



Sunday Lunch Week 1

NAME ..... WARD .....

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

Portion Size SMALL [ ] MEDIUM [ ] LARGE [ ]

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 VDEHG
3 [ ]

Choose one Main Course

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

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 [ ] ♥ VDG
14 [ ] Gravy VDEG

Choose one of the following

- 15 [ ] Mashed Potatoes VDEG
16 [ ] Roast Potatoes VDG
17 [ ] Rice VDG

Choose one Dessert Course

- 18 [ ] Reduced Sugar Rice Pudding VDEG
19 [ ] Fresh Apple (in season) ♥ VDG
20 [ ] Fruit Jelly VEGD
21 [ ] Vanilla Ice Cream VDEG
22 [ ]

Choose Mid Meal Snack

- 23 [ ] Cheese and Biscuits

- [ ] Ketchup [ ] Mustard [ ] Mayonnaise
[ ] Salad Cream [ ] Vinegar [ ] Tartare Sauce

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

For Ward Use Only

Red Tray [ ] Assistance Required [ ]

NAME ..... WARD .....

Sunday Supper Week 1

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

Portion Size SMALL [ ] MEDIUM [ ] LARGE [ ]

Please fill in the box next to your choice like this

Choose two of the following

- 1 [ ] Cream of Potato & Leek Soup in a Mug VDEHG
2 [ ] Slice of White Bread VD
3 [ ] Slice of Brown Bread ♥ VD
4 [ ]

Choose one of the following

- 5 [ ] Apple Juice ♥ VG
6 [ ] Orange Juice ♥ VG

Choose one of the following plus veg

- 7 [ ] Roasted Veg with Tofu (Vegan) VDEH
8 [ ] Chilli Con Carne ♥ DHE
9 [ ] Side Salad 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 VDH
16 [ ] Ham Sandwich/Brown ♥ D
17 [ ] Ham 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
[ ] Salad Cream [ ] Vinegar [ ] Tartare Sauce

Fresh, Local, Nutritious Supporting local food, freshly prepared



For Ward Use Only

Red Tray [ ] Assistance Required [ ]



**Monday Lunch Week 1** NAME .....  
WARD .....

NAME ..... **Monday Supper Week 1**  
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  Rich Tomato Soup in a Mug ♥ VDEG  
3

**Choose one Main Course**

4  Cheesy Leek Bake (Vegan) ♥ VD  
5  Chicken Casserole ♥ DEH  
6  Mild Beef Curry D:I  
7  Egg Salad ♥ VDG  
8  Tuna Mayo Sandwich/Brown ♥ D  
9  Cheese Sandwich/White VDH  
Small Appetite Meal - Served on a Small Plate

10  Chicken Casserole DE

**Choose two of the following plus Gravy**

11  Cauliflower (in season) ♥ VDEG  
12  Sweetcorn ♥ VDG  
13  Gravy ♥ VDG VDEG  
14

**Choose one of the following**

15  Pilau Rice ♥ VDG  
16  Parsley Potatoes VDEG  
17  Mashed Potatoes VDEG

**Choose one Dessert Course**

18  Pear Crumble (in season) VEH  
19  Reduced Sugar Custard VDHE  
20  Fresh Apple (in season) ♥ VDG  
21  Fruit Jelly VDEG  
22  Vanilla Ice Cream VDEG

**Choose Mid Meal Snack**

23  Flapjack

**Choose two of the following**

1  Vegetable Soup in a Mug ♥ VDEG  
2  Slice of White Bread VD  
3  Slice of Brown Bread ♥ VD  
4

**Choose one of the following**

5  Apple Juice ♥ VG  
6  Orange Juice ♥ VG

**Choose one of the following plus veg**

7  Veg Pie topped with Pastry (Vegan) VD  
8  Pork and Apple Casserole DHE  
9  Side Salad ♥ VDE  
10  Parsley Potatoes VDEG  
11  Turkey Salad ♥ DG  
12  Plain Omelette VDEHG  
13  Jacket Potato with Cheese ♥ VDG  
14  Tuna Mayo Sandwich/White D  
15  Cheese Sandwich/Brown VDH  
16  Chicken Mayo Sandwich/Brown ♥ DH  
17  Chicken Mayo Sandwich/White DH

**Choose one Dessert Course**

18  Strawberry Mousse ♥ VHEG  
19  Vanilla Ice Cream VDEG  
20  Fruit Yoghurt VEHG  
21  Fresh Pear (in season) VG  
22

**Fresh Fruit and Snacks**  
Fresh fruit and snacks are available anytime.  
Please ask your ward Nurse

Ketchup  Mustard  Mayonnaise  
 Salad Cream  Vinegar  Tartare Sauce

Ketchup  Mustard  Mayonnaise  
 Salad Cream  Vinegar  Tartare Sauce

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

*Fresh, Local, Nutritious*  
Supporting local food, freshly prepared

Just Eat More (fruit & veg)

Tick here to see a member of the Catering Team

**For Ward Use Only**  
Red Tray  Assistance Required

**For Ward Use Only**  
Red Tray  Assistance Required



**Tuesday Lunch Week 1** NAME .....  
WARD .....

NAME ..... **Tuesday Supper Week 1**  
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  Mushroom Soup in a Mug VDEG  
3

