



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 ☐

2 ☐

3 ☐
- Orange Juice

Cream of Cauliflower Soup in a Mug
- ♥ VG

VDEHG

Choose one Main Course

- 4 ☐

5 ☐

6 ☐

7 ☐

8 ☐

9 ☐
- Mixed Bean Casserole (Vegan)

Roast Beef & Yorkshire Pudding

Fish Pie in a Parsley Sauce

Wiltshire Cheddar Ploughman's & Crusty Roll

Dorset Ham Sandwich/Brown

Hummus Sandwich/White (Vegan)
- VDE

DH

DEH

♥ D

DH

VDEH

Small Appetite Meal - Served on a Small Plate

- 10 ☐
- Fish Pie & Parsley Sauce
- DEH

Choose two of the following

- 11 ☐

12 ☐

13 ☐

14 ☐
- Cabbage (in season)

Carrots (in season)
- ♥ VDG

♥ VDEG

Choose one of the following plus Gravy

- 15 ☐

16 ☐

17 ☐
- Mashed Potatoes

Roast Potatoes

Gravy
- VDEG

VDG

VDEG

Choose one Dessert Course

- 18 ☐

19 ☐

20 ☐

21 ☐

22 ☐
- Reduced Sugar Rice Pudding

Fresh Satsuma

Strawberry Mousse

Vanilla Ice Cream
- VDEG

♥ VDG

VEG

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.

☐ 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 ☐

2 ☐

3 ☐

4 ☐
- Cream of Potato & Leek Soup in a Mug

Slice of White Bread

Slice of Brown Bread
- VDEHG

VDE

♥ VDE

Choose one of the following

- 5 ☐

6 ☐
- Apple Juice

Orange Juice
- ♥ VG

♥ VG

Choose one of the following plus veg

- 7 ☐

8 ☐

9 ☐

10 ☐

11 ☐

12 ☐

13 ☐

14 ☐

15 ☐

16 ☐

17 ☐
- Macaroni Cheese

Chilli Con Carne (Somerset Beef)

Side Salad

White Rice

Dorset Ham Salad

Cheese Omelette (Free Range)

Jacket Potato & Baked Beans (Vegan)

Cheese Sandwich/White

Cheese Sandwich/Brown

Hummus Sandwich/Brown (Vegan)

Dorset Ham Sandwich White
- VDEH

♥ DHE

♥ VDG

♥ VDG

♥ DGH

VDEHG

♥ DG

DHE

DHE

VDEH

♥ D

Choose one Dessert Course

- 18 ☐

19 ☐

20 ☐

21 ☐

22 ☐
- Jam Tart

Custard

Fresh Apple

Vanilla Ice Cream

Fruit Jelly
- VEH

GVEH

♥ VDG

VEGD

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

Fresh, Local,  
Nutritious  
Supporting local food,  
freshly prepared



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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

☐

### 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

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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# Monday Supper Week 1

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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

☐

Side Salad

♥ 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

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



**Tuesday  
Lunch Week 1**

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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 ☐ 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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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

*Fresh, Local,  
Nutritious*  
Supporting local food,  
freshly prepared**For Ward Use Only**Red Tray ☐ Assistance Required ☐





## 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 & Lentil 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 ☐

### 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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## Wednesday Supper Week 1

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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 ☐ Side Salad   ♥ 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

*Fresh, Local,  
Nutritious*  
Supporting local food,  
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## Thursday 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 ☐ 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   ♥ VDEG  
22 ☐ Fresh Banana

### 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   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 & Lentil 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 Omlette (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

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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 ☐ 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 ☐  
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

### 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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### 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 ☐ 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 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


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Salisbury  
NHS Foundation Trust

Saturday  
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   ☐   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   ☐

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.

