



NHS
Salisbury
NHS Foundation Trust



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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 one of the following

- 1 Orange Juice ♥ VG
- 2 Cream of Cauliflower Soup in a Mug VDEHG
- 3

Choose one Main Course

- 4 Vegetable Ratatouille (Vegan) ♥ VDE
- 5 Roast Beef & Yorkshire Pudding DH
- 6 Chicken Wrapped in Bacon DH
- 7 Wiltshire Cheddar Ploughman's & Crusty Roll ♥ DV
- 8 Dorset Ham Sandwich/Brown DH
- 9 Free Range Egg Sandwich/White VDEH

Small Appetite Meal - Served on a Small Plate

- 10 Roast Beef & Yorkshire Pudding DH

Choose two of the following

- 11 Peas (in season) ♥ VDG
- 12 Swede ♥ VDEG
- 13
- 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 Semolina Pudding VDEG
- 19 Fresh Satsuma ♥ VDG
- 20 Chocolate Mousse VE
- 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

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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 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 Macaroni Cheese VDEH
- 8 Chilli Con Carne (Somerset Beef) ♥ DHE
- 9 Side Salad VDEG
- 10 White Rice ♥ VDG
- 11 Mixed Bean Salad ♥ DGH
- 12 Cheese Omelette (Free Range) VDEHG
- 13 Jacket Potato & Baked Bean (Vegan) ♥ DGV
- 14 Tuna Mayonnaise Sandwich/White DHE
- 15 Tuna Mayonnaise Sandwich/Brown DHE
- 16 Free Range Egg Sandwich/Brown VDEH
- 17 Dorset Ham Sandwich/White ♥ D

Choose one Dessert Course

- 18 Reduced Sugar Rice Pudding VEHG
- 19 Fruit Jelly VEGD
- 20 Fresh Apple ♥ VDG
- 21 Vanilla Ice Cream VEG
- 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



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Choose one of the following

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

Choose one Main Course

- 4 Sweet Potato Bake (Vegan) ♥ VDE
 5 Somerset Beef Casserole ♥ DEH
 6 Somerset Mild Chicken Curry DHE
 7 Chick Pea & Feta Salad ♥ VDG
 8 Tuna Sandwich/Brown ♥ DEH
 9 Cheese Sandwich/White VDEH

Small Appetite Meal - Served on a Small Plate

- 10 Somerset Beef Casserole DEH

Choose two of the following

- 11 Cauliflower ♥ VDEG
 12 Mixed Vegetables ♥ VDG
 13 Side Salad ♥ VDG

Choose one of the following plus Gravy

- 14 Gravy VDGE
 15 Mashed Potatoes VDEG
 16 New Potatoes VDEG
 17 Pilau Rice ♥ VDG

Choose one Dessert Course

- 18 Peach Crumble & Cream VEH
 19 Fresh Pear ♥ VDG
 20 Vanilla Ice Cream VDEG
 21 Fruit Jelly VDEG
 22

Choose Mid Meal Snack

- 23 Fruit 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.

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Choose two of the following

- 1 Vegetable Soup in a Mug ♥ VDEG
 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 Veg Pie topped with Mash & Cheese (Vegan) VE
 8 Grilled Dorset Sausages DH
 9 Baked Beans ♥ VD
 10 Saute Potatoes VDG
 11 Turkey Salad (Herts) ♥ DG
 12 Plain Omelette (Free Range) VDEHG
 13 Jacket Potato with Cheese ♥ DGV
 14 Tuna Sandwich/White DEH
 15 Cheese Sandwich/Brown VDEH
 16 Chicken Mayo Sandwich/Brown ♥ D
 17 Chicken Mayo Sandwich/White D

Choose one Dessert Course

- 18 Strawberry Mousse VEG
 19 Fruit Yoghurt VEHG
 20 Fruit Jelly VDH
 21 Fresh Apple VHG
 22

Fresh Fruit and Snacks

Fresh fruit and snacks are available anytime.
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- Ketchup Mustard Mayonnaise
 Salad Cream Vinegar Tartare Sauce

