







# Monday Lunch – Week 2

## Soups









- |                          |                          |                       |                          |
|--------------------------|--------------------------|-----------------------|--------------------------|
| Soup of the Day          | <input type="checkbox"/> | Lentil Soup (v)       | <input type="checkbox"/> |
| Cream of Tomato Soup (v) | <input type="checkbox"/> | Cream of Chicken Soup | <input type="checkbox"/> |
| Brown Bread Roll (v)     | <input type="checkbox"/> | White Bread Roll (v)  | <input type="checkbox"/> |
| Butter (v)               | <input type="checkbox"/> | Flora (v)             | <input type="checkbox"/> |

## Main Meal Options

Please select only one option from this section

- |  |                          |  |                          |
|--|--------------------------|--|--------------------------|
|  Hake with Salsa Verdi  | <input type="checkbox"/> | Beef and Vegetable Pie   | <input type="checkbox"/> |
| Spicy Root Vegetable and Lentil Casserole (v)  | <input type="checkbox"/> |  |                          |
| Grilled Chicken & Chimchurri Dressing  | <input type="checkbox"/> |  |                          |
|  Jacket Potato with Choice of Fillings (v) – choose from list below |                          |  |                          |
|  Butter (v)   | <input type="checkbox"/> |  Cheddar Cheese (v) | <input type="checkbox"/> |
|  Tuna Mayo  | <input type="checkbox"/> |  Baked Beans (v)    | <input type="checkbox"/> |

## Side Dishes

- |  |                          |  |                          |
|--|--------------------------|--|--------------------------|
|  Baked Beans (v)          | <input type="checkbox"/> | Chips (v)  | <input type="checkbox"/> |
|  Jacket Potato (v)        | <input type="checkbox"/> |  Steamed Broccoli (v) | <input type="checkbox"/> |
|  Peas (v)                 | <input type="checkbox"/> | Sweetcorn (v)  | <input type="checkbox"/> |
|  Steamed Rice (v)         | <input type="checkbox"/> |  Mashed Potato (v)    | <input type="checkbox"/> |
|  Steamed New Potatoes (v) | <input type="checkbox"/> |  Steamed Carrots (v)  | <input type="checkbox"/> |







## Snacks and Salads


- |   |                          |
|---|--------------------------|
| Tomato and Cucumber Salad (v)           | <input type="checkbox"/> |
| Salad Dressing – choice from list below |                          |
| Creamy (v)                              | <input type="checkbox"/> |
| French (v)                              | <input type="checkbox"/> |
| Mayo (v)                                | <input type="checkbox"/> |
| Vegetable Sticks with Yoghurt Dip (v)   | <input type="checkbox"/> |

## Sandwich and Roll Selection

- |   | Brown                    | White                    |
|---|--------------------------|--------------------------|
| Plain Cheese (v)                                  | <input type="checkbox"/> | <input type="checkbox"/> |
| Plain Chicken                                     | <input type="checkbox"/> | <input type="checkbox"/> |
| Plain Ham   | <input type="checkbox"/> | <input type="checkbox"/> |
| Egg Mayonnaise (v)                                | <input type="checkbox"/> | <input type="checkbox"/> |
| Chicken Mayonnaise                                | <input type="checkbox"/> | <input type="checkbox"/> |
| Tuna Mayonnaise                                   | <input type="checkbox"/> | <input type="checkbox"/> |
| Chicken Sweetcorn Mayonnaise on a Soft White Roll |                          | <input type="checkbox"/> |
| Tuna and Cucumber Mayonnaise on a Soft White Roll |                          | <input type="checkbox"/> |

## Puddings and Desserts

- Please select a maximum of two options from this section
- |   |                          |  |                          |
|---|--------------------------|--|--------------------------|
|  Jam & Coconut Sponge (v)  | <input type="checkbox"/> |  Crème Caramel (v)    | <input type="checkbox"/> |
|  Low Fat Fruit Yoghurt (v) | <input type="checkbox"/> |  Jelly of the Day (v) | <input type="checkbox"/> |
|  Custard Portion (v)       | <input type="checkbox"/> | Fresh Fruit Salad (v)  | <input type="checkbox"/> |
|  Chocolate Mousse (v)      | <input type="checkbox"/> |  |                          |

Key: (v) – Suitable for vegetarians  – Category E fork-mashable

Fresh fruit, cereal, toast, cheese portions, yoghurts, biscuits, squash drinks, milk and hot drinks are always available

– Please ask a member of the ward team

Menu Updated September 2016

# Monday Dinner – Week 2

## Soups





- |                          |                          |                       |                          |
|--------------------------|--------------------------|-----------------------|--------------------------|
| Soup of the Day          | <input type="checkbox"/> | Lentil Soup (v)       | <input type="checkbox"/> |
| Cream of Tomato Soup (v) | <input type="checkbox"/> | Cream of Chicken Soup | <input type="checkbox"/> |
| Brown Bread Roll (v)     | <input type="checkbox"/> | White Bread Roll (v)  | <input type="checkbox"/> |
| Butter (v)               | <input type="checkbox"/> | Flora (v)             | <input type="checkbox"/> |

## Main Meal Options









Please select only one option from this section

- |   |                          |              |                          |
|---|--------------------------|--------------|--------------------------|
| Gnocchi, Broccoli and Cream Cheese Bake (v) | <input type="checkbox"/> | BBQ Meatloaf | <input type="checkbox"/> |
| Buttered Chicken Curry                      | <input type="checkbox"/> |              |                          |
| Fish Finger Sandwich                        | <input type="checkbox"/> |              |                          |

 Jacket Potato with Choice of Fillings (v) – choose from list below

- |  |                          |  |                          |
|--|--------------------------|--|--------------------------|
|  Butter (v) | <input type="checkbox"/> |  Cheddar Cheese (v) | <input type="checkbox"/> |
|  Tuna Mayo  | <input type="checkbox"/> |  Baked Beans (v)    | <input type="checkbox"/> |

## Side Dishes

- |  |                          |  |                          |
|--|--------------------------|--|--------------------------|
|  Baked Beans (v)           | <input type="checkbox"/> | S.Fried Potato Wedges (v)  | <input type="checkbox"/> |
|  Jacket Potato (v)        | <input type="checkbox"/> |  Steamed Broccoli (v) | <input type="checkbox"/> |
|  Peas (v)                 | <input type="checkbox"/> | Sweetcorn (v)  | <input type="checkbox"/> |
|  Steamed Rice (v)         | <input type="checkbox"/> |  Mashed Potato (v)    | <input type="checkbox"/> |
|  Steamed New Potatoes (v) | <input type="checkbox"/> |  Steamed Carrots (v)  | <input type="checkbox"/> |

## Snacks and Salads








- |   |                          |
|---|--------------------------|
| Tomato and Cucumber Salad (v)           | <input type="checkbox"/> |
| Salad Dressing – choice from list below |                          |
| Creamy (v)                              | <input type="checkbox"/> |
| French (v)                              | <input type="checkbox"/> |
| Mayo (v)                                | <input type="checkbox"/> |
| Vegetable Sticks with Yoghurt Dip (v)   | <input type="checkbox"/> |

## Sandwich and Roll Selection

- |   | Brown                    | White                    |
|---|--------------------------|--------------------------|
| Plain Cheese (v)                                  | <input type="checkbox"/> | <input type="checkbox"/> |
| Plain Chicken                                     | <input type="checkbox"/> | <input type="checkbox"/> |
| Plain Ham   | <input type="checkbox"/> | <input type="checkbox"/> |
| Egg Mayonnaise (v)                                | <input type="checkbox"/> | <input type="checkbox"/> |
| Chicken Mayonnaise                                | <input type="checkbox"/> | <input type="checkbox"/> |
| Tuna Mayonnaise                                   | <input type="checkbox"/> | <input type="checkbox"/> |
| Chicken Sweetcorn Mayonnaise on a Soft White Roll |                          | <input type="checkbox"/> |
| Tuna and Cucumber Mayonnaise on a Soft White Roll |                          | <input type="checkbox"/> |

