

About This Menu

Nutrition and Hydration

Eating and drinking enough while you are in hospital is vital to support recovery after illness.

Our Menus

We have a variety of menus available to cater to different dietary requirements including **Cultural** and **Modified Texture**. Please speak with your catering team member if you need an alternative menu.

Allergen and Nutrition Information

Please inform your nurse on admission if you have any food allergies and let your catering team member know when ordering your meals. We have an **Allergen Free Menu** available.

Further information regarding nutritional content and food allergens is available; please ask your catering team.

Sustainability

In our journey to become more sustainable and reduce our carbon footprint, we have included daily vegan options on our menu.

Missed a Meal?

If you have missed a meal, please speak to a member of staff to discuss the available options.

Snacks and Drinks

Fresh water, hot and cold drinks and a selection of snacks will be offered throughout the day.

Meal Ordering

Simply ask for any breakfast options during service time. Lunch and dinner meal orders will be taken by staff before the meal service.

Meal Service Times

Speak to your catering team about the exact mealtimes for your ward. Meals are usually served between the following times.

Breakfast – 7.30 - 8.30am
Lunch – 12.00 - 1.30pm
Dinner – 5.00 - 6.00pm

Dietary Coding Information

If you have been told to follow a specific diet, look for the symbol or code on the menu next to the item for guidance.

♥ **Healthier Eating** choices are lower in fat, salt and added sugar, suitable if you have been advised to follow a 'healthier diet' to help manage your diabetes or heart health.

↑ **Higher Energy** choices are suitable if you have a poor appetite or need a higher amount of calories due to your illness and weight loss.

★ **Level 7 Easy to Chew (L7EC)** choices are **regular texture** foods that are **level 7 easy to chew**. These are **not** designed for people with a swallowing difficulty who will be provided with a separate modified texture diet menu.

GF **Gluten Free** choices are naturally gluten free or contain <20ppm of gluten, suitable for people with coeliac disease.

V **Vegetarian** choices do not contain meat, poultry, fish or any of their by-products.

VG **Vegan** choices do not contain any animal products, including dairy products or honey, also suitable for anyone following a vegetarian diet.

LP **Lower Potassium** choices are suitable if you have been advised to control high blood potassium.

Got Feedback? We are committed to meeting your nutrition and hydration needs during your stay.

You may be asked some survey questions about your experience by a member of staff. You can ask to speak to a member of the catering team if you have any feedback about our food or drink service or you can scan the QR code to complete a survey.



Breakfast

- Orange or Apple Juice **GF V VG**
- Bran Flakes **♥ ★ V VG LP**
- Corn Flakes **★ V LP**
- Rice Krispies **★ V LP**
- Weetabix **♥ ★ V VG LP**
- GF Corn Flakes **★ GF V VG LP**

Served with a choice of semi-skimmed milk **♥ V**, full fat milk **↑ V** or soya milk **V VG LP**

- Porridge **♥ ★ V LP**
- GF Bread or Toast **GF V LP**
- Wholemeal or White Bread or Toast **V VG LP**
- Served with Butter **V LP** or Sunflower Spread **V VG LP**
- Marmite **V VG** or a selection of Fruit Preserves **V VG LP**

Please ask your catering team about daily breakfast specials.

Lunch & Dinner

Starters

- Orange or Apple Juice **GF V VG**

Lighter Options

The following lighter options are available every day if you do not wish to choose from our hot selection (overpage).

Salads

(with Coleslaw and Potato Salad)

- Served with a Bread Roll **V VG**
- Butter **V** or Sunflower Spread **V VG**
- Chicken
- Ham
- Tuna
- Cheddar Cheese **↑ V**
- Egg **V**

GF Bread is available with salad and soup if required **GF V**

Main Meal Soup

- Served with a Bread Roll **V VG**
- Butter **V** or Sunflower Spread **V VG**
- Cheesy Leek & Potato **★ V**
- Chunky Vegetable **★ V VG**
- Chicken **★**

Jacket Potatoes

- Plain **♥ GF V VG**
- or with Butter **V** or Sunflower Spread **V VG**
- and Tuna Mayonnaise **♥**
- or Baked Beans **♥ GF V VG**
- or Cheddar Cheese **↑ V**
- or Chilli Con Carne **♥ ★**

Sandwiches

Available on White or Wholemeal Bread unless stated.

