### STARTERS

- **Please tick if you would like a smaller meal**

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td># Homemade carrot &amp; coriander soup</td>
<td>☑️ $ V</td>
</tr>
</tbody>
</table>

**BREAD ROLLS ARE AVAILABLE ON REQUEST AT WARD LEVEL**

### MAIN COURSES **tick one**

#### Lighter Dishes

- **Sandwiches**
  - 2 | # Egg mayo on wholemeal | $ V |
  - 3 | # Ham on white | ☑️ |
  - 4 | # Cheese & tomato on white | V |

- **Salads**
  - 5 | # Corned beef salad |
  - 6 | # Chicken Caesar salad |
  - 7 | # Cottage cheese salad | ☑️ V |

- **Main Dishes**
  - 8 | # Jacket Potato & fillings (max 2) with Cheese | $ V |
  - 9 | # with Tuna mayo | $ |
  - 10 | # with Beans | $ V |
  - 11 | # with Coleslaw | V |

#### ACCOMPANIMENTS

- 12 | # Beef & vegetable casserole |
- 13 | # Sausage barm |
- 14 | # Pasta in tomato & basil sauce | ☑️ $ V |

#### DESSERTS **tick one**

- 15 | # Cauliflower | ☑️ V |
- 16 | # Garden peas | ☑️ V |
- 17 | # Saute potatoes | ☑️ V |
- 18 | # Creamed potatoes | $ V |
- 19 | # Gravy |

### DESSERTS **tick one**

- 20 | # Lemon sponge | $ V |
- 21 | # and Custard | $ V |
- 22 | # Vanilla ice cream | $ V |
- 23 | # Fruit yoghurt | $ V |
- 24 | # Fresh fruit | ☑️ V |

### HALAL complete meal **tick one**

- 25 | # Chicken curry & rice |
- 26 | # Aloo keema mutter & rice | $ V |
- 27 | # Vegetable curry & rice | ☑️ $ V |
- 28 | # Lamb and potato curry & rice |
- 29 | # Chick pea daal & rice | ☑️ V |
- 30 | # and Naan bread | ☑️ V |

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**Patient Name:**

**Ward No:**

**Bed No:**
**The Pennine Acute Hospitals NHS Trust**

**Patient Name:**

**Ward No:**

**Bed No:**

---

### Lighter Dishes

**Starters**

- Homemade tomato soup [S V]
- Egg mayo on wholemeal [S V]
- Ham on white [V]
- Cheese & tomato on white [V]
- Corned beef salad [V]
- Chicken Caesar salad [V]
- Cottage cheese salad [S]
- Jacket Potato & fillings (max 2) [S V]

**Main Courses**

- Aloo keema mutter & rice [S V]
- Chicken curry & rice [S V]
- Vegetable curry & rice [S V]
- Lamb and potato curry & rice [S V]
- Chick pea daal & rice [V]

**ACCOMpaniments**

- Carrots [S V]
- Mushy peas [V]
- Chipped potatoes [V]
- Creamed potatoes [S V]
- Gravy [S]

**DESSERTS**

- Kit kat [V]
- Fruit cocktail [S V]
- Strawberry ice cream [S V]

**HALAL complete meal**

- Chicken curry & rice [V]
- Aloo keema mutter & rice [S V]
- Vegetable curry & rice [S V]
- Lamb and potato curry & rice [S V]
- Chick pea daal & rice [V]

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**The Pennine Acute Hospitals NHS Trust**

**Patient Name:**

**Ward No:**

**Bed No:**

---

### Lunch

**Starters**

- Fruit juice served on ward [V]
- Tuna mayo on wholemeal [S]
- Corned beef on white [S]
- Egg salad on soft brown [V]
- Roast ham salad [V]
- Ploughman’s salad [V]
- Roast turkey salad [V]
- Jacket Potato & fillings (max 2) [S V]

**Main Courses**

- Baked beans [V]
- Broccoli [S V]
- Potato wedges [V]
- Creamed potatoes [S V]
- Gravy [S]