**Choose one Main Course**

4  Vegetable Ratatouille (Vegan) VD  
5  Creamy Chicken & Coriander Stew DEH  
6  Honey Glazed Roast Gammon DHG  
7  Cheese Salad VDHG  
8  Tuna Mayo Sandwich/Brown DH  
9  Cheese Sandwich/White VDH  
Small Appetite Meal - Served on a Small Plate  
10  Creamy Chicken & Coriander Stew DEH

**Choose two of the following**

11  Cabbage (in season) ♥ VDG  
12  Swede ♥ VDEG  
13  Side Salad ♥ VDG  
14

**Choose one of the following plus Gravy**

15  Roasted New Potatoes VD  
16  Mashed Potatoes ♥ VDEG  
17  Gravy VDEG

**Choose one Dessert Course**

18  Reduced Sugar Semolina Pudding VDE  
19  Fresh Satsuma ♥ VDG  
20  Vanilla Ice Cream VDEG  
21  Fruit Jelly VDEG  
22  Fresh Fruit Salad ♥ VDG

**Choose Mid Meal Snack**

23  Hummus and Cucumber

**Choose two of the following**

1  Minted Pea Soup in a Mug VDEHG  
2  Slice of White Bread VD  
3  Slice of Brown Bread ♥ VD  
4

**Choose one of the following**

5  Apple Juice ♥ VG  
6  Orange Juice ♥ VG

**Choose one of the following plus veg**

7  Broccoli Mushroom Pasta (Vegan) ♥ VDE  
8  Cottage Pie DHE  
9  Green Beans ♥ VDG  
10  Chicken & Bacon Salad ♥ DG  
11  Cheese Omelette VDEHG  
12  Jacket Potato with Tuna ♥ DG  
13  Tuna Mayo Sandwich/White DHG  
14  Cheese Sandwich/Brown VDH  
15  Hummus Salad Sandwich/Brown (Vegan) ♥ DV  
16  Hummus Salad Sandwich/White (Vegan) DV  
17

**Choose one Dessert Course**

18  Apple Crumble (in season) VEH  
19  Custard Reduced Sugar GVDHE  
20  Fruit Yoghurt VEG  
21  Fresh Plum ♥ VDG  
22  Fruit Jelly VEG

**Fresh Fruit and Snacks**  
Fresh fruit and snacks are available anytime.  
Please ask your ward Nurse

Ketchup  Mustard  Mayonnaise  
 Salad Cream  Vinegar  Tartare Sauce

Ketchup  Mustard  Mayonnaise  
 Salad Cream  Vinegar  Tartare Sauce

**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

**For Ward Use Only**  
Red Tray  Assistance Required

**For Ward Use Only**  
Red Tray  Assistance Required



### Wednesday Lunch Week 1

NAME .....

WARD .....

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

**Portion Size**   SMALL    MEDIUM    LARGE

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

#### Choose if required

- 1  Orange Juice   **♥ VG**
- 2  Broccoli & Stilton Soup in a Mug   **VDEG**
- 3

#### Choose one Main Course

- 4  Bean & Vegetable Bake (Vegan)   **VD**
- 5  Steamed Fish in Parsley Sauce   **♥ DEH**
- 6  Pork in Mild Mustard Sauce   **DEH**
- 7  Tuna Pasta Salad   **♥ D**
- 8  Tuna Mayo Sandwich/Brown   **DH**
- 9  Cheese Sandwich/White   **VDH**

Small Appetite Meal - Served on a Small Plate

- 10  Steamed Fish in Parsley Sauce   **♥ DE**

#### Choose two of the following

- 11  Carrots   **♥ VDEG**
- 12  Green Beans   **♥ VDG**
- 13    **♥ VDG**
- 14

#### Choose one of the following plus Gravy

- 15  Boiled Potatoes   **VDEG**
- 16  Mashed Potatoes   **VDEG**
- 17  Gravy   **VDEG**

#### Choose one Dessert Course

- 18  Reduced Sugar Rice Pudding   **VDEG**
- 19  Fresh Apple (in season)   **♥ VDG**
- 20  Chocolate Mousse   **VEG**
- 21  Fresh Banana   **DEG**
- 22

#### Choose Mid Meal Snack

- 23  Cheese and Biscuits

- Ketchup    Mustard    Mayonnaise
- Salad Cream    Vinegar    Tartare Sauce

#### 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

#### For Ward Use Only

- Red Tray    Assistance Required

### Wednesday Supper Week 1

NAME .....

WARD .....

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

**Portion Size**   SMALL    MEDIUM    LARGE

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

#### Choose two of the following

- 1  Cream of Tomato Soup in a Mug   **VDEG**
- 2  Slice of White Bread   **VD**
- 3  Slice of Brown Bread   **♥ VD**
- 4

#### Choose one of the following

- 5  Apple Juice   **♥ VG**
- 6  Orange Juice   **♥ VG**

#### Choose one of the following plus veg

- 7  Cheese & Onion Quiche   **♥ VD**
- 8  Mildly Spiced Tomato Chicken Pasta   **DHE**
- 9  Side Salad   **♥ VDG**
- 10  Mixed Bean Salad   **♥ DGV**
- 11  Plain Omelette   **VDEHG**
- 12  Jacket Potato with Cheese   **♥ VDG**
- 13  Tuna Mayo Sandwich/White   **DH**
- 14  Cheese Sandwich/Brown   **VDH**
- 15  Egg Mayo Sandwich/Brown   **VD**
- 16  Egg Mayo Sandwich/White   **VD**
- 17