☐ Tick here to see a member of the Catering Team

For Ward Use Only

Red Tray   ☐ Assistance Required   ☐





Salisbury  
NHS Foundation Trust

Saturday  
Supper 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 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   ☐   Side Salad   ♥ 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

Fresh, Local, Nutritious

Supporting local food, freshly prepared

PROTECTED MEALTIMES

FOOD FOR LIFE BRONZE SERVED HERE

5 A DAY Just Eat More (fruit & veg)

For Ward Use Only

Red Tray   ☐ Assistance Required   ☐



**NHS**  
**Salisbury**  
NHS Foundation Trust



**NHS**  
**Salisbury**  
NHS Foundation Trust



**Sunday**  
**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 ☐

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 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 ☐
- 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

**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 ☐

**Sunday**  
**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 ☐

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 ☐

Side Salad

♥ 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

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# Monday 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

☐

Cream of Tomato Soup in a Mug

VDEG
- 3

☐

## Choose one Main Course

- 4

☐

Leek & Mushroom Hot Pot (Vegan)

♥ VD
- 5

☐

Creamy Chicken Korma

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

☐
- 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   ☐

# Monday Supper 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 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

☐

Side Salad

♥ 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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**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 ☐ Peas   ♥ VDG  
13 ☐   ♥ 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

**For Ward Use Only**

Red Tray ☐ Assistance Required ☐

NAME .....

WARD .....

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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 ☐ Side Salad   ♥ VDG  
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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## 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 ☐

### 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.

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### For Ward Use Only

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## Wednesday Supper 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 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 ☐ Side Salad   ♥ 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



### For Ward Use Only

Red Tray ☐ Assistance Required ☐





**Salisbury**  
NHS Foundation Trust



**Salisbury**  
NHS Foundation Trust

**Thursday**  
**Lunch Week 2**

NAME .....  
WARD .....

**Thursday**  
**Supper Week 2**

NAME .....  
WARD .....

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

2 ☐ Creamy Carrot & Coriander Soup in a Mug

3 ☐

4 ☐ Vegetable Lasagne (Vegan)

5 ☐ Sweet & Sour Somerset Chicken

6 ☐ Somerset Beef Stew

7 ☐ Smoked Mackerel Salad

8 ☐ Tuna Sandwich/Brown

9 ☐ Cheese Sandwich/White

10 ☐ Somerset Beef Stew

11 ☐ Swede

12 ☐ Mixed Vegetables

13 ☐

14 ☐ New Potatoes

15 ☐ Mashed Potatoes

16 ☐ Rice

17 ☐ Gravy

18 ☐ Reduced Sugar Rice Pudding

19 ☐ Fruit Jelly

20 ☐ Vanilla Ice Cream

21 ☐ Fresh Satsuma

22 ☐

23 ☐ Hummus & Cucumber

♥ VG

♥ VDEHG

VDEH

HEG

DEH

♥ DG

DE

VDEH

DEH

♥ VDG

♥ VDG

VDEG

VDEG

VDEG

VDEG

VEGH

VEDG

VEG

♥ VDG

**Choose one Main Course**

**Choose two of the following**

**Choose one of the following plus Gravy**

**Choose one Dessert Course**

**Choose one Dessert Course**

**Choose Mid Meal Snack**

**Choose two of the following**

1 ☐ Cream of Celery Soup in a Mug

2 ☐ Slice of White Bread

3 ☐ Slice of Brown Bread

4 ☐

5 ☐ Apple Juice

6 ☐ Orange Juice

7 ☐ Steak-less Pasty (Vegan)

8 ☐ Spaghetti Bolognese (Somerset Beef)

9 ☐ Side Salad

10 ☐

11 ☐ Chicken Salad

12 ☐ Plain Omelette (Free Range)

13 ☐ Jacket Potato with Cheese

14 ☐ Tuna Sandwich/White

15 ☐ Cheese Sandwich/Brown

16 ☐ Ham Sandwich/Brown

17 ☐ Ham Sandwich/White

18 ☐ Apple Crumble

19 ☐ Reduced Sugar Custard

20 ☐ Fresh Plum

21 ☐ Fruit Yoghurt

22 ☐ Reduced Sugar Yoghurt

VDEHG

VDE

♥ VDE

♥ VG

♥ VG

VH

DEH

♥ VDE

♥ VDG

♥ DHG

VDEHG

♥ VDG

DE

VDHE

♥ D

D

VH

GVDHE

♥ VDG

VEHG

♥ VDEG

**Choose one of the following**

**Choose one of the following plus veg**

**Choose one Dessert Course**

**Fresh Fruit and Snacks**

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


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


☐ 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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Supporting local food, freshly prepared







**For Ward Use Only**  
Red Tray ☐ Assistance Required ☐

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Red Tray ☐ Assistance Required ☐

SPRING 2025

NHS

Salisbury

NHS Foundation Trust

Friday

Lunch Week 2

NAME .....