## Puddings and Desserts

Please select a maximum of two options from this section

- |   |                          |  |                          |
|---|--------------------------|--|--------------------------|
|  Jam and Coconut Sponge with Custard (v)                           | <input type="checkbox"/> |  Cherry Mousse (v)    | <input type="checkbox"/> |
|  Low Fat Fruit Yoghurt (v)   | <input type="checkbox"/> |  Jelly of the Day (v) | <input type="checkbox"/> |
|  Peach Mousse (v)  | <input type="checkbox"/> | Fresh Fruit Salad (v)  | <input type="checkbox"/> |
|  Chocolate Brownie with White Chocolate Chips, Chocolate Sauce (v) | <input type="checkbox"/> |  Mango Mousse (v)     | <input type="checkbox"/> |

Key: (v) – Suitable for vegetarians  – Category E fork-mashable

Fresh fruit, cereal, toast, cheese portions, yoghurts, biscuits, squash drinks, milk and hot drinks are always available

– Please ask a member of the ward team

Menu Updated September 2016







# Tuesday Lunch – Week 2

## Soups

- Soup of the Day  Lentil Soup (v)
- Cream of Tomato Soup (v)  Cream of Chicken Soup
- Brown Bread Roll (v)  White Bread Roll (v)
- Butter (v)  Flora (v)

## Main Meal Options

Please select only one option from this section

-  Salmon with Lemon & Oregano  Pork Schnitzel with Cream Sauce
- Aubergine Parmigiana (v)
- Peri Peri Chicken
-  Jacket Potato with Choice of Fillings (v) – choose from list below
-  Butter (v)   Cheddar Cheese (v)
-  Tuna Mayo   Baked Beans (v)

## Side Dishes

-  Baked Beans (v)  Chips (v)
-  Jacket Potato (v)   Steamed Broccoli (v)
-  Peas (v)  Sweetcorn (v)
-  Steamed Rice (v)   Mashed Potato (v)
-  Steamed New Potatoes (v)   Steamed Carrots (v)

## Snacks and Salads







- Tomato and Cucumber Salad (v)
- Salad Dressing – choice from list below
- Creamy (v)  French (v)  Mayo (v)
- Vegetable Sticks with Yoghurt Dip (v)

## Sandwich and Roll Selection

- |   | Brown                    | White                    |
|---|--------------------------|--------------------------|
| Plain Cheese (v)                                  | <input type="checkbox"/> | <input type="checkbox"/> |
| Plain Chicken                                     | <input type="checkbox"/> | <input type="checkbox"/> |
| Plain Ham   | <input type="checkbox"/> | <input type="checkbox"/> |
| Egg Mayonnaise (v)                                | <input type="checkbox"/> | <input type="checkbox"/> |
| Chicken Mayonnaise                                | <input type="checkbox"/> | <input type="checkbox"/> |
| Tuna Mayonnaise                                   | <input type="checkbox"/> | <input type="checkbox"/> |
| Chicken Sweetcorn Mayonnaise on a Soft White Roll |                          | <input type="checkbox"/> |
| Tuna and Cucumber Mayonnaise on a Soft White Roll |                          | <input type="checkbox"/> |

## Puddings and Desserts

Please select a maximum of two options from this section

-  Upside Down Banana Cake & Custard (v)   Crème Caramel (v)
-  Low Fat Fruit Yoghurt (v)   Jelly of the Day (v)
-  Custard Portion (v)  Fresh Fruit Salad (v)
-  Chocolate Mousse (v)

Key: (v) – Suitable for vegetarians  – Category E fork-mashable

Fresh fruit, cereal, toast, cheese portions, yoghurts, biscuits, squash drinks, milk and hot drinks are always available

– Please ask a member of the ward team

Menu Updated September 2016







# Tuesday Dinner – Week 2

## Soups

- |   |  |                          |
|---|--|--------------------------|
| <input type="checkbox"/> Soup of the Day          | <input type="checkbox"/> Lentil Soup (v)       | <input type="checkbox"/> |
| <input type="checkbox"/> Cream of Tomato Soup (v) | <input type="checkbox"/> Cream of Chicken Soup | <input type="checkbox"/> |
| <input type="checkbox"/> Brown Bread Roll (v)     | <input type="checkbox"/> White Bread Roll (v)  | <input type="checkbox"/> |
| <input type="checkbox"/> Butter (v)               | <input type="checkbox"/> Flora (v)             | <input type="checkbox"/> |

## Main Meal Options

Please select only one option from this section

- |   |   |                          |
|---|---|--------------------------|
| <input type="checkbox"/>  Macaroni Cheese (v)  | <input type="checkbox"/> Pork Ribs in BBQ Sauce   | <input type="checkbox"/> |
| <input type="checkbox"/> Chicken Fillet Wrap  | <input type="checkbox"/>  | <input type="checkbox"/> |
| <input type="checkbox"/> Smoked Haddock and Savoury Rice  | <input type="checkbox"/>  | <input type="checkbox"/> |
| <input type="checkbox"/>  Jacket Potato with Choice of Fillings (v) – choose from list below |   |                          |
| <input type="checkbox"/>  Butter (v)   | <input type="checkbox"/>  Cheddar Cheese (v) | <input type="checkbox"/> |
| <input type="checkbox"/>  Tuna Mayo  | <input type="checkbox"/>  Baked Beans (v)    | <input type="checkbox"/> |

## Side Dishes

- |   |   |                          |
|---|---|--------------------------|
| <input type="checkbox"/>  Baked Beans (v)           | <input type="checkbox"/> Chips (v)  | <input type="checkbox"/> |
| <input type="checkbox"/>  Jacket Potato (v)        | <input type="checkbox"/>  Steamed Broccoli (v) | <input type="checkbox"/> |
| <input type="checkbox"/>  Peas (v)                 | <input type="checkbox"/> Sweetcorn (v)  | <input type="checkbox"/> |
| <input type="checkbox"/>  Steamed Rice (v)         | <input type="checkbox"/>  Mashed Potato (v)    | <input type="checkbox"/> |
| <input type="checkbox"/>  Steamed New Potatoes (v) | <input type="checkbox"/>  Steamed Carrots (v)  | <input type="checkbox"/> |

## Snacks and Salads

- |  |                                     |
|--|-------------------------------------|
| <input type="checkbox"/> Tomato and Cucumber Salad (v)           | <input type="checkbox"/>            |
| <input type="checkbox"/> Salad Dressing – choice from list below |                                     |
| <input type="checkbox"/> Creamy (v)                              | <input type="checkbox"/> French (v) |
| <input type="checkbox"/>   | <input type="checkbox"/> Mayo (v)   |
| <input type="checkbox"/>   | <input type="checkbox"/>            |
| <input type="checkbox"/> Vegetable Sticks with Yoghurt Dip (v)   | <input type="checkbox"/>            |








## Sandwich and Roll Selection

**Brown**      **White**

- |  |                          |                          |
|--|--------------------------|--------------------------|
| <input type="checkbox"/> Plain Cheese (v)                                  | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Plain Chicken                                     | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Plain Ham   | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Egg Mayonnaise (v)                                | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Chicken Mayonnaise                                | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Tuna Mayonnaise                                   | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Chicken Sweetcorn Mayonnaise on a Soft White Roll |                          | <input type="checkbox"/> |
| <input type="checkbox"/> Tuna and Cucumber Mayonnaise on a Soft White Roll |                          | <input type="checkbox"/> |