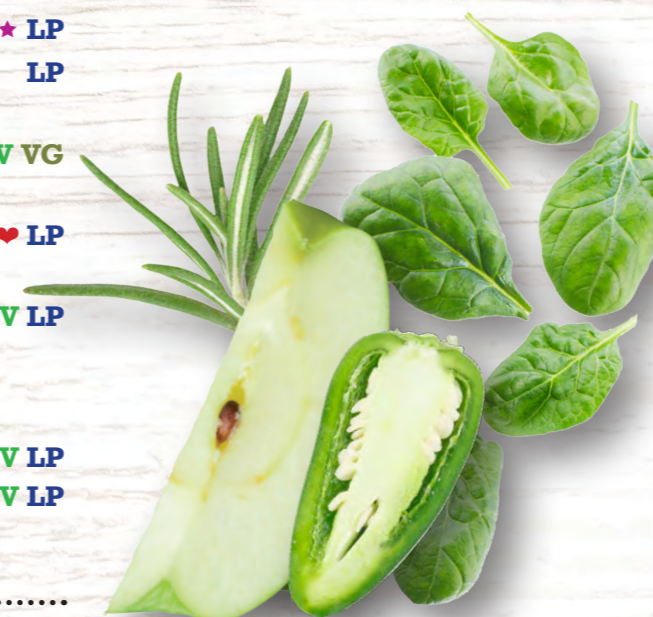
- Egg Mayonnaise **★ V LP**
- Cheddar Cheese **V LP**
- Chicken Mayonnaise **♥ ★ LP**
- Tuna Mayonnaise **★ LP**
- Ham **LP**
- Rainbow Chickpea Smash on Farmer's Bread **♥ V VG**
- Halal Chicken & Sweetcorn on White Bread **♥ LP**
- Egg Mayonnaise on Gluten Free Bread **GF V LP**

Omelette

- Cheese and Tomato **★ GF V LP**
- Plain **★ GF V LP**

Desserts

- Hot Dessert of the Day (choice overpage, **dinner only**)
- Cold desserts below available at lunch & dinner, * lunch only)
- Sugar-free Orange Jelly **♥ ★ GF V VG**
- Vanilla Ice Cream **★ V LP**
- Cheese and Crackers **V LP**
- Thick & Creamy Yoghurt **★ GF V LP**
- Healthy Balance Yoghurt **♥ ★ GF V**
- *Éclair **★ V**
- *Portuguese Custard Tart **V**
- Tinned Fruit **♥ V VG**
- Fresh Fruit **♥ GF V VG**



Monday Lunch

Main Courses

Pasta Bolognese ♥ ★
 Quiche Lorraine ↑ ★ LP
 Vegetarian Cottage Pie ♥ ★ GF V LP

Sides

Side Salad ♥ V VG LP
 Baked Beans ♥ ★ V VG
 Bread Roll V VG LP
 Sliced Bread V VG LP
 Sunflower Spread V VG
 Butter V

Cold Dessert

Choice overpage

Tuesday Lunch

Main Courses

Corned Beef Hash ↑ ★ GF
 Chicken & Sweetcorn Bake ♥
 Macaroni Cheese ★ V LP

Sides

Side Salad ♥ V VG LP
 Baked Beans ♥ ★ V VG
 Bread Roll V VG LP
 Sliced Bread V VG LP
 Sunflower Spread V VG
 Butter V

Cold Dessert

Choice overpage

Wednesday Lunch

Main Courses

Sausage Roll LP
 Fish Goujons ♥ ★ LP
 Vegetable Quiche ↑ V LP

Sides

Side Salad ♥ V VG LP
 Baked Beans ♥ ★ V VG
 Bread Roll V VG LP
 Sliced Bread V VG LP
 Sunflower Spread V VG
 Butter V

Cold Dessert

Choice overpage

Thursday Lunch

Main Courses

Cumberland Pie (Beef) ♥ ★ LP
 Chicken, Cheese & Bacon Bake ↑ GF
 Pasta in Tomato & Basil Sauce ♥ ★ V VG LP

Sides

Side Salad ♥ V VG LP
 Baked Beans ♥ ★ V VG
 Bread Roll V VG LP
 Sliced Bread V VG LP
 Sunflower Spread V VG
 Butter V

Cold Dessert

Choice overpage

Friday Lunch

Main Courses

Potato Topped Chicken Pie ↑ ★ GF LP
 Fish Fingers ♥ LP
 Cauliflower & Broccoli Pasta ★ V LP