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Tuesday Lunch Week 1

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Portion Size

SMALL MEDIUM LARGE

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

Choose one of the following

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

Choose one Main Course

- 4 Mushroom & Lentil Curry (Vegan) **VDE**
5 Creamy Chicken & Tarragon Stew **DEH**
6 Honey Dorset Roast Gammon **DHG**
7 Cheese & Coleslaw Salad **♥ DV**
8 Hummus Sandwich/Brown (Vegan) **VDE**
9 Cheese Sandwich/White **VDEH**

Small Appetite Meal - Served on a Small Plate

- 10 Creamy Chicken & Tarragon Stew **DE**

Choose two of the following plus Gravy

- 11 Broccoli (in season) **♥ VDEG**
12 Sweetcorn **♥ VDG**
13 Side Salad **♥ VDG**
14 Gravy **VDEG**

Choose one of the following

- 15 Mashed Potatoes **VDG**
16 Roast Potatoes **♥ VDEG**
17 Rice **VDG**

Choose one Dessert Course

- 18 Reduced Sugar Semolina Pudding **VDE**
19 Fresh Banana **♥ VDG**
20 Vanilla Ice Cream **VDEG**
21 Fresh Fruit Salad **♥ VDG**
22

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.

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

Choose two of the following

- 1 Minted Pea Soup in a Mug **VDEHG**
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 Pasta with Quorn (Vegan) **♥ VHG**
8 Cottage Pie (Somerset Beef) **DEH**
9 Mixed Vegetables **♥ VDG**
10 Broccoli Quiche Salad **♥ DV**
11 Cheese Omelette (Free Range) **VDEHG**
12 Jacket Potato with Baked Beans (Vegan) **♥ DGV**
13 Hummus Sandwich/White (Vegan) **VDE**
14 Cheese Sandwich/Brown **VDEH**
15 Dorset Ham Sandwich/Brown **♥ D**
16 Dorset Ham Sandwich/White **D**
17

Choose one Dessert Course

- 18 Chocolate Mousse **VEHG**
19 Fruit Jelly **VDEG**
20 Fresh Plum (in season) **♥ VDEG**
21 Vanilla Ice Cream **DVEG**
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

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Wednesday Lunch Week 1

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Portion Size SMALL MEDIUM LARGE

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

Choose one of the following

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

Choose one Main Course

- 4 Vegetable and Lentil Chilli (Vegan) VDEH
- 5 Steamed Fish in Tomato Sauce ♥ DEH
- 6 Somerset Beef Lasagne DEH
- 7 Tuna Pasta Salad ♥ DH
- 8 Tuna Sandwich/Brown DEH
- 9 Cheese Sandwich/White VDEH

Small Appetite Meal - Served on a Small Plate

- 10 Steamed Fish in Tomato Sauce ♥ DEH

Choose two of the following

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

Choose one of the following plus Gravy

- 14 Gravy VDEG
- 15 Mashed Potatoes VDEG
- 16 Rice VDG
- 17 Parsley Potatoes VDEG

Choose one Dessert Course

- 18 Reduced Sugar Rice Pudding VDEG
- 19 Fresh Plum ♥ VDG
- 20 Fruit Jelly VE
- 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.

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■ 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 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 Cheese and Potato Leek Bake (Vegan) ♥ VDE
- 8 Creamy Cajun Chicken Pasta DHE
- 9 Side Salad ♥ VDG
- 10 Mixed Bean Salad ♥ DGHV
- 11 Plain Omelette (Free Range) ♥ VDEHG
- 12 Jacket Potato with Coleslaw ♥ VDG
- 13 Tuna Sandwich/White DEH
- 14 Cheese Sandwich/Brown VDEH
- 15 Free Range Egg Sandwich/Brown VDE
- 16 Free Range Egg Sandwich/White VDE
- 17

Choose one Dessert Course

- 18 Pear Crumble VHE
- 19 Reduced Sugar Custard GVDEH
- 20 Fresh Satsuma ♥ VDG
- 21 Fruit Jelly VDEG
- 22 Vanilla Ice Cream VDEG

Fresh Fruit and Snacks

Fresh fruit and snacks are available anytime.
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- Ketchup Mustard Mayonnaise
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Thursday Lunch Week 1