## Puddings and Desserts

Please select a maximum of two options from this section

- |  |                          |   |                          |
|--|--------------------------|---|--------------------------|
| <input type="checkbox"/>  Upside Down Banana Cake with Custard (v)                      | <input type="checkbox"/> | <input type="checkbox"/>  Cherry Mousse (v)    | <input type="checkbox"/> |
| <input type="checkbox"/>  Low Fat Fruit Yoghurt (v)                                     | <input type="checkbox"/> | <input type="checkbox"/>  Jelly of the Day (v) | <input type="checkbox"/> |
| <input type="checkbox"/>  Peach Mousse (v)  | <input type="checkbox"/> | <input type="checkbox"/> Fresh Fruit Salad (v)  | <input type="checkbox"/> |
| <input type="checkbox"/>  Chocolate Brownie with White Chocolate Chips, Chocolate Sauce | <input type="checkbox"/> | <input type="checkbox"/>  Mango Mousse (v)     | <input type="checkbox"/> |

Key: (v) – Suitable for vegetarians  – Category E fork-mashable

Fresh fruit, cereal, toast, cheese portions, yoghurts, biscuits, squash drinks, milk and hot drinks are always available

– Please ask a member of the ward team

Menu Updated September 2016






# Wednesday Lunch – Week 2

## Soups




- |   |  |                          |
|---|--|--------------------------|
| <input type="checkbox"/> Soup of the Day          | <input type="checkbox"/> Lentil Soup (v)       | <input type="checkbox"/> |
| <input type="checkbox"/> Cream of Tomato Soup (v) | <input type="checkbox"/> Cream of Chicken Soup | <input type="checkbox"/> |
| <input type="checkbox"/> Brown Bread Roll (v)     | <input type="checkbox"/> White Bread Roll (v)  | <input type="checkbox"/> |
| <input type="checkbox"/> Butter (v)               | <input type="checkbox"/> Flora (v)             | <input type="checkbox"/> |

## Main Meal Options

Please select only one option from this section

- |   |   |                          |
|---|---|--------------------------|
| <input type="checkbox"/> Fisherman's Crumble  | <input type="checkbox"/> Beef Burger with Salad and Relish  | <input type="checkbox"/> |
| <input type="checkbox"/> Pasta with Tomato Sauce and Garlic Bread (v)   |   |                          |
| <input type="checkbox"/> Tandoori Chicken   |   |                          |
| <input type="checkbox"/>  Jacket Potato with Choice of Fillings (v) – choose from list below |   |                          |
| <input type="checkbox"/>  Butter (v)   | <input type="checkbox"/>  Cheddar Cheese (v) | <input type="checkbox"/> |
| <input type="checkbox"/>  Tuna Mayo  | <input type="checkbox"/>  Baked Beans (v)    | <input type="checkbox"/> |

## Side Dishes

- |   |   |                          |
|---|---|--------------------------|
| <input type="checkbox"/>  Baked Beans (v)           | <input type="checkbox"/> Chips (v)  | <input type="checkbox"/> |
| <input type="checkbox"/>  Jacket Potato (v)        | <input type="checkbox"/>  Steamed Broccoli (v) | <input type="checkbox"/> |
| <input type="checkbox"/>  Peas (v)                 | <input type="checkbox"/> Sweetcorn (v)  | <input type="checkbox"/> |
| <input type="checkbox"/>  Steamed Rice (v)         | <input type="checkbox"/>  Mashed Potato (v)    | <input type="checkbox"/> |
| <input type="checkbox"/>  Steamed New Potatoes (v) | <input type="checkbox"/>  Steamed Carrots (v)  | <input type="checkbox"/> |

## Snacks and Salads






- |  |                                     |
|--|-------------------------------------|
| <input type="checkbox"/> Tomato and Cucumber Salad (v)           | <input type="checkbox"/>            |
| <input type="checkbox"/> Salad Dressing – choice from list below |                                     |
| <input type="checkbox"/> Creamy (v)                              | <input type="checkbox"/> French (v) |
| <input type="checkbox"/> Mayo (v)                                | <input type="checkbox"/>            |
| <input type="checkbox"/> Vegetable Sticks with Yoghurt Dip (v)   | <input type="checkbox"/>            |


## Sandwich and Roll Selection

- |  | Brown                    | White                    |
|--|--------------------------|--------------------------|
| <input type="checkbox"/> Plain Cheese (v)                                  | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Plain Chicken                                     | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Plain Ham   | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Egg Mayonnaise (v)                                | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Chicken Mayonnaise                                | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Tuna Mayonnaise                                   | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Chicken Sweetcorn Mayonnaise on a Soft White Roll |                          | <input type="checkbox"/> |
| <input type="checkbox"/> Tuna and Cucumber Mayonnaise on a Soft White Roll |                          | <input type="checkbox"/> |

## Puddings and Desserts

Please select a maximum of two options from this section

- |  |   |                          |
|--|---|--------------------------|
| <input type="checkbox"/> Pear and Apple Tart with Custard (v)  | <input type="checkbox"/>  Crème Caramel (v)    | <input type="checkbox"/> |
| <input type="checkbox"/>  Low Fat Fruit Yoghurt (v) | <input type="checkbox"/>  Jelly of the Day (v) | <input type="checkbox"/> |
| <input type="checkbox"/>  Custard Portion (v)       | <input type="checkbox"/> Fresh Fruit Salad (v)  | <input type="checkbox"/> |
| <input type="checkbox"/>  Chocolate Mousse (v)      | <input type="checkbox"/>  |                          |

Key: (v) – Suitable for vegetarians  – Category E fork-mashable

Fresh fruit, cereal, toast, cheese portions, yoghurts, biscuits, squash drinks, milk and hot drinks are always available

– Please ask a member of the ward team

Menu Updated September 2016

# Wednesday Dinner – Week 2

## Soups





- |                          |                          |                       |                          |
|--------------------------|--------------------------|-----------------------|--------------------------|
| Soup of the Day          | <input type="checkbox"/> | Lentil Soup (v)       | <input type="checkbox"/> |
| Cream of Tomato Soup (v) | <input type="checkbox"/> | Cream of Chicken Soup | <input type="checkbox"/> |
| Brown Bread Roll (v)     | <input type="checkbox"/> | White Bread Roll (v)  | <input type="checkbox"/> |
| Butter (v)               | <input type="checkbox"/> | Flora (v)             | <input type="checkbox"/> |

## Main Meal Options









Please select only one option from this section

- |                                     |                          |                  |                          |
|-------------------------------------|--------------------------|------------------|--------------------------|
| Quorn Nuggets with Relish (v)       | <input type="checkbox"/> | Chilli Con Carne | <input type="checkbox"/> |
| Chicken and Sweetcorn Pizza         | <input type="checkbox"/> |                  |                          |
| Salmon Goujons with Pink Mayonnaise | <input type="checkbox"/> |                  |                          |

 Jacket Potato with Choice of Fillings (v) – choose from list below

- |  |                          |  |                          |
|--|--------------------------|--|--------------------------|
|  Butter (v) | <input type="checkbox"/> |  Cheddar Cheese (v) | <input type="checkbox"/> |
|  Tuna Mayo  | <input type="checkbox"/> |  Baked Beans (v)    | <input type="checkbox"/> |

