Allergy Aware Menu available on request, please ask Ward Team

Please do not write in the corner areas

WINTER 2021

NHS Salisbury NHS Foundation Trust

WINTER 2021

NHS Salisbury NHS Foundation Trust

Sunday Lunch Week 1

NAME .....

WARD .....

Sunday Supper Week 1

NAME .....

WARD .....

D = Diabetic Diet ♥ = Healthy Option **V** = Vegetarian
H = High Protein/High Energy **E** = Easy Chew **G** = Gluten Free

D = Diabetic Diet ♥ = Healthy Option **V** = Vegetarian
H = High Protein/High Energy **E** = Easy Chew **G** = Gluten Free

Portion Size SMALL ☐ MEDIUM ☐ LARGE ☐

Portion Size SMALL ☐ MEDIUM ☐ LARGE ☐

■ Please fill in the box next to your choice like this

■ Please fill in the box next to your choice like this

Choose if required

1	☐	Orange Juice	♥ VG
2	☐	Cream of Cauliflower Soup in a Mug	VDEH
3	☐		

Choose *one* Main Course

4	☐	Lentil & Mushroom Curry	♥ VD
5	☐	Roast Beef & Yorkshire Pudding	DH
6	☐	Fish Pie in a Parsley Sauce	DEH
7	☐	Wiltshire Cheddar Ploughman's & Crusty Roll	♥ VD
8	☐	Hummus Salad Sandwich/Brown (Vegan)	DV
9	☐	Egg Mayo Sandwich/White	VDEH

Small Appetite Meal - Served on a Small Plate

10	☐	Fish Pie & Parsley Sauce	DEH

Choose *two* of the following plus gravy

11	☐	Peas	♥ VDG
12	☐	Carrots	♥ VDEG
13	☐	Side Salad	♥ VDG
14	☐	Gravy	VDEG

Choose *one* of the following

15	☐	Mashed Potatoes	VDEG
16	☐	Roast Potatoes	VDG
17	☐	Rice	VDEG

Choose *one* Dessert Course

18	☐	Reduced Sugar Tapioca Pudding	VDEG
19	☐	Fresh Apple (in season)	♥ VDG
20	☐	Fruit Jelly	VEGD
21	☐	Vanilla Ice Cream	VDEG
22	☐		

Choose *two* of the following

1	☐	Cream of Potato & Leek Soup in a Mug	VDEH
2	☐	Slice of White Bread	VDE
3	☐	Slice of Brown Bread	♥ VDE
4	☐		

Choose *one* of the following

5	☐	Apple Juice	♥ VG
6	☐	Orange Juice	♥ VG

Choose *one* of the following plus veg

7	☐	Vegetable Cottage Pie (Vegan)	VDEH
8	☐	Chilli Con Carne	♥ DHE
9	☐	Broccoli	VDEG
10	☐	White Rice	♥ VDG
11	☐	Ham Salad	♥ DG
12	☐	Cheese Omelette	VDEHG
13	☐	Jacket Potato & Tuna Mayo	♥ DG
14	☐	Hummus Salad Sandwich/White (Vegan)	DV
15	☐	Egg Mayo Sandwich/Brown	VDEH
16	☐	Ham & Tomato Sandwich/Brown	♥ D
17	☐	Ham & Tomato Sandwich/White	D

Choose *one* Dessert Course

18	☐	Apple Crumble (in season)	VEH
19	☐	Custard	VEG
20	☐	Fresh Plum	♥ VDG
21	☐	Fruit Jelly	VDEG
22	☐	Fruit Yogurt	VDEG

Fresh Fruit and Snacks

Fresh fruit and snacks are available anytime
Please ask your ward Nurse

☐ Ketchup ☐ Mustard
☐ Mayonnaise ☐ Tartare Sauce
☐ Salad Cream ☐ Vinegar

☐ Ketchup ☐ Mustard
☐ Mayonnaise ☐ Tartare Sauce
☐ Salad Cream ☐ Vinegar

Optional

Jacket Potatoes with a limited range of fillings and Omelettes are available, please ask the ward team to order for you.

☐ Tick here to see a member of the Catering Team

Fresh, Local, Nutritious
Supporting local food, freshly prepared

PROTECTED MEALTIMES

FOOD FOR LIFE BRONZE SERVED HERE Soil Association

5 A DAY Just Eat More (fruit & veg)

For Ward Use Only

Gold Tray **Assistance Required**

For Ward Use Only

Gold Tray **Assistance Required**