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

Choose one of the following

- 1 Orange Juice ♥ VG
- 2 White Onion Soup in a Mug ♥ VDEG
- 3

Choose one Main Course

- 4 Aubergine & Lentil Curry (Vegan) ♥ VDE
- 5 Grilled Pork Chops DHE
- 6 Sweet and Sour Somerset Chicken DH
- 7 Somerset Chicken Caesar Salad ♥ D
- 8 Cheese Sandwich/Brown VDEH
- 9 Ham Sandwich/White D

Small Appetite Meal - Served on a Small Plate

- 10 Sweet and Sour Somerset Chicken DHE

Choose two of the following

- 11 Green Beans (in season) ♥ VDG
- 12 Cauliflower ♥ VDEG
- 13

Choose one of the following plus Gravy

- 14 Gravy VDEG
- 15 Mashed Potatoes VDEG
- 16 Aromatic White Rice VDG
- 17 New Potatoes VDG

Choose one Dessert Course

- 18 Reduced Sugar Semolina Pudding VDE
- 19 Vanilla Ice Cream VDEG
- 20 Banana ♥ VDG
- 21 Fruit Jelly ♥ VDEG
- 22

Choose Mid Meal Snack

- 23 Fruit 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.

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

Choose two of the following

- 1 Creamy Watercress Soup in a Mug VDEG
- 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 Cheese and Onion Quiche VEH
- 8 Dorset Ham Pie in Shortcrust Pastry DH
- 9 Sweetcorn VDG
- 10 Side Salad ♥ DV
- 11 Dorset Ham Salad DHG
- 12 Jacket Potato with Baked Beans (Vegan) ♥ VDG
- 13 Cheese Omelette (Free Range) VDEHG
- 14 Egg Mayo Sandwich/Brown (Free Range) VDEH
- 15 Egg Mayo Sandwich/White (Free Range) VDEH
- 16 Ham Sandwich/Brown D
- 17 Cheese Sandwich/White VDEH

Choose one Dessert Course

- 18 Strawberry Mousse VEH
- 19
- 20 Fresh Pear ♥ 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

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Friday Lunch Week 1 NAME
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Portion Size SMALL MEDIUM LARGE

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

Choose one of the following

- 1 Orange Juice ♥ VG
- 2 Roast Vegetable & Lentil Soup in a Mug ♥ VDEG
- 3

Choose one Main Course

- 4 Vegetable Sweet & Sour (Vegan) ♥ VDG
- 5 Battered White Fish and Lemon DH
- 6 Somerset Beef & Mushroom Hot Pot DH
- 7 Cheese Salad ♥ DVHE
- 8 Tuna Mayonnaise Sandwich/Brown DHE
- 9 Cheese Sandwich/White VDHE

Small Appetite Meal - Served on a Small Plate

- 10 Somerset Beef & Mushroom Hot Pot DH

Choose two of the following plus Gravy

- 11 Carrots (in season) ♥ VDEG
- 12 Peas ♥ VDEG
- 13
- 14 Gravy VDEG

Choose one of the following

- 15 Mashed Potatoes VDEG
- 16 Chipped Potatoes VDH
- 17 Rice VDG

Choose one Dessert Course

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

Choose Mid Meal Snack

- 23 Hummus and Salad Sticks

- 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.

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

Choose two of the following

- 1 Cream of Mushroom Soup in a Mug VDEG
- 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 Pasta Bake (Vegan) ♥ VDE
- 8 Somerset Mild Chicken Curry DHE
- 9 White Rice ♥ VDG
- 10 Side Salad ♥ VDG
- 11 Turkey Salad (Herts) ♥ DG
- 12 Plain Omelette (Free Range) VDEHG
- 13 Jacket Potato with Tuna ♥ DG
- 14 Tuna Mayonnaise Sandwich/White DEH
- 15 Cheese Sandwich/Brown VDHE
- 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 ♥ VDG
- 20 Vanilla Ice Cream VDEG
- 21 Fruit Yoghurt VEG
- 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

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Saturday Lunch Week 1

NAME
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Portion Size SMALL MEDIUM LARGE

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

Choose one of the following

- 1 Orange Juice ♥ VG
- 2 Moroccan Chickpea Soup in a Mug ♥ VDEG
- 3

Choose one Main Course

- 4 Steakless Pasty (Vegan) ♥ DEV
- 5 Braised Beef with Onion and Beer DEH
- 6 Grilled Dorset Sausages ♥ DEH
- 7 Free Range Egg & Spinach Salad ♥ VDG
- 8 Ham Sandwich/Brown DH
- 9 Free Range Egg Sandwich/White VDE

