







Assistance Required

Red Tray





Sunday NAME		NAME Sunda	HOUSE AND DESIGNATION OF					
Lunch Week 1 WARD		WARD Supper Wo	eek 1					
D = Diabetic Diet $Ψ$ = Healthy Option V = Veget H = High Protein/High Energy E = Easy Chew G = Glo		D = Diabetic Diet ♥ = Healthy Option V = Vegeta H = High Protein/High Energy E = Easy Chew G = Glut						
Portion Small Medium Large		Portion Small Medium Large						
■ Please fill in the box next to your choice	like this	Please fill in the box next to your choice I	like this					
Choose if required		Choose <u>two</u> of the following						
1 ☐ Orange Juice	♥ VG	1 Cream of Potato & Leek Soup in a Mug	VDEHG					
2	VDEHG	2 Slice of White Bread	VD					
3 🗆		3 ☐ Slice of Brown Bread	♥ VD					
Choose <u>one</u> Main Course		4 🗆						
4 Lentil & Mushroom Curry (Vegan)	♥ VDE	Choose <i>one</i> of the following						
5 Roast Beef & Yorkshire Pudding	DH	5 Apple Juice	♥ VG					
6 Fish in Parsley Sauce	DEH	6 🗌 Orange Juice	♥ VG					
7 Wiltshire Cheddar Ploughman's & Crusty Roll		Choose <i>one</i> of the following plus veg						
8 Hummus Salad Sandwich/Brown (Vegan)		7 Roasted Veg with Tofu (Vegan)	VDEH					
9 Egg Mayo Sandwich/White	VDH	8 Chilli Con Carne	♥ DHE					
Small Appetite Meal - Served on a Small Plat 10 Fish Pie & Parsley Sauce	3	9 🗌 Side Salad	VDEG					
10 ☐ Fish Pie & Parsley Sauce Choose <u>two</u> of the following plus g	DEH	10 🗌 White Rice	♥ VDG					
11 Peas	₩ VDG	11 🗌 Ham Salad	♥ DG					
12 Carrots	♥ VDEG	12 Cheese Omelette	VDEHG					
13 🗆	♥ VDG	13 🗌 Jacket Potato & Tuna Mayo	♥ DG					
14 Gravy	VDEG	14 Hummus Salad Sandwich/White (Vegan)	DV					
Choose <i>one</i> of the following		15 🗌 Egg Mayo Sandwich/Brown	VDH					
15 Mashed Potatoes	VDEG	16 🗌 Ham Sandwich/Brown	♥ D					
16 ☐ Roast Potatoes	VDG	17 🗌 Ham Sandwich/White	D					
17 ☐ Rice	VDG	Choose <u>one</u> Dessert Course						
Choose <u>one</u> Dessert Course		18 Apple Crumble (in season)	VEH					
18 🗌 Reduced Sugar Rice Pudding	VDEG	19 Custard	VEG					
19 Fresh Apple (in season)	♥ VDG	20 🗌 Fresh Plum	♥ VDG					
20 Fruit Jelly	VEGD	21 Fruit Jelly	VDEG					
21 Vanilla Ice Cream	VDEG	22 Fruit Yogurt	VDEG					
22 Chance Mid Mani Speek		Fresh Fruit and Snacks						
Choose Mid Meal Snack 23 Cheese and Biscuits		Fresh fruit and snacks are available any	time					
25 Crieese and discuits		Please ask your ward Nurse	unie.					
☐ Ketchup ☐ Mustard ☐ Mayon	naiss	Votchup						
	☐ Ketchup☐ Mustard☐ Mayonr☐ Salad Cream☐ Vinegar☐ Tartare							
□ Salad Cream □ Vinegar □ Tartare Sauce □ Sal								

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Monday NAME WARD		50050 000000000000000000000000000000000					ond er W	eek 1	
D = Diabetic Diet ♥ = Healthy Option V = Vegeta H = High Protein/High Energy E = Easy Chew G = Glu		D = Diabetic Diet ♥ = Healthy Option V = Vegetarian H = High Protein/High Energy E = Easy Chew G = Gluten Fr							
Portion SMALL MEDIUM LARGE		Portic Size	on	Small [] M EDIUM		LARGE		
■ Please fill in the box next to your choice	like this		Ple	ease fill in the	e box next to	your o	choice	like this	
Choose if required			(Choose <u>tw</u>	of the fo	ollowi	ing		
1 🗌 Orange Juice	♥ VG	1 🗆	Ve	getable Sou	ıp in a Mu	g		♥ VDEG	
2 Rich Tomato Soup in a Mug	♥ VDEG	2 🗆	Slic	ce of White	e Bread			VD	
3 🗆		3 🗆	Slic	ce of Brow	n Bread			♥ VD	
Choose <u>one</u> Main Course	1000	4							
4	♥ VD			Choose <u>on</u>	e of the fo	ollowi	ing		
5	♥ DEH	5 🗆		ple Juice				♥ VG	
6 Mild Beef Curry	DH	6		ange Juice				♥ VG	
7	♥ VDG			oose <i>one</i> of		ina plu	ıs vea		
8 Tuna Mayo Sandwich/Brown	♥ D	7 🗆		g Pie toppe				VD	
9 Cheese Sandwich/White	VDH	8 🗆		rk and App		5	guil	DHE	
Small Appetite Meal - Served on a Small Plate 10		9 🗆		de Salad	one edusien	510		♥ VDE	
Choose <u>two</u> of the following plus Gr	DE	10 🗆		rsley Potat	000			VDEG	
11 Cauliflower (in season)	ovy ♥ VDEG	11 🗆		rkey Salad	063				
12 Sweetcorn	♥ VDG	12 🗆		ain Omelet	t o			♥ DG	
13 \square	♥ VDG	E00-00						VDEHG	
14 Gravy	VDEG	13 🗆		cket Potato				♥ VDG	
Choose <u>one</u> of the following	VDLG	14 🗆		na Mayo S				D	
15 ☐ Pilau Rice	♥ VDG	15 🗆		eese Sand				VDH	
16 Parsley Potatoes	VDEG	16 🗆		icken May				♥ DH	
17 Mashed Potatoes	VDEG	17 🗆	Ch	icken May				DH	
Choose one Dessert Course				Choose o		t Cour	se		
18 Pear Crumble (in season)	VEH	18 🗌		rawberry N				♥ VHEG	
19 ☐ Reduced Sugar Custard	VDHE	19 🗌	Va	nilla Ice Cr	eam			VDEG	
20 Fresh Apple (in season)	♥ VDG	20 🗆	Fru	uit Yoghur	t			VEHG	
21 ☐ Fruit Jelly	VDEG	21 🗌	Fre	esh Pear (ir	n season)			VG	
22 Vanilla Ice Cream	VDEG	22 🗆							
Choose Mid Meal Snack				– Fresh Fr	uit and S	nack	s		
23 Flapjack		Fresh	n fr	uit and sna				rtime.	
Please ask your ward Nurse									
☐ Ketchup ☐ Mustard ☐ Mayon	naise	☐ Ket	chu	ın 🗆	Mustard		layon	naise	
☐ Salad Cream ☐ Vinegar ☐ Tartare				Vinegar			Sauce		
Optional			,	1 1					
Jacket Potatoes with a limited range of fillings and Omelettes are available, please ask the ward team to order for you. Tresh, Local, Nutritious Supporting less light									
Tick here to see a member of the Catering	Toam			repared	PROTECTED MEALTIMES	Soil 4	sociation	Just Eat More (fruit & veg)	

