- 6 Fish with Parsley Sauce DH
- 7 Egg Salad (Free Range) VDG
- 8 Cheese Sandwich/Brown DH
- 9 Egg Mayo Sandwich/White (Free Range) VDEH

Small Appetite Meal - Served on a Small Plate

- 10 Fish in Parsley Sauce DH

Choose two of the following

- 11 Green Beans VED
- 12 Sweetcorn ♥ VDG
- 13 Side Salad ♥ VDG

Choose one of the following plus Gravy

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

Choose one Dessert Course

- 18 Reduced Sugar Semolina Pudding VDEG
- 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

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

NAME

WARD

**Wednesday
Supper Week 2**

D = Diabetic Diet ♥ = Healthy Option V = Vegetarian
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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 Pasta Cheese Bake (Vegan) ♥ VDE
- 8 Somerset Chicken Curry DHE
- 9 White Rice VDG
- 10 Peas ♥ VDG
- 11 Cheese Salad ♥ DG
- 12 Jacket Potato with Tuna ♥ DG
- 13 Cheese Omelette (Free Range) VDHEG
- 14 Egg Mayo Sandwich/Brown (Free Range) VDEH
- 15 Chicken Mayo Sandwich/Brown ♥ D
- 16 Chicken Mayo Sandwich/White D
- 17 Cheese Sandwich/White DHE

Choose one Dessert Course

- 18 Reduced Sugar Plum Crumble VEDH
- 19 Reduced Sugar Custard VDEG
- 20 Fruit Yoghurt VDH
- 21 Fresh Apple ♥ VDG
- 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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freshly prepared



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Thursday Lunch Week 2

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 Creamy Carrot & Coriander Soup in a Mug ♥ VDEHG
- 3

Choose one Main Course

- 4 Vegetable Lasagne (Vegan) VDEH
- 5 Sweet & Sour Somerset Chicken HEG
- 6 Somerset Beef Stew DEH
- 7 Smoked Mackerel Salad ♥ DG
- 8 Tuna Sandwich/Brown DE
- 9 Cheese Sandwich/White VDEH

Small Appetite Meal - Served on a Small Plate

- 10 Somerset Beef Stew DEH

Choose two of the following

- 11 Swede ♥ VDG
- 12 Mixed Vegetables ♥ VDG
- 13 Side Salad ♥ VDG

Choose one of the following plus Gravy

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

Choose one Dessert Course

- 18 Reduced Sugar Rice Pudding VEGH
- 19 Fruit Jelly VEDG
- 20 Vanilla Ice Cream VEG
- 21 Fresh Satsuma ♥ VDG
- 22

Choose Mid Meal Snack

- 23 Hummus & 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.

Tick here to see a member of the Catering Team

For Ward Use Only

Red Tray Assistance Required

NAME
WARD

Thursday Supper Week 2

D = Diabetic Diet ♥ = Healthy Option V = Vegetarian
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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 Steak-less Pasty (Vegan) VH
- 8 Spaghetti Bolognese (Somerset Beef) DEH
- 9 Broccoli ♥ VDE
- 10 Boiled Potatoes VDEG
- 11 Chicken Salad ♥ DHG
- 12 Plain Omelette (Free Range) VDEHG
- 13 Jacket Potato with Cheese ♥ VDG
- 14 Tuna Sandwich/White DE
- 15 Cheese Sandwich/Brown VDHE
- 16 Ham Sandwich/Brown ♥ D
- 17 Ham Sandwich/White D

Choose one Dessert Course

- 18 Apple Crumble VH
- 19 Reduced Sugar Custard GVDHE
- 20 Fresh Plum ♥ 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

NAME **Friday Supper Week 2**
 WARD

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D = Diabetic Diet **♥** = Healthy Option **V** = Vegetarian
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Portion Size SMALL MEDIUM LARGE

Portion Size SMALL MEDIUM LARGE

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

■ 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 Somerset Steak & Ale Pie **DH**
- 7 Dorset Ham & Egg (Free Range) Salad **♥ VDG**
- 8 Ham Sandwich/Brown **D**
- 9 Cheese Sandwich/White **VDE**

Small Appetite Meal - Served on a Small Plate

- 10 Somerset Steak & Ale Pie **DH**

Choose two of the following

- 11 Peas **♥ VDEG**
- 12 Sweetcorn **♥ VDG**
- 13 Side Salad **♥ VDG**
- 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 Fresh Banana **♥ VDGE**
- 21 Vanilla Ice Cream **VDGE**
- 22

Choose Mid Meal Snack

- 23 Fruit Flapjack

Ketchup Mustard Mayonnaise
 Salad Cream Vinegar Tartare Sauce

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 Pasta Bake (Vegan) **VDE**
- 8 Somerset Mild Beef Curry **DE**
- 9 White Rice **♥ VDG**
- 10 Green Beans **♥ VDG**
- 11 Turkey Salad (Herts) **♥ DG**
- 12 Cheese Omelette (Free Range) **VDEHG**
- 13 Jacket Potato with Cream Cheese **♥ VDG**
- 14 Ham Sandwich/White **D**
- 15 Egg Mayo Sandwich/Brown (Free Range) **DEH**
- 16 Egg Mayo Sandwich/White (Free Range) **DEH**
- 17 Cheese Sandwich/Brown **VDE**

Choose one Dessert Course

- 18 Eton Mess **VEG**
- 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

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 Lunch Week 2

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 Sweetcorn Soup in a Mug ♥ VDHG
3

Choose one Main Course

- 4 Butternut Squash & Vegetable Bake (Vegan) VED
5 Somerset Chicken & Mushroom Pie DH
6 Fish Stew ♥ DE
7 Cheese Salad & Coleslaw VDG
8 Cheese Sandwich/Brown VDEH
9 Chicken Mayo Sandwich/White DEH
10 Somerset Chicken & Mushroom Pie DH

Choose two of the following

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

Choose one of the following plus Gravy

- 15 Mashed Potatoes VDEG
16 Parsley Potatoes ♥ VDEG
17 Gravy VDEG

Choose one Dessert Course

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

Choose Mid Meal Snack

- 23 Hummus & 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.

Tick here to see a member of the Catering Team

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Saturday Supper Week 2

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 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 Mushroom Curry (Vegan) ♥ VDEG
8 Somerset Pork & Red Pepper Stew DHE
9 Rice ♥ VDG
10 Mixed Vegetables ♥ DG
11 Plain Omelette (Free Range) VDEHG
12 Jacket Potato with Cheese ♥ VDG
13 Tuna Salad VHG
14 Free Range Egg Sandwich/Brown ♥ VD
15 Free Range Egg Sandwich/White VD
16 Chicken Mayo Sandwich/Brown DHE
17 Cheese Sandwich/White

Choose one Dessert Course

- 18 Reduced Sugar Semolina Pudding VDHE
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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freshly prepared



Just Eat More
(fruit & veg)

For Ward Use Only

Red Tray Assistance Required