**ACCOMpaniments**

- Rice pudding [S V]
- Vanilla ice cream [S V]
- Fruit yoghurt [S V]
- Fresh fruit [V]

**DESSERTS**

- Roast turkey salad [V]
- Corned beef hash [S]
- Salmon in parsley sauce [S]
- Cheese & onion pie [V]

**HALAL complete meal**

- Chicken curry & rice [V]
- Aloo keema mutter & rice [S V]
- Vegetable curry & rice [S V]
- Lamb and potato curry & rice [S V]
- Chick pea daal & rice [V]

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**The Pennine Acute Hospitals NHS Trust**

**Patient Name:**

**Ward No:**

**Bed No:**
### Wednesday

#### Lighter Dishes
- Sandwiches
  - 2. Egg mayo on wholemeal
  - 3. Ham on white
  - 4. Cheese & tomato on white
- Salads
  - 5. Corned beef salad
  - 6. Chicken Caesar salad
  - 7. Cottage cheese salad
  - 8. Jacket Potato & fillings (max 2) with Cheese
  - 9. with Tuna mayo
  - 10. with Beans
  - 11. with Coleslaw

#### Main Dishes
- 12. Chicken casserole
- 13. Cumberland sausage
- 14. Creamy vegetable korma & rice

#### ACCOMpaniments
- 15. Cauliflower & broccoli
- 16. Garden peas
- 17. Jacket potato
- 18. Creamed potatoes
- 19. Gravy

#### DESSERTS
- 20. Shortbread
- 21. Pineapple pieces
- 22. Strawberry ice cream

### Thursday

#### Lighter Dishes
- Sandwiches
  - 2. Tuna mayo on wholemeal
  - 3. Corned beef on white
  - 4. Egg salad on soft brown
- Salads
  - 5. Roast ham salad
  - 6. Ploughman's salad
  - 7. Roast turkey salad
  - 8. with Cheese
  - 9. with Tuna mayo
  - 10. with Beans
  - 11. with Coleslaw

#### Main Dishes
- 12. Roast pork & apple sauce
- 13. Chicken & broccoli bake
- 14. Vegetable lasagne

#### ACCOMpaniments
- 15. Carrot & swede
- 16. Green beans sliced
- 17. Roast potatoes
- 18. Creamed potatoes
- 19. Gravy

#### DESSERTS
- 20. Chocolate sponge
- 21. and Custard
- 22. Vanilla ice cream
- 23. Fruit yoghurt
- 24. Fresh fruit

### HALAL
- Complete meal

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Please tick if you would like a smaller meal.

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**Patient Name:**

<table>
<thead>
<tr>
<th>Ward No:</th>
<th>Bed No:</th>
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<tbody>
<tr>
<td></td>
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</table>
### Thursday

#### Lighter Dishes

**Meat Sandwiches**
- Ham salad on white
- Beef & mustard mayo on soft brown
- Turkey on white

**Fish Sandwiches**
- Salmon & cucumber on soft brown

**Vegetarian Sandwiches**
- Savoury cheese on soft brown
- Egg mayo on white

**Salads**
- Corned beef salad
- Cottage cheese salad

#### Main Courses

**Lighter Dishes**
- Chick pea daal & rice
- Lamb and potato curry & rice
- Vegetable curry & rice
- Aloo keema mutter & rice
- Chicken curry & rice

**Main Dishes**
- Vegetable pasta bake
- Jacket Potato & fillings (max 2)
- Battered fish & lemon
- Meat & potato pie
- Roast turkey salad
- Roast ham salad
- Ploughman’s salad

#### Accompaniments

- Assorted crisps
- Mushy peas
- Mixed vegetables
- Chipped potatoes
- Creamed potatoes
- Gravy

#### Desserts

- Sponge cake
- Tinned peaches
- Strawberry ice cream
- Fresh fruit

### Friday

#### Lighter Dishes

**Sandwiches**
- Tuna mayo on wholemeal
- Corned beef on white
- Egg salad on soft brown

**Salads**
- Roast ham salad
- Ploughman’s salad
- Roast turkey salad

**Main Dishes**
- Battered fish & lemon
- Meat & potato pie

#### Accompaniments

- Sticky toffee pudding
- Vanilla ice cream
- Fruit ice cream
- Fresh fruit

#### Desserts

- Chicken curry & rice
- Aloo keema mutter & rice
- Vegetable curry & rice
- Lamb and potato curry & rice
- Chick pea daal & rice
- and Naan bread

