

FRIDAY

SATURDAY

SUNDAY

FRIDAY

Lunch

- Battered Fish HE ♥**
Oven baked white fish in deep fried batter coating
- Minced Pork & Tomato EC ♥**
Minced pork in a rich tomato sauce with Mediterranean herbs
- Mushroom & Leek Pasta HE V**
A creamy mushroom, leek, cheese and herb pasta bake
- Egg Salad ♥ V**
- Enriched Potato Mash EC HE**
Chips
Garden Peas HE ♥
Carrots EC ♥

Dessert

- Apple Crumble EC HE V**
- Custard EC V**
- Yoghurt EC V**
- Ice Cream EC V**
- Fruit in Juice ♥**

Supper

- Creamy Tomato Soup EC HE V**
- Minced Beef EC HE**
Minced beef & onions in rich gravy
- Vegetarian Sausages ♥ V**
Seasoned soya protein sausages
- Enriched Potato Mash EC HE**
- Croquette Potatoes HE**
- Vegetable Medley EC ♥**
- Broccoli EC ♥**
- A Choice of Sandwich

Dessert

- Syrup Sponge EC HE V**
- Custard EC V**
- Yoghurt EC V**
- Ice Cream EC V**
- Fruit in Juice ♥**

Lunch

- Beef Casserole ♥**
Diced beef in gravy flavoured with thyme, onions, potatoes, carrots and mushrooms
- Braised Sausages with Onions HE**
Pork sausages in onion gravy
- Creamy Lentil, Tomato & Cauliflower Daal EC HE V**
Cauliflower, chick peas, and courgettes in a creamy tomato and lentil daal
- Cheddar Cheese Salad V**
- Enriched Potato Mash EC HE**
Boiled Rice EC HE ♥
Green Beans ♥
Cauliflower EC ♥

Dessert

- Jam Sponge EC HE V**
- Custard EC V**
- Yoghurt EC V**
- Ice Cream EC V**
- Fruit in Juice ♥**

Supper

- Chicken & Vegetable Soup EC HE**
- Steak & Mushroom Pie HE ♥**
Diced steak and mushroom in vegetable gravy topped with shortcrust pastry
- Cauliflower Cheese EC V**
Cauliflower in savoury cheese sauce with a cheese topping
- Enriched Potato Mash EC HE**
- Steamed Skin on Potatoes ♥**
- Carrots EC ♥**
- Cabbage ♥**
- A Choice of Sandwich

Dessert

- Pineapple Sponge EC HE V**
- Custard EC V**
- Yoghurt EC V**
- Ice Cream EC V**
- Fruit in Juice ♥**

Lunch

- Roast Chicken ♥**
Roast Chicken with skin
- Fish Pie EC ♥**
Fish in a creamy white sauce topped with mashed potato
- Macaroni Cheese with Mustard EC HE**
Creamy macaroni with cheese made with wholegrain seed mustard
- Tuna Salad ♥**
- Enriched Potato Mash EC HE**
Roast Potatoes HE
Broccoli EC ♥
Carrots EC ♥

Dessert

- Sticky Toffee Pudding & Butterscotch EC HE V**
- Custard EC V**
- Yoghurt EC V**
- Ice Cream EC V**
- Fruit in Juice ♥**

Supper

- Cheddar & Spring Onion Soup EC HE V**
- Beef & Onion Pie HE ♥**
Diced beef in a rich gravy topped with short crust pastry
- Cauliflower & Broccoli Pasta EC HE V**
Tomato and herb based casserole with mixed vegetables and pearl barley. Served with a dumpling
- Enriched Potato Mash EC HE**
- Sweet Potato Mash EC HE**
- Broccoli EC ♥**
- Garden Peas HE ♥**
- A Choice of Sandwich

Dessert

- Plum and Apple Crumble EC HE V**
- Custard EC V**
- Yoghurt EC V**
- Ice Cream EC V**
- Fruit in Juice ♥**

SATURDAY / SUNDAY

MEALS ARE SERVED AT THE FOLLOWING TIMES:

- Breakfast 07:30 - 08:15
- Lunch 12:30 - 13:30
- Supper 17:00 - 18:00

WEEK 01

MATERNITY



Menu

Please choose from the menu when the trolley arrives, we will endeavour to give you your first choice. If you require a special diet and nothing is suitable on the normal menu please speak to a nurse or dietitian.

Ward Beverage Service

A selection of hot and cold drinks and fruit juice is available with each meal and throughout the day with snacks.

Faith & Ethnic Meals

In addition to the main menu there is a range of meals available which can be ordered through the ward staff.

Catering Department

If you would like to comment on any aspect of the Catering Service then please contact the Catering Department. Thank you.