## Side Dishes

- |  |                          |  |                          |
|--|--------------------------|--|--------------------------|
|  Baked Beans (v)           | <input type="checkbox"/> | Sweet Potato Fries (v)   | <input type="checkbox"/> |
|  Jacket Potato (v)        | <input type="checkbox"/> |  Steamed Broccoli (v) | <input type="checkbox"/> |
|  Peas (v)                 | <input type="checkbox"/> | Sweetcorn (v)  | <input type="checkbox"/> |
|  Steamed Rice (v)         | <input type="checkbox"/> |  Mashed Potato (v)    | <input type="checkbox"/> |
|  Steamed New Potatoes (v) | <input type="checkbox"/> |  Steamed Carrots (v)  | <input type="checkbox"/> |

## Snacks and Salads







- |   |                          |
|---|--------------------------|
| Tomato and Cucumber Salad (v)           | <input type="checkbox"/> |
| Salad Dressing – choice from list below |                          |
| Creamy (v)                              | <input type="checkbox"/> |
| French (v)                              | <input type="checkbox"/> |
| Mayo (v)                                | <input type="checkbox"/> |
| Vegetable Sticks with Yoghurt Dip (v)   | <input type="checkbox"/> |

## Sandwich and Roll Selection

- |   | Brown                    | White                    |
|---|--------------------------|--------------------------|
| Plain Cheese (v)                                  | <input type="checkbox"/> | <input type="checkbox"/> |
| Plain Chicken                                     | <input type="checkbox"/> | <input type="checkbox"/> |
| Plain Ham   | <input type="checkbox"/> | <input type="checkbox"/> |
| Egg Mayonnaise (v)                                | <input type="checkbox"/> | <input type="checkbox"/> |
| Chicken Mayonnaise                                | <input type="checkbox"/> | <input type="checkbox"/> |
| Tuna Mayonnaise                                   | <input type="checkbox"/> | <input type="checkbox"/> |
| Chicken Sweetcorn Mayonnaise on a Soft White Roll |                          | <input type="checkbox"/> |
| Tuna and Cucumber Mayonnaise on a Soft White Roll |                          | <input type="checkbox"/> |

## Puddings and Desserts

Please select a maximum of two options from this section

- |   |                          |  |                          |
|---|--------------------------|--|--------------------------|
| Pear and Apple Tart with Custard (v)  | <input type="checkbox"/> |  Cherry Mousse (v)    | <input type="checkbox"/> |
|  Low Fat Fruit Yoghurt (v)   | <input type="checkbox"/> |  Jelly of the Day (v) | <input type="checkbox"/> |
|  Peach Mousse (v)  | <input type="checkbox"/> | Fresh Fruit Salad (v)  | <input type="checkbox"/> |
|  Chocolate Brownie with White Chocolate Chips, Chocolate Sauce (v) | <input type="checkbox"/> |  Mango Mousse (v)     | <input type="checkbox"/> |

Key: (v) – Suitable for vegetarians  – Category E fork-mashable

Fresh fruit, cereal, toast, cheese portions, yoghurts, biscuits, squash drinks, milk and hot drinks are always available

– Please ask a member of the ward team

Menu Updated September 2016

# Thursday Lunch – Week 2

## Soups





- |   |  |                          |
|---|--|--------------------------|
| <input type="checkbox"/> Soup of the Day          | <input type="checkbox"/> Lentil Soup (v)       | <input type="checkbox"/> |
| <input type="checkbox"/> Cream of Tomato Soup (v) | <input type="checkbox"/> Cream of Chicken Soup | <input type="checkbox"/> |
| <input type="checkbox"/> Brown Bread Roll (v)     | <input type="checkbox"/> White Bread Roll (v)  | <input type="checkbox"/> |
| <input type="checkbox"/> Butter (v)               | <input type="checkbox"/> Flora (v)             | <input type="checkbox"/> |

## Main Meal Options







Please select only one option from this section

- |   |                                       |                          |
|---|---------------------------------------|--------------------------|
| <input type="checkbox"/> Salmon, Spinach and Sweet Potato | <input type="checkbox"/> Beef Lasagne | <input type="checkbox"/> |
| <input type="checkbox"/> Quorn and Mushroom Biryani (v)   | <input type="checkbox"/>              |                          |
| <input type="checkbox"/> Chicken Fillet Burger            | <input type="checkbox"/>              |                          |

 Jacket Potato with Choice of Fillings (v) – choose from list below

- |   |   |                          |
|---|---|--------------------------|
| <input type="checkbox"/>  Butter (v) | <input type="checkbox"/>  Cheddar Cheese (v) | <input type="checkbox"/> |
| <input type="checkbox"/>  Tuna Mayo  | <input type="checkbox"/>  Baked Beans (v)    | <input type="checkbox"/> |

## Side Dishes

- |   |   |                          |
|---|---|--------------------------|
| <input type="checkbox"/>  Baked Beans (v)            | <input type="checkbox"/> Chips (v)  | <input type="checkbox"/> |
| <input type="checkbox"/>  Jacket Potato (v)        | <input type="checkbox"/>  Steamed Broccoli (v) | <input type="checkbox"/> |
| <input type="checkbox"/>  Peas (v)                 | <input type="checkbox"/> Sweetcorn (v)  | <input type="checkbox"/> |
| <input type="checkbox"/>  Steamed Rice (v)         | <input type="checkbox"/>  Mashed Potato (v)    | <input type="checkbox"/> |
| <input type="checkbox"/>  Steamed New Potatoes (v) | <input type="checkbox"/>  Steamed Carrots (v)  | <input type="checkbox"/> |

## Snacks and Salads





- |  |                                     |                                   |
|--|-------------------------------------|-----------------------------------|
| <input type="checkbox"/> Tomato and Cucumber Salad (v)           | <input type="checkbox"/>            | <input type="checkbox"/>          |
| <input type="checkbox"/> Salad Dressing – choice from list below |                                     |                                   |
| <input type="checkbox"/> Creamy (v)                              | <input type="checkbox"/> French (v) | <input type="checkbox"/> Mayo (v) |
| <input type="checkbox"/> Vegetable Sticks with Yoghurt Dip (v)   |                                     | <input type="checkbox"/>          |

## Sandwich and Roll Selection

- |  | Brown                    | White                    |
|--|--------------------------|--------------------------|
| <input type="checkbox"/> Plain Cheese (v)                                  | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Plain Chicken                                     | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Plain Ham   | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Egg Mayonnaise (v)                                | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Chicken Mayonnaise                                | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Tuna Mayonnaise                                   | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Chicken Sweetcorn Mayonnaise on a Soft White Roll |                          | <input type="checkbox"/> |
| <input type="checkbox"/> Tuna and Cucumber Mayonnaise on a Soft White Roll |                          | <input type="checkbox"/> |

## Puddings and Desserts

Please select a maximum of two options from this section

- |  |   |                          |
|--|---|--------------------------|
| <input type="checkbox"/> Mixed Fruit Pancake (v)   | <input type="checkbox"/>  Crème Caramel (v)    | <input type="checkbox"/> |
| <input type="checkbox"/>  Low Fat Fruit Yoghurt (v) | <input type="checkbox"/>  Jelly of the Day (v) | <input type="checkbox"/> |
| <input type="checkbox"/>  Custard Portion (v)       | <input type="checkbox"/> Fresh Fruit Salad (v)  | <input type="checkbox"/> |
| <input type="checkbox"/>  Chocolate Mousse (v)      | <input type="checkbox"/>  |                          |

Key: (v) – Suitable for vegetarians  – Category E fork-mashable

Fresh fruit, cereal, toast, cheese portions, yoghurts, biscuits, squash drinks, milk and hot drinks are always available