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**Please tick if you would like a smaller meal**

**Please tick if you would like a smaller meal**
<table>
<thead>
<tr>
<th>STARTERS</th>
<th></th>
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<tbody>
<tr>
<td>Lighter Dishes</td>
<td></td>
</tr>
<tr>
<td>Sandwiches</td>
<td></td>
</tr>
<tr>
<td>□ Egg mayo on wholemeal</td>
<td>S V</td>
</tr>
<tr>
<td>□ Ham on white</td>
<td>V</td>
</tr>
<tr>
<td>□ Cheese &amp; tomato on white</td>
<td>V</td>
</tr>
<tr>
<td>Salads</td>
<td></td>
</tr>
<tr>
<td>□ Corned beef salad</td>
<td></td>
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<tr>
<td>□ Chicken Caesar salad</td>
<td></td>
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<tr>
<td>□ Cottage cheese salad</td>
<td>V</td>
</tr>
<tr>
<td>□ Jacket Potato &amp; fillings (max 2)</td>
<td></td>
</tr>
<tr>
<td>□ with Cheese</td>
<td>S V</td>
</tr>
<tr>
<td>□ with Tuna mayo</td>
<td>S</td>
</tr>
<tr>
<td>□ with Beans</td>
<td>S V</td>
</tr>
<tr>
<td>□ with Coleslaw</td>
<td>V</td>
</tr>
<tr>
<td>Main Dishes</td>
<td></td>
</tr>
<tr>
<td>□ Lancashire hot pot</td>
<td></td>
</tr>
<tr>
<td>□ Southern fried chicken barm</td>
<td></td>
</tr>
<tr>
<td>□ Vegetable jalfrezi &amp; rice</td>
<td>V S V</td>
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<tr>
<td></td>
<td></td>
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<tr>
<td>ACCOMPANIMENTS</td>
<td></td>
</tr>
<tr>
<td>□ Side salad</td>
<td>V</td>
</tr>
<tr>
<td>□ Peas &amp; sweetcorn</td>
<td>V</td>
</tr>
<tr>
<td>□ Jacket wedges</td>
<td>V</td>
</tr>
<tr>
<td>□ Creamed potatoes</td>
<td>S V</td>
</tr>
<tr>
<td>□ Gravy</td>
<td>S</td>
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<tr>
<td></td>
<td></td>
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<tr>
<td>DESSERTS</td>
<td></td>
</tr>
<tr>
<td>□ Wagon wheel</td>
<td></td>
</tr>
<tr>
<td>□ Poached pears</td>
<td>V</td>
</tr>
<tr>
<td>□ Chocolate mousse</td>
<td>S V</td>
</tr>
<tr>
<td>□ Strawberry ice cream</td>
<td>S V</td>
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<tr>
<td>□ -</td>
<td></td>
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<tr>
<td>HALAL complete meal</td>
<td></td>
</tr>
<tr>
<td>□ Chicken curry &amp; rice</td>
<td>V</td>
</tr>
<tr>
<td>□ Aloo keema mutter &amp; rice</td>
<td>S V</td>
</tr>
<tr>
<td>□ Vegetable curry &amp; rice</td>
<td>S V</td>
</tr>
<tr>
<td>□ Lamb and potato curry &amp; rice</td>
<td>S V</td>
</tr>
<tr>
<td>□ Chick pea daal &amp; rice</td>
<td>V</td>
</tr>
<tr>
<td>□ and Naan bread</td>
<td>V</td>
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</tbody>
</table>