#### Choose one Dessert Course

- 18  Pear Crumble (in season)   **VHE**
- 19  Reduced Sugar Custard   **♥ VDEG**
- 20  Fruit Jelly   **VDEG**
- 21  Vanilla Ice Cream   **VDEG**
- 22  Fresh Pear (in season)   **VDG**

#### Fresh Fruit and Snacks

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

- Ketchup    Mustard    Mayonnaise
- Salad Cream    Vinegar    Tartare Sauce

*Fresh, Local, Nutritious*  
Supporting local food, freshly prepared



#### For Ward Use Only

- Red Tray    Assistance Required



**Thursday Lunch Week 1** NAME .....  
WARD .....

NAME ..... **Thursday Supper Week 1**  
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  White Onion Soup in a Mug ♥ VDEG  
3

**Choose one Main Course**

4  Sweet Potato & Lentil Curry (Vegan) ♥ VDE  
5  Roast Pork DH  
6  Beef Lasagne DEH  
7  Smoked Mackerel Salad ♥ D  
8  Cheese Sandwich/Brown VDH  
9  Hummus Salad Sandwich/White (Vegan) D  
Small Appetite Meal - Served on a Small Plate

10  Beef Lasagne DEH

**Choose two of the following plus Gravy**

11  Swede (in season) ♥ VDEG  
12  Peas ♥ VDG  
13  Side Salad ♥ VDG  
14  Gravy VDEG

**Choose one of the following**

15  Aromatic White Rice VDG  
16  Mashed Potatoes VDEG  
17  Roast Potatoes VDG

**Choose one Dessert Course**

18  Reduced Sugar Semolina Pudding VDE  
19  Fresh Apple (in season) ♥ VDG  
20  Fruit Jelly VDE  
21  Vanilla Ice Cream VDE  
22

**Choose Mid Meal Snack**

23  Flapjack

**Choose two of the following**

1  Creamy of Mushroom Soup in a Mug VDEG  
2  Slice of White Bread VD  
3  Slice of Brown Bread ♥ VD  
4

**Choose one of the following**

5  Apple Juice ♥ VG  
6  Orange Juice ♥ VG

**Choose one of the following plus veg**

7  Leek & Potato Hot Pot (Vegan) VH  
8  Wiltshire Ham Pie in Shortcrust Pastry DH  
9  Carrots ♥ VDEG  
10  Ham Salad ♥ DG  
11  Cheese Omelette VDEHG  
12  Jacket Potato with Cheese ♥ VDG  
13  Cheese Sandwich/White VDH  
14  Chicken Mayo Sandwich/Brown DH  
15  Chicken Mayo Sandwich/White DH  
16  Hummus Salad Sandwich/Brown (Vegan) D  
17

**Choose one Dessert Course**

18  Eton Mess VH  
19  Banana VDH  
20  Fresh Plum ♥ VDG  
21  Fruit Yoghurt VEHG  
22  Reduced Sugar Yoghurt ♥ VDEG

**Fresh Fruit and Snacks**  
Fresh fruit and snacks are available anytime.  
Please ask your ward Nurse

Ketchup  Mustard  Mayonnaise  
 Salad Cream  Vinegar  Tartare Sauce

Ketchup  Mustard  Mayonnaise  
 Salad Cream  Vinegar  Tartare Sauce

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

*Fresh, Local, Nutritious*  
Supporting local food, freshly prepared

Just Eat More (fruit & veg)

Tick here to see a member of the Catering Team

**For Ward Use Only**  
Red Tray  Assistance Required

**For Ward Use Only**  
Red Tray  Assistance Required



**Friday Lunch Week 1** NAME .....  
WARD .....

NAME ..... **Friday Supper Week 1**  
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  Roast Vegetable & Lentil Soup in a Mug ♥ VDEG
- 3

**Choose one Main Course**

- 4  Lentil & Vegetable Stew (Vegan) ♥ VDE
- 5  Battered White Fish and Lemon DH
- 6  Beef & Mushroom Hot Pot DH
- 7  Chicken Caesar Salad ♥ D
- 8  Tuna Mayo Sandwich/Brown DH
- 9  Cheese Sandwich/White VDH

Small Appetite Meal - Served on a Small Plate

- 10  Beef & Mushroom Hot Pot DH

**Choose two of the following**

- 11  Cauliflower (in season) ♥ VDEG
- 12  Peas ♥ VDEG
- 13  ♥ VDG
- 14

**Choose one of the following plus Gravy**

- 15  Mashed Potatoes VDEG
- 16  Chipped Potatoes VDH
- 17  Gravy VDEG

**Choose one Dessert Course**

- 18  Blackberry & Apple Crumble (in season) VEH
- 19  Reduced Sugar Custard VDHE
- 20  Fresh Pear (in season) ♥ VDG
- 21  Vanilla Ice Cream VDEG
- 22  Fruit Jelly VDEG

**Choose Mid Meal Snack**

- 23  Hummus and Cucumber

- Ketchup  Mustard  Mayonnaise
- Salad Cream  Vinegar  Tartare Sauce

**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

**For Ward Use Only**

- Red Tray  Assistance Required

**Choose two of the following**

- 1  Cream of Parsnip Soup in a Mug VDEG
- 2  Slice of White Bread VD
- 3  Slice of Brown Bread ♥ VD
- 4