Small Appetite Meal - Served on a Small Plate

- 10 Braised Beef with Onion and Beer VDE

Choose two of the following

- 11 Broad Beans (in season) ♥ VDEG
- 12 Sweetcorn ♥ VDEG
- 13
- 14

Choose one of the following plus Gravy

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

Choose one Dessert Course

- 18 Strawberry Mousse VEHG
- 19 Fresh Satsuma ♥ VDH
- 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

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■ 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 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) ♥ VDE
- 8 Chilli Con Carne (Somerset Beef) DHE
- 9 White Rice ♥ VDG
- 10 Side Salad ♥ VDG
- 11 Somerset Beef Salad ♥ DGH
- 12 Cheese Omelette (Free Range) VDEHG
- 13 Jacket Potato with Cheese ♥ DGV
- 14 Ham Sandwich/White D
- 15 Cheese Sandwich/Brown DEV
- 16 Cheese Sandwich/White DEV
- 17 Free Range Egg Sandwich/Brown ♥ VDE

Choose one Dessert Course

- 18 Reduced Sugar Semolina Pudding VDE
- 19 Fresh Banana VDH
- 20 Vanilla Ice Cream VDEG
- 21 Reduced Sugar Yoghurt ♥ VDEGH
- 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

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Sunday Lunch Week 2 NAME
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Portion Size SMALL MEDIUM LARGE

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

Choose one of the following

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

Choose one Main Course

4 Vegetable Pasta & Lentil Bolognese (Vegan) VDE
5 Roast Turkey & Stuffing (Herts) DH
6 Fish in Parsley Sauce DH
7 Mixed Bean Salad VDG
8 Tuna Mayonnaise Sandwich/Brown DEH
9 Cheese Sandwich/White VDEH
Small Appetite Meal - Served on a Small Plate

10 Roast Turkey & Stuffing (Herts) DH

Choose two of the following

11 Cabbage (in season) ♥ VDG
12 Carrots (in season) ♥ VDG
13
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 VEDH
19 Reduced Sugar Yoghurt ♥ VDEG
20 Vanilla Ice Cream VDEG
21 Fresh Plum ♥ VDG
22

Choose Mid Meal Snack

23 Fruit 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.

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■ 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 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 Sweet Potato & Vegetable Bake (Vegan) VHE
8 Minced Beef & Onion Pie with a Pastry Top DH
9 Side Salad VDEG
10 Green Beans (in season) VDG
11 Dorset Ham Salad ♥ DG
12 Plain Omelette (Free Range) VDEHG
13 Jacket Potato & Tuna ♥ DG
14 Tuna Mayonnaise Sandwich/White DHE
15 Cheese Sandwich/Brown VDHE
16 Dorset Ham Sandwich/Brown ♥ D
17 Dorset Ham Sandwich/White D

Choose one Dessert Course

18 Chocolate Mousse VE
19
20 Fresh Apple ♥ VDG
21 Fruit Jelly VDHG
22 Vanilla Ice Cream VDEG

Fresh Fruit and Snacks
Fresh fruit and snacks are available anytime.
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Ketchup Mustard Mayonnaise
 Salad Cream Vinegar Tartare Sauce



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Choose one of the following

1 Orange Juice ♥ VG
2 Cream of Carrot Soup in a Mug VDEG
3

Choose one Main Course

4 Meat Free Sausages (Vegan) ♥ VD
5 Creamy Somerset Chicken Stew DEH
6 Sweet & Sour Dorset Pork EHG
7 Apple and Stilton Salad VDHG
8 Hummus Sandwich/Brown (Vegan) ♥ DEV
9 Egg Mayo Sandwich/White (Free Range) VDEH
Small Appetite Meal - Served on a Small Plate

10 Creamy Somerset Chicken Stew | DEH

Choose two of the following plus Gravy

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

Choose one of the following

15 White Rice ♥ VDG
16 New Potatoes ♥ VDEG
17 Mashed Potatoes VDEG

Choose one Dessert Course

18 Bread & Butter Pudding VHD
19 Reduced Sugar Custard GVHD
20 Fresh Plum (in season) ♥ VDG
21 Vanilla Ice Cream VDEG
22 Fruit Jelly VDEG