Please tick if you would like a smaller meal

<table>
<thead>
<tr>
<th>STARTERS</th>
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<tbody>
<tr>
<td>Lighter Dishes</td>
<td></td>
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<tr>
<td>Sandwiches</td>
<td></td>
</tr>
<tr>
<td>□ Fruit juice served on ward</td>
<td>V</td>
</tr>
<tr>
<td>□ Tuna mayo on wholemeal</td>
<td>S</td>
</tr>
<tr>
<td>□ Corned beef on white</td>
<td>S</td>
</tr>
<tr>
<td>□ Egg salad on soft brown</td>
<td>V</td>
</tr>
<tr>
<td>Salads</td>
<td></td>
</tr>
<tr>
<td>□ Roast ham salad</td>
<td>V</td>
</tr>
<tr>
<td>□ Ploughman’s salad</td>
<td></td>
</tr>
<tr>
<td>□ Roast turkey salad</td>
<td>V</td>
</tr>
<tr>
<td>□ Jacket Potato &amp; fillings (max 2)</td>
<td></td>
</tr>
<tr>
<td>□ with Cheese</td>
<td>S V</td>
</tr>
<tr>
<td>□ with Tuna mayo</td>
<td>S</td>
</tr>
<tr>
<td>□ with Beans</td>
<td>S V</td>
</tr>
<tr>
<td>□ with Coleslaw</td>
<td>V</td>
</tr>
<tr>
<td>Main Dishes</td>
<td></td>
</tr>
<tr>
<td>□ Roast chicken &amp; stuffing</td>
<td>V</td>
</tr>
<tr>
<td>□ Poached fish &amp; parsley sauce</td>
<td>S</td>
</tr>
<tr>
<td>□ Cheese &amp; tomato flan</td>
<td>V</td>
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<tr>
<td></td>
<td></td>
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<tr>
<td>ACCOMPANIMENTS</td>
<td></td>
</tr>
<tr>
<td>□ Cabbage</td>
<td>V</td>
</tr>
<tr>
<td>□ Cauliflower</td>
<td>V</td>
</tr>
<tr>
<td>□ Herby diced potatoes</td>
<td>V</td>
</tr>
<tr>
<td>□ Creamed potatoes</td>
<td>S V</td>
</tr>
<tr>
<td>□ Gravy</td>
<td>S</td>
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<tr>
<td></td>
<td></td>
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<tr>
<td>DESSERTS</td>
<td></td>
</tr>
<tr>
<td>□ Rice pudding</td>
<td>S V</td>
</tr>
<tr>
<td>□ -</td>
<td></td>
</tr>
<tr>
<td>□ Vanilla ice cream</td>
<td>S V</td>
</tr>
<tr>
<td>□ Fruit yoghurt</td>
<td>S V</td>
</tr>
<tr>
<td>□ Fresh fruit</td>
<td>V</td>
</tr>
<tr>
<td>HALAL complete meal</td>
<td></td>
</tr>
<tr>
<td>□ Chicken curry &amp; rice</td>
<td>V</td>
</tr>
<tr>
<td>□ Aloo keema mutter &amp; rice</td>
<td>S V</td>
</tr>
<tr>
<td>□ Vegetable curry &amp; rice</td>
<td>S V</td>
</tr>
<tr>
<td>□ Lamb and potato curry &amp; rice</td>
<td>S V</td>
</tr>
<tr>
<td>□ Chick pea daal &amp; rice</td>
<td>V</td>
</tr>
<tr>
<td>□ and Naan bread</td>
<td>V</td>
</tr>
</tbody>
</table>
### Sunday
#### STARTERS
1. 
- Fruit juice served on ward
- Fruit juices are available on request at ward level

#### MAIN COURSES tick one
- Lighter Dishes
  - Sandwiches
  - Egg mayonnaise on wholemeal
  - Ham on white
  - Cheese & tomato on white
  - Salads
  - Corned beef salad
  - Chicken Caesar salad
  - Cottage cheese salad
  - Jacket Potato & fillings (max 2)
  - Jacket potato & fillings (max 2)
  - Jacket potato & fillings (max 2)
- Main Dishes
  - Shepherds pie
  - Chicken tikka masala & rice
  - Leek & potato bake