– Please ask a member of the ward team

Menu Updated September 2016

# Thursday Dinner – Week 2

## Soups





- |   |  |                          |
|---|--|--------------------------|
| <input type="checkbox"/> Soup of the Day          | <input type="checkbox"/> Lentil Soup (v)       | <input type="checkbox"/> |
| <input type="checkbox"/> Cream of Tomato Soup (v) | <input type="checkbox"/> Cream of Chicken Soup | <input type="checkbox"/> |
| <input type="checkbox"/> Brown Bread Roll (v)     | <input type="checkbox"/> White Bread Roll (v)  | <input type="checkbox"/> |
| <input type="checkbox"/> Butter (v)               | <input type="checkbox"/> Flora (v)             | <input type="checkbox"/> |

## Main Meal Options









Please select only one option from this section

- |   |   |                          |
|---|---|--------------------------|
| <input type="checkbox"/> Stuffed Jacket Potatoes (v)    | <input type="checkbox"/> Shepherd's Pie | <input type="checkbox"/> |
| <input type="checkbox"/> Sweet and Sour Chicken Noodles | <input type="checkbox"/>                |                          |
| <input type="checkbox"/> Fisherman's Pie                | <input type="checkbox"/>                |                          |

 Jacket Potato with Choice of Fillings (v) – choose from list below

- |   |   |                          |
|---|---|--------------------------|
| <input type="checkbox"/>  Butter (v) | <input type="checkbox"/>  Cheddar Cheese (v) | <input type="checkbox"/> |
| <input type="checkbox"/>  Tuna Mayo  | <input type="checkbox"/>  Baked Beans (v)    | <input type="checkbox"/> |

## Side Dishes

- |   |   |                          |
|---|---|--------------------------|
| <input type="checkbox"/>  Baked Beans (v)            | <input type="checkbox"/> Spiral Fries (v)   | <input type="checkbox"/> |
| <input type="checkbox"/>  Jacket Potato (v)        | <input type="checkbox"/>  Steamed Broccoli (v) | <input type="checkbox"/> |
| <input type="checkbox"/>  Peas (v)                 | <input type="checkbox"/> Sweetcorn (v)  | <input type="checkbox"/> |
| <input type="checkbox"/>  Steamed Rice (v)         | <input type="checkbox"/>  Mashed Potato (v)    | <input type="checkbox"/> |
| <input type="checkbox"/>  Steamed New Potatoes (v) | <input type="checkbox"/>  Steamed Carrots (v)  | <input type="checkbox"/> |

## Snacks and Salads







- |  |                                     |
|--|-------------------------------------|
| <input type="checkbox"/> Tomato and Cucumber Salad (v)           | <input type="checkbox"/>            |
| <input type="checkbox"/> Salad Dressing – choice from list below |                                     |
| <input type="checkbox"/> Creamy (v)                              | <input type="checkbox"/> French (v) |
| <input type="checkbox"/>   | <input type="checkbox"/> Mayo (v)   |
| <input type="checkbox"/> Vegetable Sticks with Yoghurt Dip (v)   | <input type="checkbox"/>            |

## Sandwich and Roll Selection

- |  | Brown                    | White                    |
|--|--------------------------|--------------------------|
| <input type="checkbox"/> Plain Cheese (v)                                  | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Plain Chicken                                     | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Plain Ham   | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Egg Mayonnaise (v)                                | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Chicken Mayonnaise                                | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Tuna Mayonnaise                                   | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Chicken Sweetcorn Mayonnaise on a Soft White Roll |                          | <input type="checkbox"/> |
| <input type="checkbox"/> Tuna and Cucumber Mayonnaise on a Soft White Roll |                          | <input type="checkbox"/> |

## Puddings and Desserts

Please select a maximum of two options from this section

- |  |   |                          |
|--|---|--------------------------|
| <input type="checkbox"/> Mixed Fruit Pancake (v)   | <input type="checkbox"/>  Cherry Mousse (v)    | <input type="checkbox"/> |
| <input type="checkbox"/>  Low Fat Fruit Yoghurt (v)   | <input type="checkbox"/>  Jelly of the Day (v) | <input type="checkbox"/> |
| <input type="checkbox"/>  Peach Mousse (v)  | <input type="checkbox"/> Fresh Fruit Salad (v)  | <input type="checkbox"/> |
| <input type="checkbox"/>  Chocolate Brownie with White Chocolate Chips, Chocolate Sauce (v) | <input type="checkbox"/>  Mango Mousse (v)     | <input type="checkbox"/> |

Key: (v) – Suitable for vegetarians  – Category E fork-mashable

Fresh fruit, cereal, toast, cheese portions, yoghurts, biscuits, squash drinks, milk and hot drinks are always available

– Please ask a member of the ward team

Menu Updated September 2016



# Friday Lunch – Week 2

## Soups





- |   |  |                          |
|---|--|--------------------------|
| <input type="checkbox"/> Soup of the Day          | <input type="checkbox"/> Lentil Soup (v)       | <input type="checkbox"/> |
| <input type="checkbox"/> Cream of Tomato Soup (v) | <input type="checkbox"/> Cream of Chicken Soup | <input type="checkbox"/> |
| <input type="checkbox"/> Brown Bread Roll (v)     | <input type="checkbox"/> White Bread Roll (v)  | <input type="checkbox"/> |
| <input type="checkbox"/> Butter (v)               | <input type="checkbox"/> Flora (v)             | <input type="checkbox"/> |

## Main Meal Options








Please select only one option from this section

- |  |  |                          |
|--|--|--------------------------|
| <input type="checkbox"/> Battered Haddock              | <input type="checkbox"/> Pulled Pork Burrito | <input type="checkbox"/> |
| <input type="checkbox"/> Tofu and Spinach Lasagne (v)  | <input type="checkbox"/>                     | <input type="checkbox"/> |
| <input type="checkbox"/> Roast Chicken with Sage Gravy | <input type="checkbox"/>                     | <input type="checkbox"/> |

 Jacket Potato with Choice of Fillings (v) – choose from list below

- |   |   |                          |
|---|---|--------------------------|
| <input type="checkbox"/>  Butter (v) | <input type="checkbox"/>  Cheddar Cheese (v) | <input type="checkbox"/> |
| <input type="checkbox"/>  Tuna Mayo  | <input type="checkbox"/>  Baked Beans (v)    | <input type="checkbox"/> |

## Side Dishes

- |   |   |                          |
|---|---|--------------------------|
| <input type="checkbox"/>  Baked Beans (v)            | <input type="checkbox"/> Chips (v)  | <input type="checkbox"/> |
| <input type="checkbox"/>  Jacket Potato (v)        | <input type="checkbox"/>  Steamed Broccoli (v) | <input type="checkbox"/> |
| <input type="checkbox"/>  Peas (v)                 | <input type="checkbox"/> Sweetcorn (v)  | <input type="checkbox"/> |
| <input type="checkbox"/>  Steamed Rice (v)         | <input type="checkbox"/>  Mashed Potato (v)    | <input type="checkbox"/> |
| <input type="checkbox"/>  Steamed New Potatoes (v) | <input type="checkbox"/>  Steamed Carrots (v)  | <input type="checkbox"/> |

## Snacks and Salads







- |  |                                     |                                   |                          |
|--|-------------------------------------|-----------------------------------|--------------------------|
| <input type="checkbox"/> Tomato and Cucumber Salad (v)           | <input type="checkbox"/>            | <input type="checkbox"/>          | <input type="checkbox"/> |
| <input type="checkbox"/> Salad Dressing – choice from list below | <input type="checkbox"/>            | <input type="checkbox"/>          | <input type="checkbox"/> |
| <input type="checkbox"/> Creamy (v)                              | <input type="checkbox"/> French (v) | <input type="checkbox"/> Mayo (v) | <input type="checkbox"/> |
| <input type="checkbox"/> Vegetable Sticks with Yoghurt Dip (v)   | <input type="checkbox"/>            | <input type="checkbox"/>          | <input type="checkbox"/> |