Choose Mid Meal Snack

23 Hummus and Salad Sticks

Ketchup Mustard Mayonnaise
 Salad Cream Vinegar Tartare Sauce

Optional
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Choose two of the following

1 Vegetable Soup in a Mug ♥ VDEG
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 Casserole (Vegan) VDE
8 Cornish Pasty DHE
9 Side Salad VDG
10 Sweetcorn ♥ VDG
11 Turkey Salad (Herts) ♥ DG
12 Cheese Omelette (Free Range) VDEHG
13 Jacket Potato with Cheese ♥ VDG
14 Hummus Sandwich/White (Vegan) DEV
15 Egg Mayo Sandwich/Brown (Free Range) VDEH
16 Dorset Ham Sandwich/Brown ♥ D
17 Dorset Ham Sandwich/White D

Choose one Dessert Course

18 Reduced Sugar Semolina Pudding VDE
19 Fruit Yoghurt VEHG
20 Reduced Sugar Yoghurt ♥ VDEG
21 Fresh Satsuma VDG
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



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Red Tray Assistance Required



Tuesday Lunch Week 2 NAME
WARD

NAME **Tuesday Supper Week 2**
WARD

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

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Portion Size SMALL MEDIUM LARGE

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

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Choose one of the following

- 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) ♥ VDE
 - 5 Somerset Mild Beef Curry DHE
 - 6 Cottage Pie (Somerset Beef) DEH
 - 7 Cheese Salad ♥ VD
 - 8 Tuna Mayonnaise Sandwich Brown DEH
 - 9 Cheese Sandwich/White VDHE
- Small Appetite Meal - Served on a Small Plate**
- 10 Cottage Pie (Somerset Beef) DEH

Choose two of the following

- 11 Sweetcorn ♥ VDEG
- 12 Green Cabbage (in season) ♥ VDG
- 13 Side Salad ♥ VDG

Choose one of the following plus Gravy

- 14 Gravy VDEG
- 15 Mashed Potato VDEG
- 16 Boiled Parsley Potatoes VDEG
- 17 Boiled Rice VDG

Choose one Dessert Course

- 18 Peach Crumble VEHG
- 19 Reduced Sugar Custard ♥ VDG
- 20 Vanilla Ice Cream VEHG
- 21 Fruit Jelly VEHG
- 22 Fresh Apple

Choose Mid Meal Snack

- 23 Cheese and Biscuits

Ketchup Mustard Mayonnaise
 Salad Cream Vinegar Tartare Sauce

Choose two of the following

- 1 Cream of Tomato Soup in a Mug VDEG
- 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 Butternut Squash & Mushroom Bake (Vegan) ♥ VDE
- 8 Somerset Pork in Creamy Cider Sauce DHE
- 9 Green Beans (in season) VDG
- 10 Boiled Potatoes VD
- 11 Egg Mayonnaise Salad (Free Range) ♥ DGHV
- 12 Plain Omelette (Free Range) ♥ VDEHG
- 13 Jacket Potato with Tuna ♥ DG
- 14 Chicken Mayo Sandwich/Brown DH
- 15 Chicken Mayo Sandwich/White DH
- 16 Tuna Mayonnaise Sandwich/White ♥ DEH
- 17 Cheese Sandwich/Brown VDEH

Choose one Dessert Course

- 18 Strawberry Mousse VEH
- 19
- 20 Fresh Banana ♥ VDG
- 21 Fruit Jelly 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

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

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Red Tray Assistance Required

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 one of the following

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

Choose one Main Course

- 4 Vegetable Curry (Vegan) ♥ VDE
- 5 Somerset Roast Pork DH
- 6 Grilled Fish with Cheese Sauce DH
- 7 Watermelon, Spinach & Feta Salad ♥ VDEH
- 8 Chicken Mayo Sandwich/Brown DHE
- 9 Egg Mayo Sandwich/White (Free Range) VDEH