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Tuesday Lunch Week 1					Tuesd Supper W	CONTRACTOR OF THE PARTY OF THE					
D = Diabetic Diet \forall = Healthy Option V = Veget H = High Protein/High Energy E = Easy Chew G = Glo				oetic Diet ♥ = Healthy Op otein/High Energy E = Eas							
Portion Small Medium Large		Port Size		Small Medium	и 🗌 Large						
■ Please fill in the box next to your choice	like this		Pl	lease fill in the box next	to your choice	like this					
Choose if required			Choose <u>two</u> of the following								
1 Orange Juice	♥ VG	1 🗆	M	inted Pea Soup in a N	/lug	VDEHG					
2 Mushroom Soup in a Mug	VDEG	2 🗆	Sli	ice of White Bread		VD					
3 🗆		3 🗆	SI	ice of Brown Bread		♥ VD					
Choose <u>one</u> Main Course	25	4 🗆									
4	VD			Choose one of the	following						
5 Creamy Chicken & Coriander Stew	DEH	5 🗆	Δι	pple Juice		♥ VG					
6 Honey Glazed Roast Gammon	DHG	6		range Juice		♥ VG					
7 Cheese Salad	VDHG				wing plus vos						
8 🗌 Tuna Mayo Sandwich/Brown	DH	, _		hoose <u>one</u> of the follo							
9 Cheese Sandwich/White	VDH	7		roccoli Mushroom Pa	asta (vegan)	♥ VDE					
Small Appetite Meal - Served on a Small Plate		8		ottage Pie		DHE					
10 Creamy Chicken & Coriander Stew	DEH	9 🗆		reen Beans		♥ VDG					
Choose <u>two</u> of the following		10	Cl	hicken & Bacon Sala	d	♥ DG					
11 🗌 Cabbage (in season)	♥ VDG	11 🗆	Cl	heese Omelette		VDEHG					
12 Swede	♥ VDGE	12 🗆	Ja	cket Potato with Tu	na	♥ DG					
13 🗌 Side Salad	♥ VDG	13	Tu	una Mayo Sandwich	White	DHG					
14 🗆		14	14 ☐ Cheese Sandwich/Brown								
Choose <u>one</u> of the following plus Gr	ravy	15		ummus Salad Sandwich/I		♥ DV					
15 Roasted New Potatoes	VD	16		ummus Salad Sandwich/							
16 Mashed Potatoes	♥ VDEG	17	501 1000000	allillias salaa sallawiciii	wille (vegali)						
17 Gravy	VDEG	17	I	Chance and Doses	ut Course	L					
Choose <u>one</u> Dessert Course		10 -	1 A	Choose <u>one</u> Desse		ľ					
18 Reduced Sugar Semolina Pudding	VDE	18		pple Crumble (in sea		VEH					
19 🗌 Fresh Satsuma	♥ VDG	19		ustard Reduced Suga	ar	GVDHE					
20 🗌 Vanilla Ice Cream	VDEG	20 🗆		ruit Yoghurt		VEG					
21 🗌 Fruit Jelly	VDEG	21 [] Fr	resh Plum		♥ VDG					
22 Fresh Fruit Salad	♥ VDG	22 [Fr	ruit Jelly		VEG					
Choose Mid Meal Snack				 Fresh Fruit and 	Snacks						
23 Hummus and Cucumber		Fre	sh fi	ruit and snacks are a		time.					
		110	311 11	Please ask your wa							
)				ira rvarse						
☐ Ketchup☐ Mustard☐ Mayon☐ Salad Cream☐ Vinegar☐ Tartare	naise e Sauce		tch lad	up 🗌 Mustard Cream 🗌 Vinegar	□ Mayon □ Tartare						
fillings and Omelettes are available,	Jacket Potatoes with a limited range of fillings and Omelettes are available, please ask the ward team to order for you. Tresh, Local, Nutritious Supporting local food, freshly prepared for property of the										
F W I U O I				Fam Wand Has Only							

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Wednesda Lunch Week						ednes oper W				
	et ♥ = Healthy Option V = Yigh Energy E = Easy Chew G			abetic Diet ♥ = H						
Portion Size SM		Large	Portion Size		Medium] Large	_			
■ Please fi	II in the box next to your cl	hoice like this		Please fill in the b	oox next to yo	ur choice	like this			
	Choose if required			Choose two	of the follo	wing				
1 🗌 Orange	•	♥ VG	1 🗆 0	Choose <u>two</u> of the following 1 ☐ Cream of Tomato Soup in a Mug						
2 🗌 Broccol	i & Stilton Soup in a M	lug voeg		lice of White		3	VD			
3 🗆			3 🗆 5	lice of Brown	Bread		♥ VD			
Accessed to the control of the contr	oose <u>one</u> Main Course	5.00	4 🗆							
	Vegetable Bake (Vega	an) vo		Choose one	of the follo	wing				
	d Fish in Parsley Sauce	♥ DEH	5 🗆 A	Apple Juice		3	♥ VG			
ANNEL 2007 PARKET STATE OF THE	Mild Mustard Sauce	DEH		Drange Juice			♥ VG			
	asta Salad	♥ D		Choose <u>one</u> of th	he following	plus vea				
	ayo Sandwich/Brown Sandwich/White	DH	1	Cheese & Onio		p	♥ VD			
1522.1 (Augustus) 15000000000000000000000000000000000000	petite Meal - Served on a Small	VDH		Mildly Spiced To	30-400 POS-0-10-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0-0	n Pasta	DHE			
***************************************	d Fish in Parsley Sauce	♥ DE		iide Salad	mato emene.	· · · · · · ·	♥ VDG			
	se <i>two</i> of the following			10 Mixed Bean Salad						
11 ☐ Carrots		₩ VDEG		11 Plain Omelette						
12 Green B	3eans	♥ VDG		acket Potato		1	VDEHG ♥ VDG			
13 🗌		♥ VDG		Tuna Mayo Sar			DH			
14 🗌			2077	Cheese Sandwi		i.c	VDH			
Choose <u>on</u>	<u>re</u> of the following plu	ıs Gravy	100,000			'n	VD			
	Potatoes	VDEG		15 ☐ Egg Mayo Sandwich/Brown 16 ☐ Egg Mayo Sandwich/White						
A CONTRACT OF THE PARTY OF THE	d Potatoes	VDEG	17 🗆	-gg Mayo Sam	avvicii/ vviiite	_	VD			
17 Gravy	W. W	VDEG	' '	Choose and	e Dessert Co	NILLEO	1			
	ose <u>one</u> Dessert Cours	se	19 🗆			urse	VHE			
	d Sugar Rice Pudding	VDEG		18 ☐ Pear Crumble (in season)19 ☐ Reduced Sugar Custard						
	apple (in season)	♥ VDG	2010/03/20 34/17/204 14		Custaru		♥ VDGE			
The state of the s	ate Mousse	VEG	100000	ruit Jelly Janilla Ice Crea	a 100		VDEG			
21 ☐ Fresh B 22 ☐	anana	DEG	S 20 20 20 20 20 20 20 20 20 20 20 20 20				VDEG			
22 🗆		j.	22 🗌 F	resh Pear (in s	season)		VDG			
Cł	noose Mid Meal Snack			— Fresh Fru	it and Sna	cks —				
-sex	and Biscuits		Fresh -	fruit and snac			time.			
Please ask your ward Nurse										
							$\overline{}$			
	\Box Ketchup \Box Mustard \Box Mayonnaise $ackslash$ $ackslash$ Ketchup \Box Mustard \Box Mayonnaise $ackslash$									
☐ Salad Cream	n 🗌 Vinegar 🔲 Tar	☐ Salad	Cream 🗌 Vi	negar \square	Tartare	Sauce				
	— Optional —			4						
	otatoes with a limited rang		Fresh	Local.		05				
	s and Omelettes are availab s the ward team to order for		Nut	ritious	STATE OF THE PARTY	OD BRONZE R SERVED E HERE				
piedse dsk	the ward team to order to	or you.		ng local food, prepared	101	Association	Just Eat More			
☐ Tick here to	ALITIVIES		(fruit & veg)							
	For Ward Use Onl	ly —		— For Ward Us	e Only —					



