



Name:

**Wednesday
Lunch 3**

Ward:

Please shade the black box next to your choice like this ■

- | | | |
|--------------------------|---|-----|
| ☐ | Orange juice or | ♥ V |
| ☐ | Homemade cream of carrot soup | ♥ V |
| | Choose One from | |
| ☐ | Tuna sandwich wholemeal | ♥ |
| ☐ | Tuna sandwich white | ♥ |
| ☐ | Pasta & mixed bean salad | ♥ V |
| ☐ | Minced beef pie | ♥ |
| | <i>Tender minced beef & onion in gravy topped with pastry</i> | |
| ☐ | Vegetable chilli | ♥ V |
| | <i>Select vegetables cooked in a spicy chilli</i> | |
| ☐ | | |
| ☐ | Jacket potato with Cheese | V |
| ☐ | Jacket potato with Baked Beans | V |
| ☐ | Jacket Potato with Tuna Mayo | |
| | Choose if required | |
| ☐ | Gravy | ♥ V |
| ☐ | | |
| | Choose One or more from | |
| ☐ | Boiled rice | ♥ V |
| ☐ | Chipped potatoes | V |
| ☐ | Carrots | V |
| ☐ | | |
| | Choose One from | |
| ☐ | Creamy ground rice pudding | V |
| ☐ | Vanilla ice cream | ♥ V |
| ☐ | Fresh orange | ♥ V |
| ☐ | Chocolate mousse | V |
| ☐ | Cheese and biscuits | V |

Diet Codes

V = Vegetarian ♥ = Healthy eating

Name:

**Wednesday
Evening 3**

Ward:

Please shade the black box next to your choice like this ■

- | | | |
|--------------------------|---|-----|
| ☐ | Orange juice or | ♥ V |
| ☐ | Homemade lentil soup | ♥ V |
| | Choose One from | |
| ☐ | Tuna sandwich wholemeal | ♥ |
| ☐ | Tuna sandwich white | ♥ |
| ☐ | Pasta & mixed bean salad | ♥ V |
| ☐ | Minced beef chilli | ♥ |
| | <i>Minced beef slow cooked with onion, tomatoes and chilli</i> | |
| ☐ | Chicken and tomato sauce | ♥ |
| | <i>Chicken seasoned with spices, then smothered in a tomato and onion sauce</i> | |
| ☐ | Cheese omelette | V |
| | <i>Light omelette filled with Cheddar cheese</i> | |
| ☐ | | |
| ☐ | | |
| | Choose if required | |
| ☐ | Gravy | ♥ V |
| | Choose One or more from | |
| ☐ | Boiled rice | ♥ V |
| ☐ | Creamed potatoes | ♥ V |
| ☐ | Broccoli | ♥ V |
| ☐ | Diced mixed vegetables | ♥ V |
| | Choose One from | |
| ☐ | Bread and butter pudding and/or | V |
| ☐ | Custard | V |
| ☐ | Yoghurt | ♥ V |
| ☐ | Mandarins in natural juice | ♥ V |
| ☐ | Fresh Banana | ♥ V |

Diet Codes

V = Vegetarian ♥ = Healthy eating



Name:

**Thursday
B'fast 4**

Ward:

Please shade the black box next to your choice like this ■

- | | | |
|--------------------------|---------------------------|-----|
| ☐ | Orange juice | ♥ V |
| | Choose One from | |
| ☐ | Porridge | ♥ V |
| ☐ | Branflakes | ♥ V |
| ☐ | Cornflakes | ♥ V |
| ☐ | Weetabix | ♥ V |
| ☐ | Rice Krispies | ♥ V |
| ☐ | Muesli | ♥ V |
| | Choose One from | |
| ☐ | Sliced white bread | ♥ V |
| ☐ | Sliced brown bread | ♥ V |
| | Choose One from | |
| ☐ | Butter | V |
| ☐ | Polyunsaturated margarine | ♥ V |
| | Choose One from | |
| ☐ | Jam | ♥ V |
| ☐ | Marmalade | ♥ V |
| | Choose One from | |
| ☐ | Sugar | V |
| ☐ | Granulated sweetener | ♥ V |

Ward Staff

Contact Catering Dept with Allergen details

Allergens

Food Allergies & Intolerances

Today's menu choice may contain one or more of the 14 allergens. For more information see reverse

Diet Codes

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