Key to Dietary Icons

- ♥ Healthier Choice**
All menu items are suitable for people with Diabetes, taken in moderation. For healthier choices, look for the heart symbol. ♥
- HE Higher Energy**
- V Suitable for Vegetarians**
- EC Easy to Chew**
- Allergen Advice** - if you require any allergen advice please ask a member of staff.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

MONDAY / TUESDAY

WEDNESDAY / THURSDAY

Lunch

Chicken in Creamy Pepper Sauce ♥
Chicken breast strips and vegetables in a creamy sauce

Macaroni with Smoked Haddock EC HE
Smoked haddock and macaroni in light cream sauce with dill and parsley

Vegetable Casserole & Dumplings HE ♥ V
Mildly spiced tomato and herb vegetable casserole

Cheddar Cheese Salad V

Enriched Potato Mash EC HE
Steamed Potatoes EC ♥
Garden Peas HE ♥
Carrots EC ♥

Dessert

Fruits of the Forest Sponge EC HE V
Custard EC V
Yoghurt EC V
Ice Cream EC V
Fruit in Juice ♥

Lunch

Shepherd's Pie EC HE ♥
Lamb mince base with carrots and onions topped with mashed potato

Gammon & Pineapple
Gammon steak with pineapple

Vegetable Curry ♥ V
Vegetables, peas and beans mixed in a medium spiced curry sauce

Egg Salad ♥ V

Enriched Potato Mash EC HE
Boiled Rice EC HE ♥
Mixed Vegetables ♥
Cauliflower EC ♥

Dessert

Chocolate & Pear Crumble HE V
Custard EC V
Yoghurt EC V
Ice Cream EC V
Fruit in Juice ♥

Lunch

Beef Hotpot HE ♥
Diced beef, onions, vegetables & chopped tomatoes in gravy topped with sliced potatoes

Fish in Parsley Sauce EC ♥
White fish portion coated in parsley sauce

Vegetable Lasagne EC HE V
Layers of pasta, vegetables in tomato, garlic and herbs and cheese sauce

Tuna Salad ♥

Enriched Potato Mash EC HE
Parmentier Potatoes HE
Swede EC ♥
Garden Peas HE ♥

Dessert

Rhubarb & Apple Crumble EC HE V
Custard EC V
Yoghurt EC V
Ice Cream EC V
Fruit in Juice ♥

Lunch

Beef Lasagne EC HE
Layers of pasta, minced beef in tomato and cheese sauce

Chicken Hot Pot ♥
Chicken strips, onion, vegetables in gravy topped with sliced potatoes

Broccoli & Herb Quiche HE V
Broccoli and herbs in savoury cheese custard baked in pastry

Ham Salad ♥

Enriched Potato Mash EC HE
Steamed Potatoes EC ♥
Sweetcorn HE ♥
Broccoli EC ♥

Dessert

Orange Bread & Butter Pudding HE V
Custard EC V
Yoghurt EC V
Ice Cream EC V
Fruit in Juice ♥

Supper

Tomato & Lentil Soup EC V
Sausage Hot Pot HE ♥
Casserole of pork sausage slices, baked beans, tomatoes and sliced potatoes

Cheese Omelette EC V
Cheese filled egg omelette

Enriched Potato Mash EC HE
Chips
Broccoli EC ♥
Baked Beans EC HE

A Choice of Sandwich

Dessert

Apple & Apricot Pie HE V
Custard EC V
Yoghurt EC V
Ice Cream EC V
Fruit in Juice ♥

Supper

Carrot & Coriander Soup EC HE V
Pasta Bolognese EC ♥
Minced beef bolognese with penne pasta
Vegetable Hot Pot HE ♥ V
Vegetable hot pot with black eyed beans, peppers, green beans with sauté potatoes

Enriched Potato Mash EC HE
Parmentier Potatoes HE
Carrots EC ♥
Sweetcorn HE ♥

A Choice of Sandwich

Dessert

Eve's Pudding EC HE V
Custard EC V
Yoghurt EC V
Ice Cream EC V
Fruit in Juice ♥

Supper

Pea & Mint Soup HE ♥ V
Cottage Pie EC HE ♥
Minced beef and vegetables topped with mashed potato
Macaroni Cheese with Mustard EC HE V
Creamy macaroni with cheese made with wholegrain seed mustard

Enriched Potato Mash EC HE
Sauté Potatoes HE
Carrots EC ♥
Broccoli EC ♥

A Choice of Sandwich

Dessert

Apple Pie HE V
Custard EC V
Yoghurt EC V
Ice Cream EC V
Fruit in Juice ♥

Supper

Creamy Vegetable Soup EC V
Steak & Kidney Pie HE ♥
Steak with pork, kidney and onions in gravy topped with short crust pastry

Cheese Omelette EC V
Cheese filled egg omelette

Enriched Potato Mash EC HE
Parmentier Potatoes HE
Green Beans ♥
Swede EC ♥

A Choice of Sandwich

Dessert

Fruits of the Forest Sponge EC HE V
Custard EC V
Yoghurt EC V
Ice Cream EC V
Fruit in Juice ♥

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Healthy Eating Advice from the Dietitians

Five-a-Day - choose vegetables for lunch, fruit for pudding and fruit juice with all meals.

Increase Fibre - try to eat more wholemeal bread sandwiches and wholegrain breakfast cereals, such as Weetabix or Branflakes.

Reduce Fat - choose healthier choices. ♥

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