#### ACCOMPANIMENTS
15. Carrots
16. Peas
17. Boiled potatoes
18. Creamed potatoes
19. Gravy

#### DESSERTS tick one
20. Plain flapjack
21. Mandarin & pineapple
22. Strawberry ice cream

#### HALAL complete meal tick one
25. Chicken curry & rice
26. Aloo keema mutter & rice
27. Vegetable curry & rice
28. Lamb and potato curry & rice
29. Chick pea daal & rice
30. and Naan bread

### Saturday
#### STARTERS
1. 
- Homemade minestrone soup

#### MAIN COURSES tick one
- Lighter Dishes
  - Sandwiches
  - Egg mayonnaise on wholemeal
  - Ham on white
  - Cheese & tomato on white
  - Salads
  - Corned beef salad
  - Chicken Caesar salad
  - Cottage cheese salad
  - Jacket Potato & fillings (max 2)
  - Jacket potato & fillings (max 2)
  - Jacket potato & fillings (max 2)
- Main Dishes
  - Shepherds pie
  - Chicken tikka masala & rice
  - Leek & potato bake

#### ACCOMPANIMENTS
15. Carrots
16. Peas
17. Boiled potatoes
18. Creamed potatoes
19. Gravy

#### DESSERTS tick one
20. Plain flapjack
21. Mandarin & pineapple
22. Strawberry ice cream

#### HALAL complete meal tick one
25. Chicken curry & rice
26. Aloo keema mutter & rice
27. Vegetable curry & rice
28. Lamb and potato curry & rice
29. Chick pea daal & rice
30. and Naan bread
### Lunch Menu

#### STARTERS
- [ ] Fruit juice served on ward

#### MAIN COURSES
- [ ] Tuna mayo on wholemeal
- [ ] Corned beef on white
- [ ] Egg salad on soft brown
- [ ] Roast ham salad
- [ ] Ploughman's salad
- [ ] Roast turkey salad
- [ ] Jacket Potato & fillings (max 2)
- [ ] with Cheese
- [ ] with Tuna mayo
- [ ] with Beans
- [ ] with Coleslaw

#### Lighter Dishes
- [ ] Turkey on white
- [ ] Fish Sandwiches
- [ ] Salmon & cucumber on soft brown

#### Vegetarian Sandwiches
- [ ] Savoury cheese on soft brown
- [ ] Egg mayo on white

#### Salads
- [ ] Corned beef salad
- [ ] Cottage cheese salad

#### ACCOMPANIMENTS
- [ ] Assorted crisps
- [ ] Gravy
- [ ] Creamed potatoes
- [ ] Gravy

#### DESSERTS
- [ ] Cake of the day
- [ ] Fruit cocktail
- [ ] Strawberry ice cream
- [ ] Fresh fruit

#### HALAL complete meal
- [ ] Chicken curry & rice
- [ ] Aloo keema mutter & rice
- [ ] Vegetable curry & rice
- [ ] Lamb and potato curry & rice
- [ ] Chick pea daal & rice
- [ ] and Naan bread

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### Supper Menu

#### STARTERS
- [ ] Please tick if you would like a smaller meal

#### MAIN COURSES
- [ ] Homemade thick vegetable soup
- [ ] Ham salad on white
- [ ] Beef & mustard mayo on soft brown
- [ ] Turkey on white

#### Fish Sandwiches
- [ ] Salmon & cucumber on soft brown

#### Vegetarian Sandwiches
- [ ] Savoury cheese on soft brown
- [ ] Egg mayo on white

#### Salads
- [ ] Corned beef salad
- [ ] Cottage cheese salad

#### ACCOMPANIMENTS
- [ ] Assorted crisps
- [ ] Gravy
- [ ] Creamed potatoes
- [ ] Gravy

#### DESSERTS
- [ ] Cake of the day
- [ ] Fruit cocktail
- [ ] Strawberry ice cream
- [ ] Fresh fruit

#### HALAL complete meal
- [ ] Chicken curry & rice
- [ ] Aloo keema mutter & rice
- [ ] Vegetable curry & rice
- [ ] Lamb and potato curry & rice
- [ ] Chick pea daal & rice
- [ ] and Naan bread

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### Codes
- ™ Healthier choices
- S Softest options
- V Suitable for vegetarians
We hope that you will enjoy your meals during your stay with us. You will receive a high standard of catering offering a wide choice of good nutritious food for all your dietary needs.