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Thursday NAME WARD				Thursday Supper Week 1						
D = Diabetic Diet ♥ = Healthy Option V = Vegeta H = High Protein/High Energy E = Easy Chew G = Glu			Diabetic Diet ♥ = Healthy Option Protein/High Energy E = Easy							
Portion Small Medium Large		Portic 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			Choose <u>two</u> of the fo	ollowing						
1 ☐ Orange Juice	♥ VG	1 🗆	Creamy of Mushroom Sou	ip in a Mug vdeg						
2	♥ VDEG	2 🗆	Slice of White Bread	VD						
3 🗆		3 🗆	Slice of Brown Bread	♥ VD						
Choose <u>one</u> Main Course		4								
4 Sweet Potato & Lentil Curry (Vegan)	♥ VDE		Choose <i>one</i> of the fo	llowing						
5 Roast Pork	DH	5 🗆	Apple Juice	l ♥ VG						
6 🗆 Beef Lasagne	DEH	6 🗆	Orange Juice	♥ VG						
7 Smoked Mackerel Salad	ΨD		Choose <u>one</u> of the following	I I						
8 Cheese Sandwich/Brown	VDH	7 🗆	Leek & Potato Hot Pot							
9 Hummus Salad Sandwich/White (Vegan)		8 🗆	Wiltshire Ham Pie in Short							
Shair Appeare Mear Server on a Shair race										
11 Swede (in season)	ovy ♥VDEG	11 □	Cheese Omelette	♥ DG						
12 Peas				VDEHG						
13 Side Salad	♥ VDG ♥ VDG	12 🗆	Jacket Potato with Che							
14 Gravy	VDEG	13 🗌	Cheese Sandwich/White	1						
Choose <i>one</i> of the following	VDEG	14 🗆								
15 ☐ Aromatic White Rice	VDG	15 🗌	Chicken Mayo Sandwic	and the second s						
16 Mashed Potatoes	VDEG	16 🗆	Hummus Salad Sandwich/Bro	own (Vegan) D						
17 Roast Potatoes	VDG	17 🗆								
Choose <i>one</i> Dessert Course			Choose <u>one</u> Dessert	Course						
18 Reduced Sugar Semolina Pudding	VDE	18 🗌	Eton Mess	VH						
19 Fresh Apple (in season)	♥ VDG	19 🗌	Banana	VDH						
20 Fruit Jelly	VDE	20 🗆	Fresh Plum	♥ VDG						
21 Vanilla Ice Cream	VDE	21 🗆	Fruit Yoghurt	VEHG						
22 🗆		22 🗆	Reduced Sugar Yoghur	t ♥VDEG						
Choose Mid Meal Snack			— Fresh Fruit and S							
23 🗌 Flapjack		Fresh	n fruit and snacks are av							
	Please ask your ward Nurse									
☐ Ketchup ☐ Mustard ☐ Mayon	naise	(Kot	chup	☐ Mayonnaise						
]Ketchup □ Mustard □ Mayonnaise										
	Jauce	3010	a cream vinegal							
Jacket Potatoes with a limited range of fillings and Omelettes are available, please ask the ward team to order for you		Nul	tritious ting local food, nly prepared A Local, protected mealtimes	FOOD BROMZE FOR BENZE LIFE HERE 5 A DAY Soil Association Just Eat Mor						
☐ Tick here to see a member of the Catering	Team)			(fruit & veg)						
For Ward Use Only —			— For Ward Use Only —							

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NHS Salisbury
NHS Foundation Trust