Sides

Side Salad ♥ V VG LP
 Baked Beans ♥ ★ V VG
 Bread Roll V VG LP
 Sliced Bread V VG LP
 Sunflower Spread V VG
 Butter V

Cold Dessert

Choice overpage

Saturday Lunch

Main Courses

Cottage Pie ♥ ★ GF LP
 Chicken Goujons ★ LP
 Lentil & Vegetable Flaky Topped Pie ↑ V VG

Sides

Side Salad ♥ V VG LP
 Baked Beans ♥ ★ V VG
 Bread Roll V VG LP
 Sliced Bread V VG LP
 Sunflower Spread V VG
 Butter V

Cold Dessert

Choice overpage

Sunday Lunch

Main Courses

Roast Chicken Breast in Gravy ♥ GF LP
 Ham & Leek Crumble ↑
 Cauliflower Cheese ★ GF V LP

Sides

Mashed Potato ★ GF V LP
 Roast Potatoes GF V VG
 Mixed Vegetables ♥ GF V VG LP
 Brussels Sprouts ♥ ★ GF V VG LP

Hot Dessert

Somerset Apple Cake ↑ ★ V LP
 Custard ★ V LP

Monday Dinner

Main Courses

Chicken Curry ♥ ★ GF LP
 Smoked Haddock & Spinach Crumble ↑ ★ LP
 Baked Vegetable Pie ↑ V LP

Sides

Mashed Potato ★ GF V LP
 Potato Wedges GF V VG
 Broccoli ♥ ★ GF V VG LP
 Carrots ♥ ★ GF V VG LP

Hot Dessert

Bread & Butter Pudding ↑ V LP
 Custard ★ V LP

Tuesday Dinner

Main Courses

Beef Lasagne ↑ ★ LP
 Pork & Apple Casserole ♥ ★ GF LP
 Cauliflower, Spinach & Lentil Curry ♥ ★ GF V VG

Sides

Mashed Potato ★ GF V LP
 Rice ♥ ★ GF V VG LP
 Peas ♥ GF V VG LP
 Cauliflower ♥ ★ GF V VG LP

Hot Dessert

Rhubarb Crumble ↑ ★ V VG LP
 Custard ★ V LP

Wednesday Dinner

Main Courses

Chicken Chasseur ♥ GF LP
 Steak & Potato Pie ↑ LP
 Creamy Vegetable Cheese Bake ↑ ★ GF V

Sides

Mashed Potato ★ GF V LP
 Sauté Potatoes GF V VG
 Green Beans ♥ GF V VG LP
 Swede ♥ ★ GF V VG LP

Hot Dessert

Chocolate Chip Sponge ↑ ★ V LP
 Custard ★ V LP

Thursday Dinner

Main Courses

Sausages in Onion Gravy LP
 Cod in Parsley Sauce ♥ ★ GF LP
 Tomato, Lentil & Sweet Potato Crumble ↑ V VG

Sides

Mashed Potato ★ GF V LP
 Chips GF V VG
 Peas ♥ GF V VG LP
 Baked Beans ♥ ★ GF V VG

Hot Dessert

Mixed Fruit Pie ↑ V VG LP
 Custard ★ V LP

Friday Dinner

Main Courses

Minced Beef Hotpot ♥ ★ GF
 Sweet & Sour Chicken ♥ GF LP
 Cheese & Onion Pie ↑ ★ V LP

Sides

Mashed Potato ★ GF V LP
 Vegetable Rice GF V VG LP
 Broccoli ♥ ★ GF V VG LP
 Sweetcorn ♥ GF V VG LP

Hot Dessert

Apple Crumble ↑ ★ V VG LP
 Custard ★ V LP

Saturday Dinner

Main Courses

Chicken Tikka Masala ♥ GF
 Salmon Crumble ↑ ★ LP
 Thai Red Curry ♥ V VG LP

Sides

Mashed Potato ★ GF V LP
 Rice ♥ ★ GF V VG LP
 Green Beans ♥ GF V VG LP
 Carrots ♥ ★ GF V VG LP

Hot Dessert

Lemon Sponge ↑ ★ V LP
 Custard ★ V LP

Sunday Dinner

Main Courses

Fish Cakes ♥ ★ LP
 Traditional Pasty LP
 Vegetable Lasagne ↑ V

Sides

Side Salad ♥ V VG LP
 Baked Beans ♥ ★ V VG
 Bread Roll V VG LP
 Sliced Bread V VG LP
 Sunflower Spread V VG
 Butter V

Cold Dessert

Choice overpage