Small Appetite Meal - Served on a Small Plate

- 10 Grilled Fish with Cheese Sauce DH

Choose two of the following

- 11 Broccoli (in season) VEGD
- 12 Mixed Vegetable ♥ VDG
- 13 Side Salad ♥ VDG

Choose one of the following plus Gravy

- 14 Gravy VDEG
- 15 Mashed Potatoes VDEG
- 16 Roast Potatoes VDG
- 17 White Rice ♥ VDG

Choose one Dessert Course

- 18 Reduced Sugar Tapioca Pudding VDEG
- 19 Vanilla Ice Cream VDEG
- 20 Fruit Jelly VDEG
- 21 Fresh Plum (in season) VDG
- 22

Choose Mid Meal Snack

- 23 Fruit 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

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Red Tray Assistance Required

NAME
WARD

**Wednesday
Supper Week 2**

D = Diabetic Diet ♥ = Healthy Option V = Vegetarian
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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 VDEG
- 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 Lasagne (Vegan) ♥ VDE
- 8 Somerset Savoury Minced Beef DH
- 9 Carrots ♥ VDG
- 10 Dorset Ham Salad ♥ DGH
- 11 Boiled Potatoes VDG
- 12 Jacket Potato with Coleslaw ♥ DGV
- 13 Cheese Omelette (Free Range) VDHEG
- 14 Egg Mayo Sandwich/Brown (Free Range) VDEH
- 15 Dorset Ham Sandwich/Brown ♥ D
- 16 Dorset Ham Sandwich/White D
- 17 Chicken Mayo Sandwich/White DHE

Choose one Dessert Course

- 18 Chocolate Mousse VEG
- 19 Reduced Sugar Yoghurt GVDEH
- 20 Fresh Banana VDEG
- 21 Fresh Apple ♥ VDG
- 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

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Supporting local food, freshly prepared



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Thursday Lunch Week 2

NAME
WARD

D = Diabetic Diet **♥** = Healthy Option **V** = Vegetarian
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Portion Size SMALL MEDIUM LARGE

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

Choose one of the following

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

Choose one Main Course

- 4 Vegetable and Chickpea Chilli (Vegan) **VDE**
5 Dorset Pork and Onion In BBQ Sauce **DH**
6 Steak and Ale Pie **DEH**
7 Cheese and Broccoli Quiche Salad **♥ DV**
8 Tuna Sandwich/Brown **DE**
9 Cheese Sandwich/White **VDEH**

Small Appetite Meal - Served on a Small Plate

- 10 Steak and Ale Pie **DEH**

Choose two of the following

- 11 Broad Beans (in season) **♥ VDG**
12 Carrots (in season) **♥ VDG**
13 Side Salad **♥ VDG**

Choose one of the following plus Gravy

- 14 Gravy **VDEG**
15 Roast Potatoes **VDG**
16 Rice **VDG**
17 Mashed Potatoes **VDEG**

Choose one Dessert Course

- 18 Apple Crumble **VEH**
19 Reduced Sugar Custard **VEH**
20 Vanilla Ice Cream **VEG**
21 Fresh Banana **♥ VDG**
22 Fruit Jelly

Choose Mid Meal Snack

- 23 Hummus and Salad Sticks

- 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

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NAME
WARD

Thursday Supper Week 2

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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 **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 Pasty (Vegan) **VH**
8 Spaghetti Bolognese (Somerset Beef) **DEH**
9 Peas **♥ VDE**
10 Tuna Salad **♥ DH**
11 Plain Omelette (Free Range) **VDEHG**
12 Jacket Potato with Cheese **♥ VDG**
13 Tuna Sandwich/White **DE**
14 Cheese Sandwich/Brown **VDHE**
15 Dorset Ham Sandwich/Brown **♥ D**
16 Dorset Ham Sandwich/White **D**
17

Choose one Dessert Course

- 18 Semolina Reduced Sugar **VH**
19
20 Fresh Apple **♥ VDG**
21 Fruit Yoghurt **VEHG**
22 Fresh Satsuma **♥ 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