## Sandwich and Roll Selection

- |  | Brown                    | White                    |
|--|--------------------------|--------------------------|
| <input type="checkbox"/> Plain Cheese (v)                                  | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Plain Chicken                                     | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Plain Ham   | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Egg Mayonnaise (v)                                | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Chicken Mayonnaise                                | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Tuna Mayonnaise                                   | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Chicken Sweetcorn Mayonnaise on a Soft White Roll |                          | <input type="checkbox"/> |
| <input type="checkbox"/> Tuna and Cucumber Mayonnaise on a Soft White Roll |                          | <input type="checkbox"/> |

## Puddings and Desserts

Please select a maximum of two options from this section

- |   |                          |   |                          |
|---|--------------------------|---|--------------------------|
| <input type="checkbox"/>  Chocolate Sponge & Chocolate Sauce (v) | <input type="checkbox"/> | <input type="checkbox"/>  Crème Caramel (v)    | <input type="checkbox"/> |
| <input type="checkbox"/>  Low Fat Fruit Yoghurt (v)              | <input type="checkbox"/> | <input type="checkbox"/>  Jelly of the Day (v) | <input type="checkbox"/> |
| <input type="checkbox"/>  Custard Portion (v)                    | <input type="checkbox"/> | <input type="checkbox"/> Fresh Fruit Salad (v)  | <input type="checkbox"/> |
| <input type="checkbox"/>  Chocolate Mousse (v)                   | <input type="checkbox"/> |   | <input type="checkbox"/> |

Key: (v) – Suitable for vegetarians  – Category E fork-mashable

Fresh fruit, cereal, toast, cheese portions, yoghurts, biscuits, squash drinks, milk and hot drinks are always available

– Please ask a member of the ward team

Menu Updated September 2016

# Friday Dinner – Week 2

## Soups





- Soup of the Day  Lentil Soup (v)
- Cream of Tomato Soup (v)  Cream of Chicken Soup
- Brown Bread Roll (v)  White Bread Roll (v)
- Butter (v)  Flora (v)

## Main Meal Options









Please select only one option from this section

- Sam's Cauliflower Bhaji (v)  Turkey and Ham Pie with Root Vegetable Topping
- Chicken and Mushroom Pie
- Fishcakes with Parsley Sauce

 Jacket Potato with Choice of Fillings (v) – choose from list below

-  Butter (v)   Cheddar Cheese (v)
-  Tuna Mayo   Baked Beans (v)

## Side Dishes

-  Baked Beans (v)  Chips (v)
-  Jacket Potato (v)   Steamed Broccoli (v)
-  Peas (v)  Sweetcorn (v)
-  Steamed Rice (v)   Mashed Potato (v)
-  Steamed New Potatoes (v)   Steamed Carrots (v)

## Snacks and Salads








- Tomato and Cucumber Salad (v)
- Salad Dressing – choice from list below
- Creamy (v)  French (v)  Mayo (v)
- Vegetable Sticks with Yoghurt Dip (v)

## Sandwich and Roll Selection

- |   | Brown                    | White                    |
|---|--------------------------|--------------------------|
| Plain Cheese (v)                                  | <input type="checkbox"/> | <input type="checkbox"/> |
| Plain Chicken                                     | <input type="checkbox"/> | <input type="checkbox"/> |
| Plain Ham   | <input type="checkbox"/> | <input type="checkbox"/> |
| Egg Mayonnaise (v)                                | <input type="checkbox"/> | <input type="checkbox"/> |
| Chicken Mayonnaise                                | <input type="checkbox"/> | <input type="checkbox"/> |
| Tuna Mayonnaise                                   | <input type="checkbox"/> | <input type="checkbox"/> |
| Chicken Sweetcorn Mayonnaise on a Soft White Roll |                          | <input type="checkbox"/> |
| Tuna and Cucumber Mayonnaise on a Soft White Roll |                          | <input type="checkbox"/> |

## Puddings and Desserts

Please select a maximum of two options from this section

-  Chocolate Sponge with Chocolate Sauce (v)   Cherry Mousse (v)
-  Low Fat Fruit Yoghurt (v)   Jelly of the Day (v)
-  Peach Mousse (v)  Fresh Fruit Salad (v)
-  Chocolate Brownie with White Chocolate Chips, Chocolate Sauce (v)   Mango Mousse (v)

Key: (v) – Suitable for vegetarians  – Category E fork-mashable

Fresh fruit, cereal, toast, cheese portions, yoghurts, biscuits, squash drinks, milk and hot drinks are always available

– Please ask a member of the ward team

Menu Updated September 2016

# Saturday Lunch – Week 2

## Soups





- |   |  |                          |
|---|--|--------------------------|
| <input type="checkbox"/> Soup of the Day          | <input type="checkbox"/> Lentil Soup (v)       | <input type="checkbox"/> |
| <input type="checkbox"/> Cream of Tomato Soup (v) | <input type="checkbox"/> Cream of Chicken Soup | <input type="checkbox"/> |
| <input type="checkbox"/> Brown Bread Roll (v)     | <input type="checkbox"/> White Bread Roll (v)  | <input type="checkbox"/> |
| <input type="checkbox"/> Butter (v)               | <input type="checkbox"/> Flora (v)             | <input type="checkbox"/> |

## Main Meal Options









Please select only one option from this section

- |  |   |                          |
|--|---|--------------------------|
| <input type="checkbox"/> Plaice Goujons with Tartar Sauce    | <input type="checkbox"/> Beef Meatballs in Tomato Sauce | <input type="checkbox"/> |
| <input type="checkbox"/> Quorn, Cheese and Tomato Gratin (v) | <input type="checkbox"/>                                | <input type="checkbox"/> |
| <input type="checkbox"/> Slow Cooked Pineapple Chicken       | <input type="checkbox"/>                                | <input type="checkbox"/> |

 Jacket Potato with Choice of Fillings (v) – choose from list below

- |   |   |                          |
|---|---|--------------------------|
| <input type="checkbox"/>  Butter (v) | <input type="checkbox"/>  Cheddar Cheese (v) | <input type="checkbox"/> |
| <input type="checkbox"/>  Tuna Mayo  | <input type="checkbox"/>  Baked Beans (v)    | <input type="checkbox"/> |

## Side Dishes

- |   |   |                          |
|---|---|--------------------------|
| <input type="checkbox"/>  Baked Beans (v)            | <input type="checkbox"/> Chips (v)  | <input type="checkbox"/> |
| <input type="checkbox"/>  Jacket Potato (v)        | <input type="checkbox"/>  Steamed Broccoli (v) | <input type="checkbox"/> |
| <input type="checkbox"/>  Peas (v)                 | <input type="checkbox"/> Sweetcorn (v)  | <input type="checkbox"/> |
| <input type="checkbox"/>  Steamed Rice (v)         | <input type="checkbox"/>  Mashed Potato (v)    | <input type="checkbox"/> |
| <input type="checkbox"/>  Steamed New Potatoes (v) | <input type="checkbox"/>  Steamed Carrots (v)  | <input type="checkbox"/> |