**Choose one of the following**

- 5  Apple Juice ♥ VG
- 6  Orange Juice ♥ VG

**Choose one of the following plus veg**

- 7  Vegetable Lentil Spaghetti Bolognese (Vegan) ♥ VDE
- 8  Mild Chicken Curry DHE
- 9  White Rice ♥ VDG
- 10  Side Salad ♥ VDG
- 11  Turkey Salad ♥ DG
- 12  Plain Omelette VDEHG
- 13  Jacket Potato with Tuna ♥ DG
- 14  Tuna Mayo Sandwich/White DH
- 15  Cheese Sandwich/Brown VDH
- 16  Chicken Mayo Sandwich/Brown ♥ D
- 17  Chicken Mayo Sandwich/White D

**Choose one Dessert Course**

- 18  Reduced Sugar Rice Pudding VDEG
- 19  Fresh Apple (in season) ♥ VDG
- 20  Fresh Banana VDHE
- 21  Vanilla Ice Cream VDEG
- 22

**Fresh Fruit and Snacks**

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

- Ketchup  Mustard  Mayonnaise
- Salad Cream  Vinegar  Tartare Sauce

*Fresh, Local, Nutritious*  
Supporting local food, freshly prepared



**For Ward Use Only**

- Red Tray  Assistance Required



**Saturday  
Lunch Week 1**

NAME .....  
WARD .....

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

**Portion Size** SMALL  MEDIUM  LARGE

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

**Choose if required**

- 1  Orange Juice ♥ VG  
 2  Vegetarian Scotch Broth in a Mug ♥ VDEG  
 3

**Choose one Main Course**

- 4  Quorn & Blackbean Noodles (Vegan) ♥ DV  
 5  Braised Beef with Onion & Beer DH  
 6  White Fish in Parsley Sauce ♥ DEH  
 7  Egg & Spinach Salad VDG  
 8  Ham Sandwich/Brown D  
 9  Hummus Sandwich/White (Vegan) VD

*Small Appetite Meal - Served on a Small Plate*

- 10  Braised Beef with Onion & Beer DH

**Choose two of the following**

- 11  Carrots ♥ VDEG  
 12  Broad Beans ♥ VDG  
 13  ♥ VDG  
 14

**Choose one of the following plus Gravy**

- 15  Mashed Potatoes VDEG  
 16  Boiled Potatoes VDEG  
 17  Gravy VDEG

**Choose one Dessert Course**

- 18  Reduced Sugar Rice Pudding VDEG  
 19  Fresh Banana ♥ VDEG  
 20  Vanilla Ice Cream VDEG  
 21  Fruit Jelly VDEG  
 22

**Choose Mid Meal Snack**

- 23  Cheese and Biscuits

- Ketchup  Mustard  Mayonnaise  
 Salad Cream  Vinegar  Tartare Sauce

**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

**For Ward Use Only**

Red Tray  Assistance Required

NAME .....  
WARD .....

**Saturday  
Supper Week 1**

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

**Portion Size** SMALL  MEDIUM  LARGE

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

**Choose two of the following**

- 1  Cream of Carrot & Coriander Soup in a Mug VDEHG  
 2  Slice of White Bread VD  
 3  Slice of Brown Bread ♥ VD  
 4

**Choose one of the following**

- 5  Apple Juice ♥ VG  
 6  Orange Juice ♥ VG

**Choose one of the following plus veg**

- 7  Macaroni Cheese ♥ VDE  
 8  Sweet & Sour Chicken HE  
 9  White Rice ♥ VDG  
 10  Side Salad ♥ VDEG  
 11  Beef Salad ♥ DG  
 12  Cheese Omelette VDEHG  
 13  Jacket Potato with Baked Beans (Vegan) ♥ DG  
 14  Ham Sandwich/White D  
 15  Cheese Sandwich/Brown VDH  
 16  Cheese Sandwich/White VDH  
 17  Hummus Sandwich/Brown (Vegan) ♥ VD

**Choose one Dessert Course**

- 18  Reduced Sugar Semolina Pudding VDE  
 19  Strawberry Mousse VDHE  
 20  Fresh Apple (in season) ♥ VDG  
 21  Reduced Sugar Yoghurt ♥ VDEG  
 22

**Fresh Fruit and Snacks**

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

- Ketchup  Mustard  Mayonnaise  
 Salad Cream  Vinegar  Tartare Sauce

*Fresh, Local,  
Nutritious*  
Supporting local food,  
freshly prepared



**For Ward Use Only**

Red Tray  Assistance Required



**Sunday  
Lunch Week 2**

NAME .....

WARD .....

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

**Portion  
Size**

SMALL  MEDIUM  LARGE

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

**Choose if required**

- 1  Orange Juice ♥ VG  
2  Pea & Watercress Soup in a Mug ♥ VDEG  
3

**Choose one Main Course**

- 4  Vegetable & Chickpea Chilli (Vegan) VDE  
5  Roast Turkey & Stuffing DH  
6  Sausage and Gravy DH  
7  Mixed Bean & Feta Cheese Salad VDG  
8  Tuna Mayo Sandwich/Brown DEH  
9  Cheese Sandwich/White VDEH

Small Appetite Meal - Served on a Small Plate

- 10  Roast Turkey & Stuffing DH

**Choose two of the following**

- 11  Cauliflower (in season) ♥ VDEG  
12  Peas ♥ VDG  
13  ♥ VDG  
14

**Choose one of the following plus Gravy**

- 15  Mashed Potatoes VDEG  
16  Roast Potatoes VDG  
17  Gravy VDEG

**Choose one Dessert Course**

- 18  Reduced Sugar Rice Pudding VEHG  
19  Fruit Yoghurt VEHG  
20  Reduced Sugar Yoghurt ♥ VDEG  
21  Fresh Pear (in season) ♥ VDG  
22  Vanilla Ice Cream VDEG

**Choose Mid Meal Snack**

- 23  Flapjack

- Ketchup  Mustard  Mayonnaise  
 Salad Cream  Vinegar  Tartare Sauce

**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

**For Ward Use Only**

Red Tray  Assistance Required

NAME .....