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		iday NAME WARD		NAME Friday WARD Supper Weel						
		Diabetic Diet ♥ = Healthy Option V = Vegeta Protein/High Energy E = Easy Chew G = Glu		H =			Diabetic Diet ♥ = Healthy Option V = Vegetarian Protein/High Energy E = Easy Chew G = Gluten Fre	ee		
Po Siz	rtic e	SMALL MEDIUM LARGE			ort ize	io	SMALL MEDIUM LARGE			
		Please fill in the box next to your choice	like this				Please fill in the box next to your choice like th	nis		
		Choose if required					Choose <u>two</u> of the following			
1		Orange Juice	♥ VG	1		(Cream of Parsnip Soup in a Mug	G		
2		Roast Vegetable & Lentil Soup in a Mug	♥ VDEG	2		9	Slice of White Bread VD			
3		Channe and Main Comme		3		9	Slice of Brown Bread ♥ VD			
4		Choose <u>one</u> Main Course	♥ VDE	4						
4 5		Lentil & Vegetable Stew (Vegan) Battered White Fish and Lemon		Choose <i>one</i> of the following						
6		Beef & Mushroom Hot Pot	DH	5			Apple Juice ♥vg			
7	П	Chicken Caesar Salad	♥ D	6		(Orange Juice • vg			
8	П	Tuna Mayo Sandwich/Brown	DH				Choose <u>one</u> of the following plus veg			
9		Cheese Sandwich/White	VDH	7		١	Vegetable Lentil Spaghetti Bolognese (Vegan) ♥ VDE	Ė		
		Small Appetite Meal - Served on a Small Plate		8			Mild Chicken Curry DHE	Ė		
10		Beef & Mushroom Hot Pot	DH	9		,	White Rice ♥ VDC	ŝ		
		Choose <i>two</i> of the following		10		!	Side Salad ♥ VDG	3		
11		Cauliflower (in season)	♥ VDEG	11			Turkey Salad ♥ DG			
12		Peas	♥ VDEG	12			Plain Omelette VDE	HG		
13			♥ VDG	13		١.	Jacket Potato with Tuna			
14				35 650			Tuna Mayo Sandwich/White рн			
	Ch	oose <u>one</u> of the following plus Gra	avy	15	-		Cheese Sandwich/Brown VDH	4		
15		Mashed Potatoes	VDEG	16			Chicken Mayo Sandwich/Brown			
16		Chipped Potatoes	VDH	17	0		Chicken Mayo Sandwich/White			
17		Gravy	VDEG	' '	ш		Choose one Dessert Course			
10		Choose <u>one</u> Dessert Course		18		1	Reduced Sugar Rice Pudding VDI	F.G.		
18		Blackberry & Apple Crumble (in season)	VEH				Fresh Apple (in season)			
19 20		Reduced Sugar Custard	VDHE	20			Fresh Banana vol			
21		Fresh Pear (in season) Vanilla Ice Cream	♥ VDG	21			V 311 1 6			
22	П	Fruit Jelly	VDEG VDEG				Vanilla ice Cream voi	:0		
22		Truit Jelly	VDEG	22	. []	J				
		Choose Mid Meal Snack					Fresh Fruit and Snacks			
23		Hummus and Cucumber			Fres	sh	fruit and snacks are available anytime			
	Please ask your ward Nurse									
			\longrightarrow		1000			\prec		
	☐ Ketchup ☐ Mustard ☐ Mayonnaise ☐ Ketchup ☐ Mustard ☐ Mayonnaise ☐ Salad Cream ☐ Vinegar ☐ Tartare Sauce ☐									
		Optional	=	\sim				\leq		
Jacket Potatoes with a limited range of fillings and Omelettes are available,							h, Local, FOOD BROWER			
	-	olease ask the ward team to order for you	ı. <i>)</i>	s	upp	orti	ting local food,			
	Tic	k here to see a member of the Catering T	eam				nly prepared PROTECTED MEALTIMES Soil Association Just Eat I (fruit & v.			

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		NAME Saturda						
Lunch Week 1 WARD		WARD Supper Wee	k 1					
D = Diabetic Diet ♥ = Healthy Option H = High Protein/High Energy E = Easy Che		D = Diabetic Diet \forall = Healthy Option V = Vegetarian H = High Protein/High Energy E = Easy Chew G = Gluten						
Portion SMALL MEDIUM	☐ LARGE ☐	Portion Small Medium Large						
Please fill in the box next to yo	our choice like this	■ Please fill in the box next to your choice like	this					
Choose if required	d	Choose <u>two</u> of the following						
1 Orange Juice	♥VG		DEHG					
2 Uegetarian Scotch Broth in	a Mug ♥vbeg		/D					
3 🗌		3 ☐ Slice of Brown Bread	/D					
Choose <u>one</u> Main Co		4 🗆						
4 Quorn & Blackbean Noodles	9	Choose one of the following						
5 Braised Beef with Onion & Beer DH 5 D Apple Juice								
6 White Fish in Parsley Sauce		6 ☐ Orange Juice	/G					
7	VDG	Choose <u>one</u> of the following plus veg						
8 ☐ Ham Sandwich/Brown 9 ☐ Hummus Sandwich/White	(Vagan) D		/DE					
9 Hummus Sandwich/White Small Appetite Meal - Served on a	CC		1E					
10 Braised Beef with Onion			/DG					
Choose <u>two</u> of the follow	Proposition of the Committee of the Comm	40 🗆 6:1 6 1 1	/DEG					
11 Carrots	♥ VDEG	11 Beef Salad						
12 Broad Beans	♥ VDG	43 🗆 61 0 1 11	/DEHG					
13 🗆	♥ VDG	13 Jacket Potato with Baked Beans (Vegan)						
14 🗌		14 Ham Sandwich/White						
Choose <u>one</u> of the following	plus Gravy	45 G C C L : 1/B	/DH					
15 Mashed Potatoes	VDEG	46 🗆 61 6 1 1 1 2 2 1 1 2	/DH					
16 Doiled Potatoes	VDEG	17 Hummus Sandwich/Brown (Vegan)						
17 🗌 Gravy	VDEG		<i>/</i> D					
Choose <u>one</u> Dessert C	STORES AND SECTION OF THE SECTION OF	Choose <u>one</u> Dessert Course						
18 🗌 Reduced Sugar Rice Pudd	ling voeg	18 Reduced Sugar Semolina Pudding						
19 Fresh Banana	♥ VDEG	· · · = · · · · · · · · · · · · · · ·	VDHE					
20 Vanilla Ice Cream	VDEG		VDG					
21 ☐ Fruit Jelly	VDEG		VDEG					
22 🗆	I I	22 🗆						
Choose Mid Meal Sr	nack	Fresh Fruit and Snacks						
23 Cheese and Biscuits	Iden	Fresh fruit and snacks are available anytim	ne.					
	J	Please ask your ward Nurse						
			=					
☐ Ketchup ☐ Mustard ☐	Mayonnaise	☐ Ketchup ☐ Mustard ☐ Mayonnai						
☐ Salad Cream ☐ Vinegar ☐	Tartare Sauce	☐ Salad Cream ☐ Vinegar ☐ Tartare Sa	uce					
— Optional —								
Jacket Potatoes with a limited fillings and Omelettes are a		Fresh, Local,						
please ask the ward team to or		Nutritious FOOD BRONZE FOR SERVED	A DAY					
		Supporting local food, PROTECTED Soil Association Just	Eat Mor					
\Box Tick here to see a member of the	Catering Team	(In	it & veg)					