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Friday Lunch Week 2

NAME

WARD

Friday Supper Week 2

NAME

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Portion Size

SMALL MEDIUM LARGE

Portion Size

SMALL MEDIUM LARGE

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

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Choose one of the following

- 1 Orange Juice **♥ VG**
- 2 Vegetable and Herb Soup in a Mug **♥ VDEG**
- 3

Choose one Main Course

- 4 Lentil & Courgette Bake (Vegan) **VDHE**
- 5 Battered White Fish and Lemon **DH**
- 6 Beef Goulash (Somerset Beef) **DH**
- 7 Chicken and Bacon Salad **♥ DG**
- 8 Chicken Mayo Sandwich/Brown (Herts) **D**
- 9 Cheese Sandwich/White **VDE**

Small Appetite Meal - Served on a Small Plate

- 10 Beef Goulash **DH**

Choose two of the following

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

Choose one of the following plus Gravy

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

Choose one Dessert Course

- 18 Reduced Sugar Rice Pudding **VDEG**
- 19 Fruit Yoghurt **VEHG**
- 20 Reduced Sugar Yoghurt **♥ VDGE**
- 21 Fresh Plum **♥ VDGE**
- 22 Ice Cream **VDEG**

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

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Choose two of the following

- 1 Cream of Spinach Soup in a Mug **VDEG**
- 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 Tomato & Herb Cheese Pasta (Vegan) **VDE**
- 8 Pork and Pepper Stew **DE**
- 9 New Potatoes **♥ VDG**
- 10 Side Salad **♥ VDG**
- 11 Turkey Salad (Herts) **♥ DG**
- 12 Cheese Omelette (Free Range) **VDEHG**
- 13 Jacket Potato with Baked Beans (Vegan) **♥ VDG**
- 14 Chicken Mayo Sandwich/White (Herts) **D**
- 15 Tuna Mayonnaise Sandwich/Brown **DEH**
- 16 Tuna Mayonnaise Sandwich/White **DEH**
- 17 Cheese Sandwich/Brown **VDEH**

Choose one Dessert Course

- 18 Eton Mess **VE**
- 19 Fresh Apple **♥ VDG**
- 20 Fruit Jelly **VDEG**
- 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

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Saturday Lunch Week 2

NAME

WARD

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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 one of the following

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

Choose one Main Course

- 4 Mushroom & Sweet Potato Curry (Vegan) **VED**
- 5 Somerset Chicken & Mushroom Pie **DH**
- 6 Braised Pork in Lemon Sauce **♥ DE**
- 7 Cheese Salad & Coleslaw **♥ VDG**
- 8 Cheese Sandwich/Brown **VDEH**
- 9 Tuna Mayo Sandwich/White **DEH**

Small Appetite Meal - Served on a Small Plate

- 10 Somerset Chicken & Mushroom Pie **DH**

Choose two of the following plus Gravy

- 11 Carrots (in season) **♥ VDEG**
- 12 Peas (in season) **♥ VDG**
- 13
- 14 Gravy **VDEG**

Choose one of the following

- 15 Mashed Potatoes **VDEG**
- 16 Parsley Potatoes **♥ VDEG**
- 17 Rice **VDG**

Choose one Dessert Course

- 18 Apple Crumble **VE**
- 19 Reduced Sugar Custard **VDEH**
- 20 Fresh Satsuma **♥ VDG**
- 21 Vanilla Ice Cream **VDEG**
- 22 Fruit Jelly **VDEG**

Choose Mid Meal Snack

- 23 Fruit Flap Jack

- 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
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Portion Size

SMALL MEDIUM LARGE

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

Choose two of the following

- 1 Creamed Parsnip Soup in a Mug **VDEHG**
- 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 Roast Vegetables & Tofu (Vegan) **♥ VDE**
- 8 Beef Curry (Somerset Beef) **DHE**
- 9 Rice **♥ VDG**
- 10 Side Salad **♥ DGV**
- 11 Plain Omelette (Free Range) **VDEHG**
- 12 Jacket Potato with Cheese **♥ VDEHG**
- 13 Tuna Salad **HGD**
- 14 Hummus Sandwich/Brown (Vegan) **♥ VD**
- 15 Hummus Sandwich/White (Vegan) **VD**
- 16 Tuna Mayo Sandwich/Brown **DHE**
- 17 Cheese Sandwich/White **VHED**

Choose one Dessert Course

- 18 Reduced Sugar Semolina Pudding **VDHE**
- 19 Fresh Apple **♥ VDG**
- 20 Fresh Banana **VDEG**
- 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

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