## Snacks and Salads







- |  |                                     |                                   |
|--|-------------------------------------|-----------------------------------|
| <input type="checkbox"/> Tomato and Cucumber Salad (v)           | <input type="checkbox"/>            | <input type="checkbox"/>          |
| <input type="checkbox"/> Salad Dressing – choice from list below | <input type="checkbox"/>            | <input type="checkbox"/>          |
| <input type="checkbox"/> Creamy (v)                              | <input type="checkbox"/> French (v) | <input type="checkbox"/> Mayo (v) |
| <input type="checkbox"/> Vegetable Sticks with Yoghurt Dip (v)   | <input type="checkbox"/>            | <input type="checkbox"/>          |

## Sandwich and Roll Selection

- |  | Brown                    | White                    |
|--|--------------------------|--------------------------|
| <input type="checkbox"/> Plain Cheese (v)                                  | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Plain Chicken                                     | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Plain Ham   | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Egg Mayonnaise (v)                                | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Chicken Mayonnaise                                | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Tuna Mayonnaise                                   | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Chicken Sweetcorn Mayonnaise on a Soft White Roll |                          | <input type="checkbox"/> |
| <input type="checkbox"/> Tuna and Cucumber Mayonnaise on a Soft White Roll |                          | <input type="checkbox"/> |

## Puddings and Desserts

Please select a maximum of two options from this section

- |  |                          |   |                          |
|--|--------------------------|---|--------------------------|
| <input type="checkbox"/>  Vanilla Rice Pudding with Jam (v) | <input type="checkbox"/> | <input type="checkbox"/>  Crème Caramel (v)    | <input type="checkbox"/> |
| <input type="checkbox"/>  Low Fat Fruit Yoghurt (v)         | <input type="checkbox"/> | <input type="checkbox"/>  Jelly of the Day (v) | <input type="checkbox"/> |
| <input type="checkbox"/>  Custard Portion (v)               | <input type="checkbox"/> | <input type="checkbox"/> Fresh Fruit Salad (v)  | <input type="checkbox"/> |
| <input type="checkbox"/>  Chocolate Mousse (v)              | <input type="checkbox"/> |   | <input type="checkbox"/> |

Key: (v) – Suitable for vegetarians  – Category E fork-mashable

Fresh fruit, cereal, toast, cheese portions, yoghurts, biscuits, squash drinks, milk and hot drinks are always available

– Please ask a member of the ward team

Menu Updated September 2016

# Saturday Dinner – Week 2

## Soups



- |                          |                          |                       |                          |
|--------------------------|--------------------------|-----------------------|--------------------------|
| Soup of the Day          | <input type="checkbox"/> | Lentil Soup (v)       | <input type="checkbox"/> |
| Cream of Tomato Soup (v) | <input type="checkbox"/> | Cream of Chicken Soup | <input type="checkbox"/> |
| Brown Bread Roll (v)     | <input type="checkbox"/> | White Bread Roll (v)  | <input type="checkbox"/> |
| Butter (v)               | <input type="checkbox"/> | Flora (v)             | <input type="checkbox"/> |

## Main Meal Options

Please select only one option from this section


- |                                       |                          |  |                          |
|---------------------------------------|--------------------------|--|--------------------------|
| Halloumi, Pepper & Courgette Melt (v) | <input type="checkbox"/> | Lamb Kofta, Pitta & Spiced Tomato Dressing | <input type="checkbox"/> |
| Chicken Nuggets                       | <input type="checkbox"/> |  |                          |
| Tuna and Pasta Bake                   | <input type="checkbox"/> |  |                          |

 Jacket Potato with Choice of Fillings (v) – choose from list below

 Butter (v)   Cheddar Cheese (v)

 Tuna Mayo   Baked Beans (v)

## Side Dishes

 Baked Beans (v)  Croquette Potatoes (v)

 Jacket Potato (v)   Steamed Broccoli (v)

 Peas (v)  Sweetcorn (v)

 Steamed Rice (v)   Mashed Potato (v)

 Steamed New Potatoes (v)   Steamed Carrots (v)

## Snacks and Salads

- |   |                          |
|---|--------------------------|
| Tomato and Cucumber Salad (v)           | <input type="checkbox"/> |
| Salad Dressing – choice from list below |                          |
| Creamy (v)                              | <input type="checkbox"/> |
| French (v)                              | <input type="checkbox"/> |
| Mayo (v)                                | <input type="checkbox"/> |
| Vegetable Sticks with Yoghurt Dip (v)   | <input type="checkbox"/> |

## Sandwich and Roll Selection

- |   | Brown                    | White                    |
|---|--------------------------|--------------------------|
| Plain Cheese (v)                                  | <input type="checkbox"/> | <input type="checkbox"/> |
| Plain Chicken                                     | <input type="checkbox"/> | <input type="checkbox"/> |
| Plain Ham   | <input type="checkbox"/> | <input type="checkbox"/> |
| Egg Mayonnaise (v)                                | <input type="checkbox"/> | <input type="checkbox"/> |
| Chicken Mayonnaise                                | <input type="checkbox"/> | <input type="checkbox"/> |
| Tuna Mayonnaise                                   | <input type="checkbox"/> | <input type="checkbox"/> |
| Chicken Sweetcorn Mayonnaise on a Soft White Roll |                          | <input type="checkbox"/> |
| Tuna and Cucumber Mayonnaise on a Soft White Roll |                          | <input type="checkbox"/> |


## Puddings and Desserts

Please select a maximum of two options from this section

 Vanilla Rice Pudding with Jam (v)   Cherry Mousse (v)

 Low Fat Fruit Yoghurt (v)   Jelly of the Day (v)

 Peach Mousse (v)  Fresh Fruit Salad (v)

 Chocolate Brownie with White Chocolate Chips, Chocolate Sauce (v)   Mango Mousse (v)

Key: (v) – Suitable for vegetarians  – Category E fork-mashable

Fresh fruit, cereal, toast, cheese portions, yoghurts, biscuits, squash drinks, milk and hot drinks are always available

– Please ask a member of the ward team

Menu Updated September 2016







# Sunday Lunch – Week 2

## Soups









- |                          |                          |                       |                          |
|--------------------------|--------------------------|-----------------------|--------------------------|
| Soup of the Day          | <input type="checkbox"/> | Lentil Soup (v)       | <input type="checkbox"/> |
| Cream of Tomato Soup (v) | <input type="checkbox"/> | Cream of Chicken Soup | <input type="checkbox"/> |
| Brown Bread Roll (v)     | <input type="checkbox"/> | White Bread Roll (v)  | <input type="checkbox"/> |
| Butter (v)               | <input type="checkbox"/> | Flora (v)             | <input type="checkbox"/> |

## Main Meal Options

Please select only one option from this section

- |  |                          |  |                          |
|--|--------------------------|--|--------------------------|
|  Hake with Parsley Sauce  | <input type="checkbox"/> | Roast Beef and Yorkshire Pudding   | <input type="checkbox"/> |
| Vegetarian Quorn Bolognese (v)   | <input type="checkbox"/> |  |                          |
| Roast Turkey with Stuffing   | <input type="checkbox"/> |  |                          |
|  Jacket Potato with Choice of Fillings (v) – choose from list below |                          |  |                          |
|  Butter (v)   | <input type="checkbox"/> |  Cheddar Cheese (v) | <input type="checkbox"/> |
|  Tuna Mayo  | <input type="checkbox"/> |  Baked Beans (v)    | <input type="checkbox"/> |