WARD .....

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

**Portion  
Size**

SMALL  MEDIUM  LARGE

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

**Choose two of the following**

- 1  Butternut, Butterbean & Ginger Soup in a Mug VDEHG  
2  Slice of White Bread VD  
3  Slice of Brown Bread ♥ VD  
4

**Choose one of the following**

- 5  Apple Juice ♥ VG  
6  Orange Juice ♥ VG

**Choose one of the following plus veg**

- 7  Sweet Potato & Vegetable Bake (Vegan) VDE  
8  Minced Beef & Onion Pie with Pastry Top DH  
9  Parsley Potatoes VDEG  
10  Side Salad ♥ VDG  
11  Ham Salad ♥ DG  
12  Plain Omelette VDEHG  
13  Jacket Potato & Tuna ♥ DG  
14  Tuna Mayo Sandwich/White DHE  
15  Cheese Sandwich/Brown VDHE  
16  Hummus Salad Sandwich/Brown (Vegan) ♥ DV  
17  Hummus Salad Sandwich/White (Vegan) DV

**Choose one Dessert Course**

- 18  Apple Crumble VDEG  
19  Reduced Sugar Custard ♥ VDGE  
20  Fruit Jelly VDEG  
21  Vanilla Ice Cream VDEG  
22  Fresh Banana VDH

**Fresh Fruit and Snacks**

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

- Ketchup  Mustard  Mayonnaise  
 Salad Cream  Vinegar  Tartare Sauce

*Fresh, Local,  
Nutritious*  
Supporting local food,  
freshly prepared



**For Ward Use Only**

Red Tray  Assistance Required





**Monday**  
**Lunch Week 2**

NAME .....

WARD .....

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

**Portion Size**

SMALL    MEDIUM    LARGE

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

**Choose if required**

- 1  Orange Juice   **♥ VG**
- 2  Cream of Lentil Soup in a Mug   **VDEG**
- 3

**Choose one Main Course**

- 4  Vegetable Ratatouille (Vegan)   **♥ VD**
- 5  Beef and Vegetable Stew   **DH**
- 6  Sweet & Sour Pork   **EG**
- 7  Apple & Cheddar Salad   **VDHG**
- 8  Tuna Sandwich/Brown   **♥ D**
- 9  Egg Mayo Sandwich/White   **VDH**

Small Appetite Meal - Served on a Small Plate

- 10  Sweet & Sour Pork   **EG**

**Choose two of the following plus Gravy**

- 11  Green Beans   **♥ VDG**
- 12  Carrots   **♥ VDEG**
- 13
- 14  Gravy   **VDEG**

**Choose one of the following**

- 15  White Rice   **♥ VDG**
- 16  Boiled Potatoes   **♥ VDEG**
- 17  Mashed Potatoes   **VDEG**

**Choose one Dessert Course**

- 18  Pear Crumble (in season)   **VHE**
- 19  Reduced Sugar Custard   **VDHE**
- 20  Fresh Plum   **♥ VDG**
- 21  Fruit Jelly   **VDEG**
- 22  Vanilla Ice Cream   **EVDG**

**Choose Mid Meal Snack**

- 23  Hummus and Cucumber

- Ketchup    Mustard    Mayonnaise
- Salad Cream    Vinegar    Tartare Sauce

**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

**For Ward Use Only**

Red Tray  Assistance Required

NAME .....

WARD .....

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

**Portion Size**

SMALL    MEDIUM    LARGE

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

**Choose two of the following**

- 1  Vegetable Soup in a Mug   **♥ VDEG**
- 2  Slice of White Bread   **VD**
- 3  Slice of Brown Bread   **♥ VD**
- 4

**Choose one of the following**

- 5  Apple Juice   **♥ VG**
- 6  Orange Juice   **♥ VG**

**Choose one of the following plus veg**

- 7  Courgette & Mushroom Pasta Bake (Vegan)   **VDHE**
- 8  Braised Chicken & Butternut Squash   **DHE**
- 9  Boiled Potato   **♥ VDE**
- 10  Side Salad   **♥ VDEG**
- 11  Tuna Salad   **♥ DG**
- 12  Cheese Omelette   **VDEHG**
- 13  Jacket Potato with Cheese   **♥ VDG**
- 14  Tuna Sandwich/White   **D**
- 15  Egg Mayo Sandwich/Brown   **VDH**
- 16  Ham Sandwich/Brown   **♥ D**
- 17  Ham Sandwich/White   **D**

**Choose one Dessert Course**

- 18  Reduced Sugar Semolina Pudding   **VDSE**
- 19  Fresh Banana   **♥ VEHG**
- 20  Vanilla Ice Cream   **VDEG**
- 21  Chocolate Mousse   **♥ VGE**
- 22