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Sunday NAMELunch Week 2		NAME Sund							
D = Diabetic Diet ♥ = Healthy Option V = Vegeta		D =	Diabe	etic Diet ♥= I					
H = High Protein/High Energy E = Easy Chew G = Glu	iten Free			tein/High Ener	gy E = Easy	Chew	G = Glu	iten Free	
Portion Small ☐ Medium ☐ Large		Portic Size	on	Small	Medium		Large		
■ Please fill in the box next to your choice	like this		Ple	ase fill in the	box next t	o your	choice	like this	
Choose if required				Choose <u>tw</u>	of the	follow	/ing		
1 🗌 Orange Juice	♥ VG	1 🗆							
2 Pea & Watercress Soup in a Mug	♥ VDEG	2 🗆	Slic	e of White	Bread	2	-	VD	
3 🗆		3 🗆	Slic	e of Brown	Bread			♥ VD	
Choose <u>one</u> Main Course		4							
4 U Vegetable & Chickpea Chilli (Vegan)	VDE			Choose <u>on</u>	e of the f	follow	/ina		
5 Roast Turkey & Stuffing	DH	5 🗆		ple Juice	<u>c</u> or the .	onovi	9	♥ VG	
6 ☐ Sausage and Gravy	DH	6	2000	ange Juice					
7 Mixed Bean & Feta Cheese Salad	VDG	0 -		_	the feller	المستعدان		♥ VG	
8 🗌 Tuna Mayo Sandwich/Brown	DEH			oose <i>one</i> of			_		
9	VDEH	7 🗆		eet Potato & \	_		•	VDE	
Small Appetite Meal - Served on a Small Plate		8 🗆		ced Beef & O		th Pastr	y Iop	DH	
10 Roast Turkey & Stuffing	DH	9 🗆		sley Potato	es			VDEG	
Choose <u>two</u> of the following		10 🗆		e Salad				♥ VDG	
11 Cauliflower (in season)	♥ VDEG	11 🗆	Ha	m Salad				♥ DG	
12 Peas	♥ VDG	12 🗌	Pla	in Omelett	е			VDEHG	
13 🗌	♥ VDG	13 🗌	Jac	ket Potato	& Tuna			♥ DG	
14 🗌	1	14 🗆	Tur	na Mayo Sar	ndwich/Wl	hite		DHE	
Choose <u>one</u> of the following plus Gra	avy	15 🗆		eese Šandv				VDHE	
15 Mashed Potatoes	VDEG	16		nmus Salad S			/egan)	♥ DV	
16 Roast Potatoes	VDG	17 🗆		nmus Salad S			•	DV	
17 Gravy	VDEG	''	Hai	Choose of					
Choose <u>one</u> Dessert Course		18 🗆	۸n	ple Crumb		it Cou	1130	WDEC	
18 Reduced Sugar Rice Pudding	VEHG			·		-J		VDEG	
19 Fruit Yoghurt	VEHG	19 🗆		duced Suga	ar Custaro	a		♥ VDGE	
20 Reduced Sugar Yoghurt	♥ VDEG	20 🗆		iit Jelly				VDEG	
21 Fresh Pear (in season)	♥ VDG	21 🗆		nilla Ice Cre	eam			VDEG	
22 Vanilla Ice Cream	VDEG	22 🗆	Fre	sh Banana				VDH	
Choose Mid Meal Snack				- Fresh Fr	uit and 9	Snack	· S		
23 ☐ Flapjack		Frost	o fri	uit and sna				rtimo	
23 🗀 Hapjack		riesi	1111	Please ask			-	time.	
				riease ask	your war	u Nui	3e		
☐ Ketchup ☐ Mustard ☐ Mayoni	naise		chu	n	/lustard		layon	naise	
☐ Salad Cream ☐ Vinegar ☐ Tartare		The second second second			/inegar		-	Sauce	
	Jauce	Jaio		ream 🗆 V	nicgai		ar care	Judee	
Optional —			/	1 1			10		
Jacket Potatoes with a limited range of fillings and Omelettes are available,		tres	n, L	Local, tious			6		
please ask the ward team to order for you	. .)					FOOD FOR LIFE	BRONZE SERVED HERE	5 A DAY	
	Supporting local food, freshly prepared freshly prepared soil Association Just Eat More								
Tick here to see a member of the Catering T	Team)		, ,	,				(fruit & veg)	
For Ward Use Only —				For Ward U	se Only —				