WARD .....

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 one of the following

1   ☐   Orange Juice

2   ☐   Vegetable and Herb Soup in a Mug

3   ☐

♥ VG

♥ VDEG

Choose one Main Course

4   ☐   Lentil & Aubergine Bake (Vegan)

5   ☐   Battered White Fish and Lemon

6   ☐   Somerset Steak & Ale Pie

7   ☐   Dorset Ham & Egg (Free Range) Salad

8   ☐   Ham Sandwich/Brown

9   ☐   Cheese Sandwich/White

VDHE

DH

DH

♥ VDG

D

VDE

Small Appetite Meal - Served on a Small Plate

10   ☐   Somerset Steak & Ale Pie

DH

Choose two of the following

11   ☐   Peas

12   ☐   Sweetcorn

13   ☐

14   ☐

♥ VDEG

♥ VDG

Choose one of the following plus Gravy

15   ☐   Mashed Potatoes

16   ☐   Chipped Potatoes

17   ☐   Gravy

VDEG

VDH

VDEG

Choose one Dessert Course

18   ☐   Reduced Sugar Rice Pudding

19   ☐   Fruit Yoghurt

20   ☐   Fresh Banana

21   ☐   Vanilla Ice Cream

22   ☐

VDEG

VEHG

♥ VDEG

VDEG

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

☐

SPRING 2025

NHS

Salisbury

NHS Foundation Trust

Friday

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   ☐   Cream of Spinach Soup in a Mug

2   ☐   Slice of White Bread

3   ☐   Slice of Brown Bread

4   ☐

VDEG

VDE

♥ VDE

Choose one of the following

5   ☐   Apple Juice

6   ☐   Orange Juice

♥ VG

♥ VG

Choose one of the following plus veg

7   ☐   Tomato & Herb Pasta Bake (Vegan)

8   ☐   Somerset Mild Beef Curry

9   ☐   White Rice

10   ☐   Side Salad

11   ☐   Turkey Salad (Herts)

12   ☐   Cheese Omelette (Free Range)

13   ☐   Jacket Potato with Cream Cheese

14   ☐   Ham Sandwich/White

15   ☐   Egg Mayo Sandwich/Brown (Free Range)

16   ☐   Egg Mayo Sandwich/White (Free Range)

17   ☐   Cheese Sandwich/Brown

VDE

DE

♥ VDG

♥ VDG

♥ DG

VDEHG

♥ VDG

D

DEH

DEH

VDE

Choose one Dessert Course

18   ☐   Eton Mess

19   ☐   Fresh Apple

20   ☐   Fruit Jelly

21   ☐   Vanilla Ice Cream

22   ☐

VEG

♥ VDG

VDEG

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

Fresh, Local, Nutritious

Supporting local food, freshly prepared

PROTECTED MEALTIMES

FOOD FOR LIFE

BRONZE SERVED HERE

Soil Association

5 A DAY

Just Eat More (fruit & veg)

For Ward Use Only

Red Tray

☐ Assistance Required

☐



## 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 | <input type="checkbox"/> | Orange Juice                     | ♥ VG    |
| 2 | <input type="checkbox"/> | Cream of Sweetcorn Soup in a Mug | ♥ VDEHG |
| 3 | <input type="checkbox"/> |                                  |         |

### Choose one Main Course

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

Small Appetite Meal - Served on a Small Plate

- |    |                          |                                 |    |
|----|--------------------------|---------------------------------|----|
| 10 | <input type="checkbox"/> | Somerset Chicken & Mushroom Pie | DH |
|----|--------------------------|---------------------------------|----|

### Choose two of the following

- |    |                          |                     |        |
|----|--------------------------|---------------------|--------|
| 11 | <input type="checkbox"/> | Carrots (in season) | ♥ VDEG |
| 12 | <input type="checkbox"/> | Peas                | ♥ VDG  |
| 13 | <input type="checkbox"/> |                     |        |
| 14 | <input type="checkbox"/> |                     |        |