**Fresh Fruit and Snacks**

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

- Ketchup    Mustard    Mayonnaise
- Salad Cream    Vinegar    Tartare Sauce

*Fresh, Local, Nutritious*  
Supporting local food, freshly prepared



**For Ward Use Only**

Red Tray  Assistance Required



**Tuesday Lunch Week 2** NAME .....  
WARD .....

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

**Portion Size** SMALL  MEDIUM  LARGE

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

**Choose if required**

- 1  Orange Juice ♥ VG
- 2  Cream of White Bean & Thyme Soup in a Mug ♥ VDEG
- 3

**Choose one Main Course**

- 4  Mixed Bean Casserole (Vegan) ♥ VD E
- 5  Roast Beef & Yorkshire Pudding DH
- 6  Liver and Bacon Casserole DEH
- 7  Cheese & Coleslaw Salad VDG
- 8  Chicken Mayo Sandwich/Brown DH
- 9  Cheese Sandwich/White VDH

Small Appetite Meal - Served on a Small Plate

- 10  Liver and Bacon Casserole DEH

**Choose two of the following**

- 11  Sweetcorn ♥ VDG
- 12  Broccoli (in season) ♥ VDEG
- 13  ♥ VDG
- 14

**Choose one of the following plus Gravy**

- 15  Roast Potatoes VDG
- 16  Mashed Potatoes VDEG
- 17  Gravy VDEG

**Choose one Dessert Course**

- 18  Apple Crumble VEH
- 19  Custard VDHE
- 20  Fresh Apple (in season) ♥ VDG
- 21  Fruit Yoghurt VDEG
- 22  Reduced Sugar Yoghurt DEG

**Choose Mid Meal Snack**

- 23  Cheese and Biscuits

Ketchup  Mustard  Mayonnaise  
 Salad Cream  Vinegar  Tartare Sauce

**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

**For Ward Use Only**

Red Tray  Assistance Required

NAME ..... **Tuesday Supper Week 2**  
WARD .....

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

**Portion Size** SMALL  MEDIUM  LARGE

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

**Choose two of the following**

- 1  Cream of Tomato Soup in a Mug VDEG
- 2  Slice of White Bread VD
- 3  Slice of Brown Bread ♥ VD
- 4

**Choose one of the following**

- 5  Apple Juice ♥ VG
- 6  Orange Juice ♥ VG

**Choose one of the following plus veg**

- 7  Vegetable & Sweet Potato Bake (Vegan) ♥ VDE
- 8  Tender Pork & Apple Sage Crumble DHE
- 9  Side Salad ♥ VDG
- 10  Boiled Potatoes VDE
- 11  Beef Salad ♥ DG
- 12  Plain Omelette VDEHG
- 13  Jacket Potato with Tuna Mayo ♥ DG
- 14  Chicken Mayo Sandwich/ White VDH
- 15  Tuna Mayo Sandwich/Brown VDH
- 16  Tuna Mayo Sandwich/White ♥ DH
- 17  Cheese Sandwich/Brown VDH

**Choose one Dessert Course**

- 18  Rice Pudding VEG
- 19  Fruit Jelly VDEG
- 20  Plum ♥ VDG
- 21  Strawberry Mousse DEG
- 22  Vanilla Ice Cream VDEG

**Fresh Fruit and Snacks**

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

Ketchup  Mustard  Mayonnaise  
 Salad Cream  Vinegar  Tartare Sauce

*Fresh, Local, Nutritious*  
Supporting local food, freshly prepared



**For Ward Use Only**  
Red Tray  Assistance Required



## Wednesday Lunch Week 2

NAME .....

WARD .....

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

### Portion Size

SMALL  MEDIUM  LARGE

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

### Choose if required

- 1  Orange Juice ♥ VG  
 2  Cheesy Leek & Mustard Soup in a Mug VDHG  
 3

### Choose one Main Course

- 4  Vegetable and Mushroom Stew (Vegan) ♥ VDE  
 5  Chicken Curry DH  
 6  Poached Fish in Tomato Sauce DHE  
 7  Mixed Bean & Feta Cheese Salad VDHG  
 8  Cheese Sandwich/Brown DHV  
 9  Egg Mayo Sandwich/White VDH

Small Appetite Meal - Served on a Small Plate

- 10  Poached Fish in Tomato Sauce DHE

### Choose two of the following plus Gravy

- 11  Cauliflower (in season) VEG  
 12  Mixed Vegetables ♥ VDG  
 13  Side Salad ♥ VDG  
 14  Gravy VDEG

### Choose one of the following

- 15  White Rice ♥ VDG  
 16  Mashed Potatoes VDEG  
 17  Boiled Potatoes VDGE

### Choose one Dessert Course

- 18  Plum Crumble VEH  
 19  Custard ♥ VDG  
 20  Vanilla Ice Cream DEG  
 21  Fruit Jelly DEG  
 22  Pear

### Choose Mid Meal Snack

- 23  Banana

- Ketchup  Mustard  Mayonnaise  
 Salad Cream  Vinegar  Tartare Sauce

### 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

### For Ward Use Only

Red Tray  Assistance Required

## Wednesday Supper Week 2

NAME .....

WARD .....