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Monday NAME Lunch Week 2				Mond Supper W	The state of the s			
D = Diabetic Diet ♥ = Healthy Option V = Vegeta H = High Protein/High Energy E = Easy Chew G = Glu	arian	D = Di	abetic Diet ♥ = Healthy Op Protein/High Energy E = Eas					
Portion SMALL MEDIUM LARGE		Portion						
■ 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			Choose two of the	following				
1 Orange Juice	♥ VG	1 🗆 🗎	/egetable Soup in a M	_	♥ VDEG			
2 Cream of Lentil Soup in a Mug	VDEG	100 - 100	Slice of White Bread	~9	VD			
3 🗆		10000	Slice of Brown Bread		♥ VD			
Choose <u>one</u> Main Course	1	4						
4	♥ VD		Choose <u>one</u> of the	following				
5 Beef and Vegetable Stew	DH	5 🗆 A	Apple Juice		♥ VG			
6 Sweet & Sour Pork	EG		Orange Juice		♥ VG			
7 Apple & Cheddar Salad	VDHG		Choose <i>one</i> of the follov	wing plus yea	1 + 0 0			
8 Tuna Sandwich/Brown	♥ D		Courgette & Mushroom Past		VDHE			
9 Egg Mayo Sandwich/White	VDH	100 100 100 100	Braised Chicken & Butte		DHE			
Small Appetite Meal - Served on a Small Plate 10 Sweet & Sour Pork			Boiled Potato	siriat squasii	♥ VDE			
10 ☐ Sweet & Sour Pork Choose <i>two</i> of the following plus Gr	EG		Side Salad		♥ VDEG			
11 ☐ Green Beans	avy ♥VDG	_	Tuna Salad		♥ DG			
12 Carrots	♥ VDEG	1 12 S 1/2-1/1	12 Cheese Omelette					
13 	♥ VDG		Jacket Potato with Ch	20050	VDEHG			
14 Gravy	VDEG		Tuna Sandwich/White		♥ VDG			
Choose <u>one</u> of the following					D VDH			
15 ☐ White Rice	♥ VDG		15 ☐ Egg Mayo Sandwich/Brown					
16 Boiled Potatoes	♥ VDEG		Ham Sandwich/Brown		ΨD			
17 Mashed Potatoes	VDEG	17 🗆 I	Ham Sandwich/White		D			
Choose one Dessert Course		10 🗆	Choose <u>one</u> Desse		1			
18 🗌 Pear Crumble (in season)	VHE	The second control of	Reduced Sugar Semol	lina Pudding	VDSE			
19 🗌 Reduced Sugar Custard	VDHE		Fresh Banana		♥ VEHG			
20 Fresh Plum	♥ VDG		Vanilla Ice Cream		VDEG			
21 Fruit Jelly	VDEG	N300000 / N3000000	Chocolate Mousse		♥ VGE			
22 Vanilla Ice Cream	EVDG	22 🗆						
Choose Mid Meal Snack			— Fresh Fruit and	Spacks				
23 Hummus and Cucumber		Frosh	fruit and snacks are a		time			
23 Hullillius allu Cucullibei		116311	Please ask your wa		tille.			
			Ticase ask your we	ara rearse				
☐ Ketchup ☐ Mustard ☐ Mayon	naise	☐ Ketcl	hup Mustard	☐ Mayon	naise			
☐ Salad Cream ☐ Vinegar ☐ Tartare		☐ Salac	d Cream 🗌 Vinegar	☐ Tartare	Sauce			
	$\overline{}$				$\overline{}$			
Jacket Potatoes with a limited range of fillings and Omelettes are available,		49.4	Local, Critious	FOOD BRONZE FOR SERVED				
please ask the ward team to order for you Tick here to see a member of the Catering	$\overline{}$	Supporti	ng local food, y prepared PROTECTED MEALTIMES	Soil Association	Just Eat More (fruit & veg)			
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13		esday NAME		NAME Tuesday								
Hardigh Protein/High Energy E = Easy Chew G = Gluten Free	Lunc	n week 2 WARD			WARD				supper	week 2		
Please fill in the box next to your choice like this												
Choose if required Orange Juice		SMALL MEDIUM	л 🗌 Large			ion	SMALL [] M EDIUM	☐ Laf	RGE 🗆		
Orange Juice		Please fill in the box next	to your choice	like this		Pl	ease fill in the	e box next to	o your cho	ice like this		
Orange Juice		Choose if reau	ired				Choose tw	o of the fo	ollowina			
Cream of White Bean & Thyme Soup in a Mug	1 🗆			♥ VG	1 🗆							
Choose one Main Course Mixed Bean Casserole (Vegan) Vog	2 🗆	9	Soup in a Mug	♥ VDEG	2				3			
Mixed Bean Casserole (Vegan) Nobe	3 🗌				3 🗆	Sli	ice of Brow	n Bread		♥ VD		
Roast Beef & Yorkshire Pudding Liver and Bacon Casserole DEH VDG Cheese & Coleslaw Salad VDG Cheese & Coleslaw Salad VDG Cheese Sandwich/White VDH Small Appetite Meal - Served on a Small Plate Tender Pork & Apple Sage Crumble DEH Choose two of the following VDG Tender Pork & Apple Sage Crumble DEH Choose two of the following VDG Tender Pork & Apple Sage Crumble DEH Side Salad VDG VDG Tender Pork & Apple Sage Crumble Tender Pork				320	1000					1000 1000 100		
South Beef & Yorkshire Pudding DEH DEH VDE VDEG			♥ VD E			Choose on	e of the fo	ollowing				
Liver and Bacon Lasserole Deh VDG Chicken Mayo Sandwich/Mrite VDH Small Appetite Meal - Served on a Small Plate Liver and Bacon Casserole DEH Choose two of the following DEH Choose two of the following VDG Choose two of the following VDG Side Salad S			DH	5 🗆	Aı			3	₩ VG			
Cheese & Collesian Salad										♥ VG		
Cheese Sandwich/White Small Appetite Meal - Served on a Small Plate Small Appetite Meal - Served on a Small Plate Small Appetite Meal - Served on a Small Plate Tender Pork & Apple Sage Crumble Side Salad Super Schoose two of the following Sweetcorn Swe							_		ing plus v	eq		
Small Appetite Meal - Served on a Small Plate Choose two of the following DEH					7					_		
Liver and Bacon Casserole DEH Choose two of the following	<i>J</i>		10TB	The resembles	8 🗆		_			15.0		
Choose two of the following 11 Sweetcorn	10 🗆	(1) 1 (1) 전 1 (1)			9 🗆				,			
11 Sweetcorn 12 Broccoli (in season) 13 VDG 14 Choose one of the following plus Gravy 15 Roast Potatoes 16 Mashed Potatoes 17 Gravy 18 Apple Crumble 19 Custard 20 Fresh Apple (in season) 21 Fruit Yoghurt 22 Reduced Sugar Yoghurt 23 Choose Mid Meal Snack 24 Cheese and Biscuits 25 Cheese and Biscuits 26 Cheese ask the ward team to order for you. 17 Beef Salad 12 Plain Omelette 13 Jacket Potato with Tuna Mayo 14 Chicken Mayo Sandwich/Brown 15 Tuna Mayo Sandwich/Brown 16 Tuna Mayo Sandwich/Brown 16 Tuna Mayo Sandwich/Brown 17 Cheese Sandwich/Brown 18 Rice Pudding 19 Fruit Jelly 20 Plum 21 Strawberry Mousse 22 Vanilla Ice Cream 22 Vanilla Ice Cream 23 Salad Cream Vinegar Tartare Sauce 24 Vanilla Ice Cream Vinegar Tartare Sauce 25 Salad Cream Vinegar Tartare Sauce 26 Salad Cream Vinegar Tartare Sauce 27 Vanilla Ice Cream Vinegar Tartare Sauce 28 Salad Cream Vinegar Tartare Sauce 29 Salad Cream Vinegar Tartare Sauce 20 Salad Cream Vinegar Tartare Sauce 20 Salad Cream Vinegar Tartare Sauce	. с _				10 🗆	Во	oiled Potato	oes		VDE		
12	11 🗆		3	♥ VDG	11 🗆					♥ DG		
14	12 🗌	Broccoli (in season)		♥ VDEG	12			te		VDEHG		
14	13 🗌			♥ VDG	13				a Mavo	19880.000900.00000		
Choose one of the following plus Gravy 15					of 2000 100 100					VDH		
Tuna Mayo Sandwich/White Tuna Mayo Sandwich/Brown Tuna Mayo Plaster Volle Tuna Mayo Sandwich/White Tuna Mayo Sandwich/Brown Tuna Mayo Plaster Volle Tuna Mayo Plaster Vo			ving plus Gr	avy	Section 1		-					
Mashed Potatoes		그 그리는 한 곳으로 하는 그를 내려왔다면서 그리죠?		VDG	, market 100-					♥ DH		
Choose one Dessert Course 18	2024-00 W			0.000.000.000.000.000	10000000 10000000					VDH		
Apple Crumble	17	•		VDEG						,		
19	10 🗆	/	rt Course	1 1/511	18	Ri				VEG		
20 Fresh Apple (in season) 21 Fruit Yoghurt 22 Reduced Sugar Yoghurt Choose Mid Meal Snack 23 Cheese and Biscuits Cheese and		2.5					_	A)		VDEG		
21 Fruit Yoghurt 22 Reduced Sugar Yoghurt Choose Mid Meal Snack 23 Cheese and Biscuits Cheese and Biscuits Tresh Fruit and Snacks Fresh fruit and snacks are available anytime. Please ask your ward Nurse Ketchup Mustard Mayonnaise Salad Cream Vinegar Tartare Sauce Coptional Jacket Potatoes with a limited range of fillings and Omelettes are available, please ask the ward team to order for you. Presh, Local, Nutritious Supporting local food, freshly prepared	50 500		n)	22/20/20/20/20	000 000 000		,			♥ VDG		
Choose Mid Meal Snack Cheese and Biscuits Cheese and Biscuits Tresh 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 Tartare Sauce Tresh, Local, Nupritional Supporting local food, freshly prepared Fresh Fruit and Snacks Fresh fruit and snacks are available anytime. Please ask your ward Nurse Tartare Sauce Tartare Sauce Tresh, Local, Nupritional Supporting local food, freshly prepared Fresh Fruit and Snacks Fresh fru	Company of the second		17		70.00			/lousse		DEG		
Choose Mid Meal Snack 23			ırt							VDEG		
Cheese and Biscuits												
Ketchup	22 🗆		al Snack			1.6						
Salad Cream □ Vinegar □ Tartare Sauce □ Salad Cream □ Vinegar □ Tartare Sauce □ Vinegar □ Vine	23 🗌	Cheese and Biscuits			Fre	sh ti				nytime.		
Salad Cream □ Vinegar □ Tartare Sauce □ Salad Cream □ Vinegar □ Tartare Sauce □ Vinegar □ Vine	□ Kot	Katchup										
Jacket Potatoes with a limited range of fillings and Omelettes are available, please ask the ward team to order for you. Presh, Local, Nutritious Supporting local food, freshly prepared From Formation Supporting local food, freshly prepared Sol Apparent												
Jacket Potatoes with a limited range of fillings and Omelettes are available, please ask the ward team to order for you. The shape of food food, freshly prepared for the food food freshly prepared for the food food food freshly prepared for the food food food food food freshly prepared for the food food food freshly prepared for the food food food food food food food foo	3010		30			941						
☐ Tick here to see a member of the Catering Team)	Jacket Potatoes with a limited range of fillings and Omelettes are available, please ask the ward team to order for you. Thesh, Local, Nutritious Supporting local food, freshly prepared freshly prepared freshly prepared Just Eat Mo											

