

## 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

Tuna Pasta Bake ♥ ★ **LP**  
 Chicken & Mushroom Slice **LP**  
 Meat Free Mushroom & Chicken Style Pie ↑ **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

## Tuesday Lunch

### Main Courses

Chicken, Cheese & Bacon Bake ↑ **GF**  
 Traditional Pasty **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

## Wednesday Lunch

### Main Courses

Fish Fingers ♥ **LP**  
 Quiche Lorraine ↑ ★ **LP**  
 Potato, Cheese & Onion Pasty **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

Corned Beef Hash ↑ ★ **GF**  
 Chicken & Sweetcorn Bake ♥  
 Cauliflower Cheese ★ **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

## Friday Lunch

### Main Courses

Fish Goujons ♥ ★ **LP**  
 Baked Chicken & Vegetable Pie ↑ **LP**  
 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

## Saturday Lunch

### Main Courses

Cumberland Pie (Beef) ♥ ★ **LP**  
 Chicken Goujons ★ **LP**  
 Cheese & Onion Pie ↑ ★ **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

## Sunday Lunch

### Main Courses

Roast Beef ♥ **GF LP**  
 Potato Topped Chicken Pie ↑ ★ **GF LP**  
 Creamy Vegetable Cheese Bake ↑ ★ **GF V**

### Sides

Mashed Potato ★ **GF V LP**  
 Roast Potatoes **GF V VG**  
 Brussels  
 Sprouts ♥ ★ **GF V VG LP**  
 Carrots ♥ ★ **GF V VG LP**

### Hot Dessert

Pineapple Sponge ↑ **V LP**  
 Custard ★ **V LP**

## Monday Dinner

### Main Courses

Chicken Curry ♥ ★ **GF LP**  
 Shepherd's Pie ★ **GF**  
 Vegetable Quiche ↑ **V LP**

### Sides

Mashed Potato ★ **GF V LP**  
 Potato Wedges **GF V VG**  
 Broccoli ♥ ★ **GF V VG LP**  
 Sweetcorn ♥ **GF V VG LP**

### Hot Dessert

Bakewell Tart ↑ ★ **V LP**  
 Custard ★ **V LP**

## Tuesday Dinner

### Main Courses

Beef Bolognaise with Pasta ♥ ★  
 Salmon Crumble ↑ ★ **LP**  
 Bean Chilli ♥ **GF V VG LP**

### Sides

Mashed Potato ★ **GF V LP**  
 Vegetable Rice **GF V VG LP**  
 Mixed Vegetables ♥ **GF V VG LP**  
 Cauliflower ♥ ★ **GF V VG LP**

### Hot Dessert

Bread & Butter  
 Pudding ↑ **V LP**  
 Custard ★ **V LP**

## Wednesday Dinner

### Main Courses

Pasta Carbonara (Ham) ↑ **LP**  
 Cottage Pie ♥ ★ **GF LP**  
 Macaroni Cheese ★ **V LP**

### Sides

Mashed Potato ★ **GF V LP**  
 Chips **GF V VG**  
 Carrots ♥ ★ **GF V VG LP**  
 Mixed Vegetables ♥ **GF V VG LP**

### Hot Dessert

Lemon Sponge ↑ ★ **V LP**  
 Custard ★ **V LP**

## Thursday Dinner

### Main Courses

Smoked Haddock & Spinach Crumble ↑ ★ **LP**  
 Chicken Breast in Tomato & Basil Sauce ♥ **GF LP**  
 Vegetable Gratin ♥ **V VG**

### Sides

Mashed Potato ★ **GF V LP**  
 Potato Wedges **GF V VG**  
 Peas ♥ **GF V VG LP**  
 Swede ♥ ★ **GF V VG LP**

### Hot Dessert

Apple Crumble ↑ ★ **V VG LP**  
 Custard ★ **V LP**

## Friday Dinner

### Main Courses

Chicken Korma **GF LP**  
 Baked Steak & Mushroom Pie ↑ **LP**  
 Cauliflower, Spinach & Lentil Curry ♥ ★ **GF V VG**

### Sides

Mashed Potato ★ **GF V LP**  
 Rice ♥ ★ **GF V VG LP**  
 Broccoli ♥ ★ **GF V VG LP**  
 Carrots ♥ ★ **GF V VG LP**

### Hot Dessert

Chocolate Chip  
 Sponge ↑ ★ **V LP**  
 Custard ★ **V LP**

## Saturday Dinner

### Main Courses

Beef Lasagne ↑ ★ **LP**  
 Chicken Pasta with Tomato & Herbs ♥  
 Cheese & Tomato Omelette ★ **GF V LP**

### Sides

Mashed Potato ★ **GF V LP**  
 Chips **GF V VG**  
 Mixed Vegetables ♥ **GF V VG LP**  
 Baked Beans ♥ ★ **GF V VG**

### Hot Dessert

Somerset Apple  
 Cake ↑ ★ **V LP**  
 Custard ★ **V LP**

## Sunday Dinner

### Main Courses

Sausage Roll **LP**  
 Fish Cakes ♥ ★ **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