### Choose one of the following plus Gravy

- |    |                          |                  |        |
|----|--------------------------|------------------|--------|
| 15 | <input type="checkbox"/> | Mashed Potatoes  | VDEG   |
| 16 | <input type="checkbox"/> | Parsley Potatoes | ♥ VDEG |
| 17 | <input type="checkbox"/> | Gravy            | VDEG   |

### Choose one Dessert Course

- |    |                          |                       |       |
|----|--------------------------|-----------------------|-------|
| 18 | <input type="checkbox"/> | Apple Crumble         | VE    |
| 19 | <input type="checkbox"/> | Reduced Sugar Custard | GVDEH |
| 20 | <input type="checkbox"/> | Fresh Satsuma         | ♥ VDG |
| 21 | <input type="checkbox"/> | Vanilla Ice Cream     | VDEG  |
| 22 | <input type="checkbox"/> |                       |       |

### Choose Mid Meal Snack

- |    |                          |                   |
|----|--------------------------|-------------------|
| 23 | <input type="checkbox"/> | Hummus & Cucumber |
|----|--------------------------|-------------------|

- |                                      |                                  |  |
|--------------------------------------|----------------------------------|--|
| <input type="checkbox"/> Ketchup     | <input type="checkbox"/> Mustard | <input type="checkbox"/> Mayonnaise    |
| <input type="checkbox"/> Salad Cream | <input type="checkbox"/> Vinegar | <input type="checkbox"/> 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 ☐

## 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 | <input type="checkbox"/> | Creamed Parsnip Soup in a Mug | VDEHG |
| 2 | <input type="checkbox"/> | Slice of White Bread          | VDE   |
| 3 | <input type="checkbox"/> | Slice of Brown Bread          | ♥ VDE |
| 4 | <input type="checkbox"/> |                               |       |

### Choose one of the following

- |   |                          |              |      |
|---|--------------------------|--------------|------|
| 5 | <input type="checkbox"/> | Apple Juice  | ♥ VG |
| 6 | <input type="checkbox"/> | Orange Juice | ♥ VG |

### Choose one of the following plus veg

- |    |                          |                                 |        |
|----|--------------------------|---------------------------------|--------|
| 7  | <input type="checkbox"/> | Mushroom Curry (Vegan)          | ♥ VDEG |
| 8  | <input type="checkbox"/> | Somerset Pork & Red Pepper Stew | DHE    |
| 9  | <input type="checkbox"/> | Rice                            | ♥ VDG  |
| 10 | <input type="checkbox"/> | Side Salad                      | ♥ VDG  |
| 11 | <input type="checkbox"/> | Plain Omelette (Free Range)     | VDEHG  |
| 12 | <input type="checkbox"/> | Jacket Potato with Cheese       | ♥ VDG  |
| 13 | <input type="checkbox"/> | Tuna Salad                      | VHG    |
| 14 | <input type="checkbox"/> | Free Range Egg Sandwich/Brown   | ♥ VD   |
| 15 | <input type="checkbox"/> | Free Range Egg Sandwich/White   | VD     |
| 16 | <input type="checkbox"/> | Chicken Mayo Sandwich/Brown     | DHE    |
| 17 | <input type="checkbox"/> | Cheese Sandwich/White           |        |

### Choose one Dessert Course

- |    |                          |                                |       |
|----|--------------------------|--------------------------------|-------|
| 18 | <input type="checkbox"/> | Reduced Sugar Semolina Pudding | VDHE  |
| 19 | <input type="checkbox"/> | Fresh Apple                    | ♥ VDG |
| 20 | <input type="checkbox"/> | Fruit Jelly                    | VDEG  |
| 21 | <input type="checkbox"/> | Vanilla Ice Cream              | VDEG  |
| 22 | <input type="checkbox"/> |                                |       |

### Fresh Fruit and Snacks

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

- |                                      |                                  |  |
|--------------------------------------|----------------------------------|--|
| <input type="checkbox"/> Ketchup     | <input type="checkbox"/> Mustard | <input type="checkbox"/> Mayonnaise    |
| <input type="checkbox"/> Salad Cream | <input type="checkbox"/> Vinegar | <input type="checkbox"/> Tartare Sauce |

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



### For Ward Use Only

Red Tray ☐ Assistance Required ☐