Understanding the menu
The menus have been designed to enable you to choose a balanced, nutritionally adequate diet while you are in hospital. The menu items are marked with symbols as follows:

♥ These items are the healthier choices. They are lower in fat, sugar and salt than the other options. These choices are ideal if you have diabetes, need to reduce your cholesterol level or wish to lose weight.

S These items are the softest choices and are suitable if you have difficulty chewing your food. They are not suitable if you require a pureed (texture grade C) or fork mashable (texture grade E) diet for swallowing problems on the advice of a speech and language therapist. Please ask a member of ward staff for a dysphagia menu.

V These items are suitable for vegetarians. They may contain milk, eggs, and cheese and are generally not suitable if you follow a vegan diet.

How to order
A member of the ward team will ask you what you would like and make sure that this is ordered from the catering department.

Breakfast is served at ward level and will consists of a selection of fruit juices, cereals, breads and toast with preserves.

Special Diets
If you need a therapeutic diet for medical reasons, please inform the ward staff who will liaise with the catering and dietetic department as appropriate.

The following separate menus are available on request:
• Gluten Free • No added salt • Low potassium and sodium (renal)
• Allergy free • Low residue • Dysphagia • Finger Food

Special diets are also available for religious and cultural reasons, as follows:
Halal prepared in strict halal conditions
Kosher prepared under the supervision of the Manchester and London Beth Din
Afro-Caribbean

Extra Calories
Are you trying to build yourself up and gain weight? Have you lost interest in food? Are you missing meals or only managing to eat small amounts? If so, choose foods high in calories from the menu, for example hot meals which include meat, fish or cheese. Dishes with cream sauces or pastry dishes are high in calories too. For desserts choose the cakes, hot puddings served with custard or milk puddings. Healthy eating may not be a priority for you at the moment so you do not need to order foods marked with a ♥

THINK WATER, Stay healthy, Stay Hydrated
Fresh chilled drinking water is available to you and changed frequently throughout the day. This is in addition to the fruit juices, milk and hot drinks provided. It is important to ensure you are adequately hydrated at all times as this can improve your wellbeing.

Useful information
Additional items are available on the ward on request:
Condiments - salt, pepper and vinegar
Sauces including: tomato sauce, brown sauce and salad cream.
Bread including: white and wholemeal and unsaturated spreads and butter.

Hot and cold drinks
Hot (including decaffeinated) and cold drinks are served at mealtimes and at various times throughout the day.

Mealtimes
Actual mealtimes differ on each ward, but will be served between:
Lunch 12:00 noon - 12:45pm
Supper 5.00pm - 5:45pm

Protected Mealtimes
The Trust encourages a protected mealtimes service where non essential ward activities cease to enable staff to concentrate on food service and giving assistance to patients where necessary.

Assisted Feeding
If you require assistance eating your meal please speak to a member of ward staff.

Clean hands policy
We encourage all patients to wash their hands before eating. Please ask a Member of ward staff if you require assistance

Snack Boxes
These are available for patients who have missed a meal due to late admissions, being away from the ward for treatment or tests at meal times

Food brought in by visitors
For health and safety reasons no food should be brought in by visitors unless by prior agreement with the Ward Sister.
Where consent has been given, food cannot be kept in bedside lockers. Foods brought in should be eaten immediately, although may be dated with the patients name and kept in the ward kitchen fridge and discarded after 24hours.

Any other requirements?
If you have any other particular requirements please don’t hesitate to ask a member of ward staff to speak to the Catering team to see if they can assist.

Comments
We make every effort to provide a first class service which is to your satisfaction and welcome your comments. Should you wish to talk to the Catering Manager please contact the catering office on the appropriate number below.

Royal Oldham - 0161 627 8273
Fairfield General - 0161 778 3609