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

### Portion Size

SMALL  MEDIUM  LARGE

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

### Choose two of the following

- 1  Sweet Potato & Coconut Soup in a Mug VDEHG  
 2  Slice of White Bread VD  
 3  Slice of Brown Bread ♥ VD  
 4

### Choose one of the following

- 5  Apple Juice ♥ VG  
 6  Orange Juice ♥ VG

### Choose one of the following plus veg

- 7  Vegetable Lasagne (Vegan) ♥ VDE  
 8  Grilled Sausages DH  
 9  Baked Beans ♥ VD  
 10  Sauté Potatoes ♥ D  
 11  Ham Salad DHG  
 12  Jacket Potato with Coleslaw ♥ DG  
 13  Cheese Sandwich/White DHV  
 14  Egg Mayo Sandwich/Brown VDH  
 15  Ham Sandwich/Brown ♥ D  
 16  Ham Sandwich/White D  
 17

### Choose one Dessert Course

- 18  Eton Mess VDEG  
 19  VDHE  
 20  Fresh Apple (in season) ♥ VDG  
 21  Vanilla Ice Cream VDEG  
 22  Fruit Yoghurt VDH

### Fresh Fruit and Snacks

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

- Ketchup  Mustard  Mayonnaise  
 Salad Cream  Vinegar  Tartare Sauce

*Fresh, Local, Nutritious*  
Supporting local food, freshly prepared



### For Ward Use Only

Red Tray  Assistance Required



## Thursday Lunch Week 2

NAME .....  
WARD .....

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

**Portion Size** SMALL  MEDIUM  LARGE

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

### Choose if required

- 1  Orange Juice ♥ VG  
2  Creamy Carrot & Coriander Soup in a Mug ♥ VDEHG  
3

### Choose one Main Course

- 4  Creamy Mushroom & Spinach Pasta (Vegan) ED  
5  Roast Chicken DH  
6  Cottage Pie DEH  
7  Cheese & Broccoli Quiche Salad ♥ D  
8  Hummus Salad Sandwich/Brown (Vegan) D  
9  Cheese Sandwich/White VDH

Small Appetite Meal - Served on a Small Plate

- 10  Cottage Pie DEH

### Choose two of the following

- 11  Cabbage ♥ VDG  
12  Carrots ♥ VDEG  
13  ♥ VDG  
14

### Choose one of the following plus Gravy

- 15  Mashed Potatoes VDEG  
16  Roast Potatoes VDG  
17  Gravy VDEG

### Choose one Dessert Course

- 18  Chocolate Mousse VEHG  
19  Fruit Jelly VEG  
20  Vanilla Ice Cream VEG  
21  Fresh Satsuma ♥ VDG  
22

### Choose Mid Meal Snack

- 23  Cheese and Biscuits

- Ketchup  Mustard  Mayonnaise  
 Salad Cream  Vinegar  Tartare Sauce

### 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

### For Ward Use Only

Red Tray  Assistance Required



NAME .....  
WARD .....

## Thursday Supper Week 2

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

**Portion Size** SMALL  MEDIUM  LARGE

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

### Choose two of the following

- 1  Cream of Celery Soup in a Mug VDEHG  
2  Slice of White Bread VD  
3  Slice of Brown Bread ♥ VD  
4

### Choose one of the following

- 5  Apple Juice ♥ VG  
6  Orange Juice ♥ VG

### Choose one of the following plus veg

- 7  Tomato & Herb Pasta Bake (Vegan) VEHD  
8  Spaghetti Bolognese DEH  
9  Side Salad ♥ VDE  
10  Tuna Mayo Salad ♥ DG  
11  Plain Omelette VDEHG  
12  Jacket Potato with Cheese ♥ VDG  
13  Hummus Salad Sandwich/White (Vegan) DH  
14  Cheese Sandwich/Brown VDH  
15  Ham Sandwich/Brown ♥ D  
16  Ham Sandwich/White D  
17

### Choose one Dessert Course

- 18  Semolina Pudding VEH  
19  Fruit Jelly VDHE  
20  Fresh Apple (in season) ♥ VDG  
21  Fruit Yoghurt VEHG  
22  Reduced Sugar Yoghurt ♥ VDEG

### Fresh Fruit and Snacks

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

- Ketchup  Mustard  Mayonnaise  
 Salad Cream  Vinegar  Tartare Sauce

*Fresh, Local, Nutritious*  
Supporting local food, freshly prepared



Just Eat More (fruit & veg)

### For Ward Use Only

Red Tray  Assistance Required





**Friday Lunch Week 2** NAME .....  
WARD .....

NAME ..... **Friday Supper Week 2**  
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  Vegetable and Herb Soup in a Mug ♥ VDEG
- 3

**Choose one Main Course**

- 4  Lentil & Aubergine Bake (Vegan) VDHE
- 5  Battered White Fish and Lemon DH
- 6  Steak & Kidney Pie DH
- 7  Chicken & Bacon Salad ♥ DG
- 8  Tuna Mayo Sandwich/Brown DH
- 9  Cheese Sandwich/White VD
- Small Appetite Meal - Served on a Small Plate
- 10  Steak & Kidney Pie DH

**Choose two of the following**

- 11  Peas ♥ VDGE
- 12  Sweetcorn ♥ VDG
- 13  ♥ VDG
- 14

**Choose one of the following plus Gravy**

- 15  Mashed Potatoes VDEG
- 16  Chipped Potatoes VDH
- 17  Gravy VDSG

**Choose one Dessert Course**

- 18  Reduced Sugar Rice Pudding VDEG
- 19  Fruit Yoghurt VEHG
- 20  Reduced Sugar Yoghurt ♥ VDEG
- 21  Fresh Pear (in season) ♥ VDG
- 22  Vanilla Ice Cream VDEG

