Allergy Aware Menu available on request, please ask Ward Team

Please do not write in the corner areas

WINTER 2021

NHS Salisbury NHS Foundation Trust

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	♥ VDEH
3	☐		

Choose *one* Main Course

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

Small Appetite Meal - Served on a Small Plate

10	☐	Cottage Pie	DEH

Choose *two* of the following

11	☐	Cabbage	♥ VDEG
12	☐	Carrots	♥ VDG
13	☐	Side Salad	♥ 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	VEH
19	☐	Fruit Trifle	VE
20	☐	Vanilla Ice Cream	VEG
21	☐	Fresh Satsuma	♥ VDG
22	☐		

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

Optional

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

☐ Tick here to see a member of the Catering Team

For Ward Use Only

Gold Tray **Assistance Required**

WINTER 2021

NHS Salisbury NHS Foundation Trust

Thursday Supper Week 2

NAME .....

WARD .....

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

Choose *two* of the following

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

Choose *one* of the following

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

Choose *one* of the following plus veg

7	☐	Tomato & Herb Pasta Bake (Vegan)	VH
8	☐	Spaghetti Bolognese	DEH
9	☐	Courgettes	♥ VDE
10	☐	Tuna Mayonnaise Salad	♥ DG
11	☐	Plain Omelette	VDEHG
12	☐	Jacket Potato with Cheese	♥ VDG
13	☐	Hummus Salad Sandwich/White (Vegan)	DEH
14	☐	Cheese Sandwich/Brown	VDEH
15	☐	Ham & Mustard Sandwich/Brown	♥ D
16	☐	Ham & Mustard Sandwich/White	D
17	☐		

Choose *one* Dessert Course

18	☐	Semolina Pudding	VEH
19	☐	Fruit Jelly	VDH
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 ☐ Tartare Sauce
☐ Salad Cream ☐ Vinegar

Fresh, Local, Nutritious
Supporting local food, freshly prepared

PROTECTED MEALTIMES

FOOD FOR LIFE BRONZE SERVED HERE Soil Association

5 A DAY Just Eat More (fruit & veg)

For Ward Use Only

Gold Tray **Assistance Required**