



BREAKFAST

Cornflakes **V VG R**

Thick & Creamy Yogurt **EC V R**

Rice Krispies **V R**

White Bread or Toast **H V R**
served with spread and preserves **EC**



STARTER

Tomato Soup **E EC V**

Apple Juice **H EC V VG**

Chicken Soup **E EC**

Orange Juice **H EC V VG**



MAIN MEALS

Plain Omelette **H V R**

Macaroni Cheese **E V R**

Roast Chicken Breast in Gravy **H R**

Potato Topped Chicken Pie **E EC R**

Fish Pie **H EC R**

Fishcakes **H EC R**

Fish Fingers **H R**

Sausage Roll **E**

Beef Bolognaise with Pasta **H EC R**

Cottage Pie **H EC R**



SIDES

White Bread Roll **V VG R**

Boiled Potatoes **H EC V VG R**

Sliced Carrots **H EC V VG R**

Mashed Potato **EC V R**

Mashed Root Vegetables
H EC V VG R

White Rice **H EC V VG R**



LIGHTER OPTIONS

JACKET POTATOES Please do not eat the skin of the potato

Plain **H V VG**

Cheese **E V**

Tuna Mayonnaise **E**

SANDWICHES

A daily selection of sandwiches are available on white or wholemeal. Please ask your Ward Host for details. **R & V** available.



DESSERTS

HOT DESSERTS

Hot Dessert of the Day
Ask your Ward Host

Rice Pudding **EC V R**

Stewed Apple &
Custard **EC V R**

Custard **EC V R**

COLD DESSERTS

Thick & Creamy
Yogurt **EC V R**

Peach Slices in
Juice **H EC V VG R**

Ice Cream **EC V R**

Chocolate
Dessert Pot **EC V**

Reduced Sugar
Jelly **EC R**
HiCal Jelly available
for **MUST** ≥ 1

CODES USED IN THIS MENU

- E** High Energy: more nourishing than those coded **H** as they contain more calories. Suitable for patients with a reduced appetite.
- H** Healthy Option: contain moderate amounts of fat, sugar and salt. Suitable as part of a healthy balanced diet and for patients with diabetes.
- EC** Easy to Chew: suitable for patients who have difficulty coping with firm foods (e.g. patients who have no teeth, loose dentures or sore mouth). Refer to our modified texture menus if you have difficulties with swallowing (dysphagia).
- V** Vegetarian: free from meat, poultry, fish and all products derived from these. Suitable for vegetarians that consume milk, eggs and their products.
- VG** Vegan: free from all animal products including meat, poultry, fish, milk, eggs and all products derived from these. Vegan menu available.
- R** Renal Diet: suitable for patients on a low potassium diet.

ALLERGEN INFORMATION

If you have a food allergy or intolerance, please advise your Nurse on admission and always inform your Ward Host before you place a meal order. Allergen Free menu available.

FISH BONES

Although every care has been taken to remove fish bones from our fish dishes, some may remain. Therefore, please take care when consuming fish dishes. Please speak with your Ward Host or Nurse if you have any concerns.

CARBOHYDRATE INFORMATION

Please ask your Ward Host for carbohydrate information if you require it.