## Side Dishes

- |  |                          |  |                          |
|--|--------------------------|--|--------------------------|
|  Baked Beans (v)           | <input type="checkbox"/> | Chips (v)  | <input type="checkbox"/> |
|  Jacket Potato (v)        | <input type="checkbox"/> |  Steamed Broccoli (v) | <input type="checkbox"/> |
|  Peas (v)                 | <input type="checkbox"/> | Sweetcorn (v)  | <input type="checkbox"/> |
|  Steamed Rice (v)         | <input type="checkbox"/> |  Mashed Potato (v)    | <input type="checkbox"/> |
|  Steamed New Potatoes (v) | <input type="checkbox"/> |  Steamed Carrots (v)  | <input type="checkbox"/> |

## Snacks and Salads






- |   |                          |
|---|--------------------------|
| Tomato and Cucumber Salad (v)           | <input type="checkbox"/> |
| Salad Dressing – choice from list below |                          |
| Creamy (v)                              | <input type="checkbox"/> |
| French (v)                              | <input type="checkbox"/> |
| Mayo (v)                                | <input type="checkbox"/> |
| Vegetable Sticks with Yoghurt Dip (v)   | <input type="checkbox"/> |

## Sandwich and Roll Selection

- |   | Brown                    | White                    |
|---|--------------------------|--------------------------|
| Plain Cheese (v)                                  | <input type="checkbox"/> | <input type="checkbox"/> |
| Plain Chicken                                     | <input type="checkbox"/> | <input type="checkbox"/> |
| Plain Ham   | <input type="checkbox"/> | <input type="checkbox"/> |
| Egg Mayonnaise (v)                                | <input type="checkbox"/> | <input type="checkbox"/> |
| Chicken Mayonnaise                                | <input type="checkbox"/> | <input type="checkbox"/> |
| Tuna Mayonnaise                                   | <input type="checkbox"/> | <input type="checkbox"/> |
| Chicken Sweetcorn Mayonnaise on a Soft White Roll |                          | <input type="checkbox"/> |
| Tuna and Cucumber Mayonnaise on a Soft White Roll |                          | <input type="checkbox"/> |

## Puddings and Desserts

Please select a maximum of two options from this section

- |   |                          |  |                          |
|---|--------------------------|--|--------------------------|
| Chocolate Orange Bread and Butter Pudding with Custard (v)  | <input type="checkbox"/> |  Crème Caramel (v)    | <input type="checkbox"/> |
|  Low Fat Fruit Yoghurt (v) | <input type="checkbox"/> |  Jelly of the Day (v) | <input type="checkbox"/> |
|  Custard Portion (v)       | <input type="checkbox"/> | Fresh Fruit Salad (v)  | <input type="checkbox"/> |
|  Chocolate Mousse          | <input type="checkbox"/> |  |                          |

Key: (v) – Suitable for vegetarians  – Category E fork-mashable

Fresh fruit, cereal, toast, cheese portions, yoghurts, biscuits, squash drinks, milk and hot drinks are always available

– Please ask a member of the ward team

Menu Updated September 2016

# Sunday Dinner – Week 2

## Soups





- |   |  |                          |
|---|--|--------------------------|
| <input type="checkbox"/> Soup of the Day          | <input type="checkbox"/> Lentil Soup (v)       | <input type="checkbox"/> |
| <input type="checkbox"/> Cream of Tomato Soup (v) | <input type="checkbox"/> Cream of Chicken Soup | <input type="checkbox"/> |
| <input type="checkbox"/> Brown Bread Roll (v)     | <input type="checkbox"/> White Bread Roll (v)  | <input type="checkbox"/> |
| <input type="checkbox"/> Butter (v)               | <input type="checkbox"/> Flora (v)             | <input type="checkbox"/> |

## Main Meal Options









Please select only one option from this section

- |   |   |                          |
|---|---|--------------------------|
| <input type="checkbox"/> Arabic Style Stuffed Tomatoes (v)    | <input type="checkbox"/> Braised Pork Sausage & Kale Stew | <input type="checkbox"/> |
| <input type="checkbox"/> Chicken and Vegetable Stir Fry       |   |                          |
| <input type="checkbox"/> Haddock with Lemon and Parsley Crumb |   |                          |

 Jacket Potato with Choice of Fillings (v) – choose from list below

- |   |   |                          |
|---|---|--------------------------|
| <input type="checkbox"/>  Butter (v) | <input type="checkbox"/>  Cheddar Cheese (v) | <input type="checkbox"/> |
| <input type="checkbox"/>  Tuna Mayo  | <input type="checkbox"/>  Baked Beans (v)    | <input type="checkbox"/> |

## Side Dishes

- |   |   |                          |
|---|---|--------------------------|
| <input type="checkbox"/>  Baked Beans (v)           | <input type="checkbox"/> 5% Fat Potato Wedges (v)   | <input type="checkbox"/> |
| <input type="checkbox"/>  Jacket Potato (v)        | <input type="checkbox"/>  Steamed Broccoli (v) | <input type="checkbox"/> |
| <input type="checkbox"/>  Peas (v)                 | <input type="checkbox"/> Sweetcorn (v)  | <input type="checkbox"/> |
| <input type="checkbox"/>  Steamed Rice (v)         | <input type="checkbox"/>  Mashed Potato (v)    | <input type="checkbox"/> |
| <input type="checkbox"/>  Steamed New Potatoes (v) | <input type="checkbox"/>  Steamed Carrots (v)  | <input type="checkbox"/> |

## Snacks and Salads








- |  |                                     |
|--|-------------------------------------|
| <input type="checkbox"/> Tomato and Cucumber Salad (v)           | <input type="checkbox"/>            |
| <input type="checkbox"/> Salad Dressing – choice from list below |                                     |
| <input type="checkbox"/> Creamy (v)                              | <input type="checkbox"/> French (v) |
| <input type="checkbox"/>   | <input type="checkbox"/> Mayo (v)   |
| <input type="checkbox"/>   | <input type="checkbox"/>            |
| <input type="checkbox"/> Vegetable Sticks with Yoghurt Dip (v)   | <input type="checkbox"/>            |


## Sandwich and Roll Selection

- |  | Brown                    | White                    |
|--|--------------------------|--------------------------|
| <input type="checkbox"/> Plain Cheese (v)                                  | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Plain Chicken                                     | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Plain Ham   | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Egg Mayonnaise (v)                                | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Chicken Mayonnaise                                | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Tuna Mayonnaise                                   | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Chicken Sweetcorn Mayonnaise on a Soft White Roll |                          | <input type="checkbox"/> |
| <input type="checkbox"/> Tuna and Cucumber Mayonnaise on a Soft White Roll |                          | <input type="checkbox"/> |

## Puddings and Desserts

Please select a maximum of two options from this section

- |  |                          |   |                          |
|--|--------------------------|---|--------------------------|
| <input type="checkbox"/>  Chocolate Orange Bread and Butter Pudding with Custard (v)        | <input type="checkbox"/> | <input type="checkbox"/>  Cherry Mousse (v)    | <input type="checkbox"/> |
| <input type="checkbox"/>  Low Fat Fruit Yoghurt (v)   | <input type="checkbox"/> | <input type="checkbox"/>  Jelly of the Day (v) | <input type="checkbox"/> |
| <input type="checkbox"/>  Peach Mousse (v)  | <input type="checkbox"/> | <input type="checkbox"/> Fresh Fruit Salad (v)  | <input type="checkbox"/> |
| <input type="checkbox"/>  Chocolate Brownie with White Chocolate Chips, Chocolate Sauce (v) | <input type="checkbox"/> | <input type="checkbox"/>  Mango Mousse (v)     | <input type="checkbox"/> |

Key: (v) – Suitable for vegetarians  – Category E fork-mashable

Fresh fruit, cereal, toast, cheese portions, yoghurts, biscuits, squash drinks, milk and hot drinks are always available

– Please ask a member of the ward team

Menu Updated September 2016