**Choose Mid Meal Snack**

- 23  Hummus and Cucumber

- Ketchup  Mustard  Mayonnaise
- Salad Cream  Vinegar  Tartare Sauce

**Choose two of the following**

- 1  Cream of Spinach Soup in a Mug VDEG
- 2  Slice of White Bread VD
- 3  Slice of Brown Bread ♥ VD
- 4

**Choose one of the following**

- 5  Apple Juice ♥ VG
- 6  Orange Juice ♥ VG

**Choose one of the following plus veg**

- 7  Vegetable Pasty (Vegan) VD
- 8  Mild Beef Curry DH
- 9  White Rice ♥ VDG
- 10  Side Salad ♥ VG
- 11  Turkey Salad ♥ DG
- 12  Cheese Omelette VDEHG
- 13  Jacket Potato with Cheese ♥ VDG
- 14  Chicken Mayo Sandwich/Brown DH
- 15  Chicken Mayo Sandwich/White D
- 16  Tuna Mayo Sandwich/White DH
- 17  Cheese Sandwich/Brown VDS

**Choose one Dessert Course**

- 18  Strawberry Mousse VEHG
- 19  Fruit Jelly VDEG
- 20  Fresh Apple (in season) ♥ VDG
- 21  Vanilla Ice Cream VEG
- 22  Fresh Banana VDEG

**Fresh Fruit and Snacks**  
Fresh fruit and snacks are available anytime.  
Please ask your ward Nurse

- Ketchup  Mustard  Mayonnaise
- Salad Cream  Vinegar  Tartare Sauce

**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

Just Eat More (fruit & veg)

**For Ward Use Only**  
Red Tray  Assistance Required

**For Ward Use Only**  
Red Tray  Assistance Required



**NHS**  
Salisbury  
NHS Foundation Trust



**NHS**  
Salisbury  
NHS Foundation Trust



**Saturday  
Lunch Week 2**

NAME .....

WARD .....

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

**Portion  
Size**

SMALL    MEDIUM    LARGE

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

**Choose if required**

- 1  Orange Juice   ♥ VG
- 2  Cream of Sweetcorn Soup in a Mug   ♥ VDGHE
- 3

**Choose one Main Course**

- 4  Vegetable Sweet & Sour (Vegan)   VE
- 5  Chicken & Mushroom Pie   DH
- 6  Pork in Cider Sauce   ♥ DEH
- 7  Cheese Salad & Coleslaw   VDG
- 8  Cheese Sandwich/Brown   VDH
- 9  Tuna Mayo Sandwich/White   DH

Small Appetite Meal - Served on a Small Plate

- 10  Chicken & Mushroom Pie   DH

**Choose two of the following**

- 11  Broad Beans   ♥ VDG
- 12  Cauliflower (in season)   ♥ VDG E
- 13    ♥ VDG
- 14

**Choose one of the following plus Gravy**

- 15  Mashed Potatoes   V DGE
- 16  White Rice   ♥ V DGE
- 17  Gravy   V DGE

**Choose one Dessert Course**

- 18  Chocolate Orange Mousse   V DGE
- 19  Fresh Satsuma   ♥ V DGE
- 20  Vanilla Ice Cream   V DGE
- 21  Fruit Yoghurt   VEG
- 22  Reduced Sugar Yoghurt   ♥ V DGE

**Choose Mid Meal Snack**

- 23  Flapjack

- Ketchup    Mustard    Mayonnaise
- Salad Cream    Vinegar    Tartare Sauce

**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

**For Ward Use Only**

Red Tray  Assistance Required

NAME .....

WARD .....

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

**Portion  
Size**

SMALL    MEDIUM    LARGE

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

**Choose two of the following**

- 1  Curried Parsnip Soup in a Mug   VDEHG
- 2  Slice of White Bread   VD
- 3  Slice of Brown Bread   ♥ VD
- 4

**Choose one of the following**

- 5  Apple Juice   ♥ VG
- 6  Orange Juice   ♥ VG

**Choose one of the following plus veg**

- 7  Vegetable Moussaka (Vegan)   ♥ VDE
- 8  Sweet & Sour Chicken   DEG
- 9  Side Salad   ♥ VEG
- 10  Rice   ♥ V DGE
- 11  Chicken Mayo Salad   ♥ D
- 12  Plain Omelette   VDEHG
- 13  Jacket Potato with Baked Beans   ♥ V DGE
- 14  Cheese Sandwich/White   VDH
- 15  Egg Mayo Sandwich/Brown   ♥ VD
- 16  Egg Mayo Sandwich/White   VD
- 17  Tuna Mayo Sandwich/Brown   DH

**Choose one Dessert Course**

- 18  Reduced Sugar Semolina   VEH
- 19  Fresh Apple (in season)   ♥ V DGE
- 20  Fruit Jelly   DEG V
- 21  Vanilla Ice Cream   V DGE
- 22

**Fresh Fruit and Snacks**

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

- Ketchup    Mustard    Mayonnaise
- Salad Cream    Vinegar    Tartare Sauce

*Fresh, Local,  
Nutritious*  
Supporting local food,  
freshly prepared



Just Eat More  
(fruit & veg)

**For Ward Use Only**

Red Tray  Assistance Required