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The first state of the first sta	Nednesday NAMELunch Week 2										sday
Lunch Week 2	ARD)	WAF	RD					Supp	er w	eek 2
D = Diabetic Diet ♥ = He H = High Protein/High Energy						etic Diet otein/High B					
Portion SMALL	Medium □ Larg	E \square		ortic ze	on	SMALL		MEDIUM		Large	
■ Please fill in the b	oox next to your choice	e like this			Ple	ease fill in	the b	ox next t	o your	choice	like this
Chaosa	if required										
1 ☐ Orange Juice	if required	ı ♥ VG	1	Choose <u>two</u> of the following 1 ☐ Sweet Potato & Coconut Soup in a Mug						VDEHG	
	ustard Soup in a Mug	10 10-00-00	2			ce of Wh			Jup III	a iviug	
3	astara soap iir a mag	Tane	3			ce of Bro					VD
	<i>e</i> Main Course		4		311	ce or bro	וווייעכ	breau			♥ VD
The second of th	ushroom Stew (Vegan)	♥ VDE	4			Chassa		-444	ا ا م		I
5 Chicken Curry	DH	_		Λ	Choose		or the i	Ollow	/ing		
_	n Tomato Sauce	DHE	5			ople Juic					♥ VG
7 Mixed Bean &	Feta Cheese Salad	VDHG	6			range Ju					♥ VG
8 Cheese Sandwich	n/Brown	DHV	_			hoose <u>on</u>			_	lus veg	
9 🗌 Egg Mayo Sand	wich/White	VDH	7	Ш		egetable		-	gan)		♥ VDE
	I - Served on a Small Plate	e	8			rilled Sau		es .			DH
The state of the s	n Tomato Sauce	DHE	9			aked Bea					♥ VD
Choose <u>two</u> of the		ravy	10		Sa	uté Pota	toes				ΨD
11 Cauliflower (in		VEG	11		Ha	am Salad					DHG
12 Mixed Vegetab	oles	♥ VDG	12		Ja	cket Pot	ato v	vith Col	eslaw		♥ DG
13 Side Salad		♥ VDG	13		Ch	neese Sar	ndwi	ch/Whit	e		DHV
14 Gravy	6.1 6.11	VDEG	14		Eg	g Mayo	Sand	wich/Bro	own		VDH
	of the following	ì	15		Ha	am Sand	wich	/Brown			♥ D
15 White Rice		♥ VDG	16		Ha	am Sand	wich	/White			D
16 ☐ Mashed Potato 17 ☐ Boiled Potatoe		VDEG	17								
	Dessert Course	VDGE				Choose	e <i>one</i>	Desser	t Cou	ırse	
18 Plum Crumble	z Dessert Course	l veu	18		Et	on Mess		_			VDEG
19 Custard		VEH ♥ VDG	19	П							VDHE
20 Vanilla Ice Crea	am	DEG	20		Fr	esh App	le (in	season)		₩ VDG
21 Fruit Jelly	A111	DEG	21	535H1193		anilla Ice			,		VDEG
22 Pear		DEG	22			uit Yogh					VDH
		'			• •	are rogii	idi t				, ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
Choose N	Iid Meal Snack		-			Fresh	Frui	t and S	inack	s	
23 🗌 Banana			F	resh	n fr	uit and s	snack	s are av	/ailab	le any	time.
						Please a	ask y	our war	d Nu	rse	
		$\overline{}$			_						$\overline{}$
								layon artare	Sauce		
Jacket Potatoes v fillings and Om	otional vith a limited range of elettes are available, d team to order for yo			Nu	tre	Local, itious		III)	FOOD FOR LIFE	BRONZE SERVED HERE	5 A DAY
☐ Tick here to see a me	ember of the Catering	Team				prepared	MEA	ALTIMES	Soil	ssociation	Just Eat More (fruit & veg)
E-	or Ward Use Only —					For War	d Hee	Only —			

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	ursday	NAME								ursday per Week 2	
Luii	en week		WARD)	1	WARD			Dup		CCR E
			= Healthy Option V = Vege ergy E = Easy Chew G = G)			betic Diet ♥ = Healthy O _l rotein/High Energy E = Ea			
Port Size	tion SMAI	LL	☐ Medium ☐ Larg	ie 🗆)	Porti Size	on	Small Mediu	м 🗆	Large	
	Please fill	in th	ne box next to your choic	e like this)		P	lease fill in the box next	to your	choice	like this
		Cho	ose if required		١١			Choose <i>two</i> of the	follow	ving	
1 [Orange			♥ VG		1 🗆	VDEHG				
2	Creamy Car	rot	& Coriander Soup in a Mug	♥ VDEHG		2 🗆	SI	ice of White Bread			VD
3						3 🗆	SI	lice of Brown Bread			♥ VD
			one Main Course			4					AC MAGNESS
4	•		om & Spinach Pasta (Vegan)	ED				Choose <i>one</i> of the	follow	vina	
5	Roast Ch		en	DH		5 🗆	Α	pple Juice		9	♥ VG
6	Cottage			DEH		6 🗆		range Juice			♥ VG
7 [occoli Quiche Salad	♥ D				hoose <i>one</i> of the follo	wing n	lus van	
8			l Sandwich/Brown (Vegar	ס (נו		7 🗆		omato & Herb Pasta E		_	VEHD
9			wich/White	VDH		8 🗆		paghetti Bolognese	Jake (V	egan)	
10 -			Meal - Served on a Small Pla	T.		9 🗆		ide Salad			DEH
10	Cottage		of the fellowing	DEH			107000				♥ VDE
11 [<u>wo</u> of the following			10 🗆		una Mayo Salad			♥ DG
11 <u> </u>	CabbageCarrots	2		♥ VDG		11 🗆		lain Omelette			VDEHG
13	_ Carrots			♥ VDGE		12 🗆		acket Potato with Cl			♥ VDG
14	_			♥ VDG		13 🗌		ummus Salad Sandwich/		Vegan)	DH
2007 No. 15	_ Choose <i>on</i>	a of	the following plus (Fravv		14 🗆		heese Sandwich/Bro			VDH
15 🗆	☐ Mashed			VDEG		15 🗌		lam Sandwich/Brow			♥ D
16	Roast Po			VDG		16 🗆	Н	lam Sandwich/White	,		D
17	Gravy	···	003	VDEG		17 🗌					
., _		se	one Dessert Course	VDEG				Choose <u>one</u> Desse	rt Cou	ırse	
18 🗆	Chocola			VEHG		18 🗌	Se	emolina Pudding			VEH
19				VEG		19 🗌	Fi	ruit Jelly			VDHE
20	☐ Vanilla l		Cream	VEG		20 🗆	Fi	resh Apple (in seaso	n)		♥ VDG
21	Fresh Sa			♥ VDG		21 🗆		ruit Yoghurt			VEHG
22 [22 🗆		educed Sugar Yogh	urt		♥ VDEG
	Ch		e Mid Meal Snack					— Fresh Fruit and	Smarl	/ C	
23 [Cheese a					Eroc	h f	ruit and snacks are			/timo
23 [_ Cheese a	anu	DISCUITS			ries	11 1				tillie.
	Please ask your ward Nurse										
(☐ Ke	☐ Ketchup ☐ Mustard ☐ Mayonnaise ☐ Ketchup ☐ Mustard ☐ Mayonnaise										
☐ Salad Cream ☐ Vinegar ☐ Tartare Sauce ☐ Salad Cream ☐ '									S. S	-	Sauce
Ontional											=
	Jacket Po	 tato	Optional —————es with a limited range of	– of		Inos	6	Local,		10	
	fillings a	and	Omelettes are available,			71.	14-	itious.	FOOD	BRONZE	
			ward team to order for ye	ou.		Suppo	ortino	g local food,	31 Life	SERVED	5 A DAY
☐ Tick here to see a member of the Catering Team								prepared PROTECTED MEALTIMES	► Soil	Association	Just Eat More (fruit & veg)
			- For Ward Use Only -		/			For Ward Use Only			
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Friday NAME		NAME Friday WARD Supper Week 2		
D = Diabetic Diet ♥ = Healthy Option V = Vegetarian H = High Protein/High Energy E = Easy Chew G = Gluten Free		D = Diabetic Diet ♥ = Healthy Option V = Vegeta H = High Protein/High Energy E = Easy Chew G = Glu		
Portion Small Medium Large		Portion Small Medium Large		
■ Please fill in the box next to your choice	■ Please fill in the box next to your choice	like this		
Choose if required 1	♥ VG ♥ VDEG	Choose <u>two</u> of the following Cream of Spinach Soup in a Mug Slice of White Bread Slice of Brown Bread	VDEG VD ♥ VD	
 Lentil & Aubergine Bake (Vegan) Battered White Fish and Lemon Steak & Kidney Pie Chicken & Bacon Salad Tuna Mayo Sandwich/Brown Cheese Sandwich/White Small Appetite Meal - Served on a Small Plate 	VDHE DH DH GDH VD	Choose <u>one</u> of the following 5	♥ VG ♥ VG VD DH	
10 ☐ Steak & Kidney Pie Choose <u>two</u> of the following	DH	9 ☐ White Rice 10 ☐ Side Salad	♥ VDG ♥ VG	
11 ☐ Peas 12 ☐ Sweetcorn 13 ☐ 14 ☐	♥ VDGE ♥ VDG ♥ VDG	 11 □ Turkey Salad 12 □ Cheese Omelette 13 □ Jacket Potato with Cheese 14 □ Chicken Mayo Sandwich/Brown 	♥ DG VDEHG ♥ VDG DH	
Choose <u>one</u> of the following plus Gra 15 ☐ Mashed Potatoes 16 ☐ Chipped Potatoes 17 ☐ Gravy Choose <u>one</u> Dessert Course	VDEG VDH VDSG	15 ☐ Chicken Mayo Sandwich/White 16 ☐ Tuna Mayo Sandwich/White 17 ☐ Cheese Sandwich/Brown Choose one Dessert Course	D DH VDS	
18 Reduced Sugar Rice Pudding 19 Fruit Yoghurt 20 Reduced Sugar Yoghurt 21 Fresh Pear (in season) 22 Vanilla Ice Cream	VDEG VEHG VDEG VDEG VDEG	18 ☐ Strawberry Mousse 19 ☐ Fruit Jelly 20 ☐ Fresh Apple (in season) 21 ☐ Vanilla Ice Cream 22 ☐ Fresh Banana	VEHG VDEG VDG VEG VDEG	
Choose Mid Meal Snack 23 Hummus and Cucumber		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		
Jacket Potatoes with a limited range of fillings and Omelettes are available, please ask the ward team to order for you	Tresh, Local, Nutritious Supporting local food, freshly prepared PROTECTED MEALTIMES Soil Association	5 A DAY Just Eat More (fruit & veg)		

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Saturday NAME		NAME Saturday Supper Week		
WARD		WARD		
D = Diabetic Diet ♥ = Healthy Option V = Vegeta H = High Protein/High Energy E = Easy Chew G = Glu		D = Diabetic Diet ♥ = Healthy Option V = Vegetarian H = High Protein/High Energy E = Easy Chew G = Gluten Fr		
Portion SMALL MEDIUM LARGE		Portion Small Medium Large		
Please fill in the box next to your choice I	like this	Please fill in the box next to your choice like the		
	♥ VG ♥ VDGHE	Choose <u>two</u> of the following 1		
Choose <u>one</u> Main Course 4	VE DH ♥ DEH VDG VDH DH	Choose <u>one</u> of the following Apple Juice Orange Juice Choose <u>one</u> of the following plus veg Vegetable Moussaka (Vegan)		
Small Appetite Meal - Served on a Small Plate 10 Chicken & Mushroom Pie Choose <u>two</u> of the following	DH	8 Sweet & Sour Chicken 9 Side Salad 10 Rice		
11 Broad Beans 12 Cauliflower (in season) 13 14 1	♥ VDG ♥ VDGE ♥ VDG	11 Chicken Mayo Salad 12 Plain Omelette 13 Jacket Potato with Baked Beans 14 Cheese Sandwich/White		
Choose <u>one</u> of the following plus Gr 15	avy VDGE ♥VDGE VDEG	14		
Choose <u>one</u> Dessert Course 18	VDEG ♥ VDG VDEG VEG ♥ VDEG	18 Reduced Sugar Semolina 19 Fresh Apple (in season) 20 Fruit Jelly 21 Vanilla Ice Cream 22		
Choose Mid Meal Snack 23 Flapjack		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 Saud		
Jacket Potatoes with a limited range of fillings and Omelettes are available, please ask the ward team to order for you	Tresh, Local, Nutritious Supporting local food, freshly prepared PROTECTED MEALTIMES PROTECTED MEALTIMES Just Eat (truit & v.			

For Ward Use Only -

☐ Assistance Required