

- Codes:**
- ♥ Healthier choices
 - S Softest options
 - V Suitable for vegetarians

Please tick if you would like a smaller meal

STARTERS

- 1 Carrot & parsnip soup ♥ S V
 PLEASE TICK IF YOU REQUIRE A BREAD ROLL

MAIN COURSES *tick one*

Lighter Dishes

Sandwiches

- 2 Egg mayo on wholemeal S V
 3 Ham on white ♥
 4 Cheese & tomato on soft brown V

Salads

- 5 Roast turkey salad ♥
 6 Ploughman's salad V
 7 -

Jacket Potatoes

- 8 with cottage cheese & pineapple ♥ V
 9 with beef chilli ♥
 10 -

Main Dishes

- 11 Beef & vegetable casserole ♥
 12 Sweet & sour chicken & rice
 13 Garden veg pie S V

ACCOMPANIMENTS

- 14 Cauliflower ♥ V
 15 Garden peas ♥ V
 16 Saute potatoes V
 17 Creamed potatoes ♥ S V
 18 Gravy S V

DESSERTS *tick one*

- 19 Genoa cake S
 20 Mandarin oranges ♥ S V
 21 Chocolate mousse S V
 22 Fresh fruit ♥ V
 23 -

HALAL complete meal *tick one*

- 24 Chicken curry & rice
 25 Aloo keema mutter & rice S
 26 Vegetable curry & rice ♥ S V
 27 Lamb and potato curry & rice
 28 Chick pea daal & rice ♥ V
 29 and Naan bread V

Patient Name:

Ward No:

Bed No:

- Codes:**
- ♥ Healthier choices
 - S Softest options
 - V Suitable for vegetarians

Please tick if you would like a smaller meal

STARTERS

- 1 Apple juice ♥ V
 2 Orange juice ♥ V
 3 Tropical juice ♥ V

MAIN COURSES *tick one*

Lighter Dishes

Sandwiches

- 4 Tuna mayo on wholemeal S
 5 Corned beef on white S
 6 Egg salad on soft brown ♥ V

Salads

- 7 Roast ham salad ♥
 8 Grated cheese salad V

Jacket Potatoes

- 9 with cheese savoury V
 10 with tuna ♥

Main Dishes

- 11 Chicken & mushroom pie
 12 Savoury minced beef S
 13 Vegetable broth with dumplings S V

ACCOMPANIMENTS

- 14 Cabbage ♥ S V
 15 Carrot & swede mashed ♥ S V
 16 Boiled potatoes ♥ V
 17 Creamed potatoes ♥ S V
 18 Gravy S V

DESSERTS *tick one*

- 19 Lemon sponge S V
 20 Custard S V
 21 Vanilla ice cream ♥ S V
 22 Fruit yoghurt ♥ S V
 23 Fresh fruit ♥ V

HALAL complete meal *tick one*

- 24 Chicken curry & rice
 25 Aloo keema mutter & rice S
 26 Vegetable curry & rice ♥ S V
 27 Lamb and potato curry & rice
 28 Chick pea daal & rice ♥ V
 29 and Naan bread V

Patient Name:

Ward No:

Bed No:

Menu

a message from the catering team

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.

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

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), Pre-mashed (texture grade D) or Fork Mashable (texture Grade E) diet for swallowing problems. 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.

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.

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. Look for 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 ♥

Hydration

Fresh chilled drinking water should be available to you throughout the day in addition to the fruit juices and hot drinks you receive with your meals. It is important to ensure you are adequately hydrated at all times as this can improve your wellbeing

Condiments & Sauces

Salt, pepper, vinegar and sauces are available on the ward. Bread and Butter is also available

Assisted Feeding

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

Protected Mealtimes

The Trust encourages a Protected Meal Time Service where most ward activities cease to enable staff to concentrate on food service and to giving assistance to patients where necessary

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

Clean hands policy

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

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.

For your family & friends

Restaurants are available on all sites serving a selection of hot and cold meals, snacks and beverages.

Royal Oldham

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Restaurant
& Café Repleat

Fairfield General

Visit our
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& Café Repleat

North Manchester General

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Comments

We make every effort to provide a first class service which is to your satisfaction and welcome your comments.

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Royal Oldham - 0161 627 8273

Fairfield General - 0161 778 3609

North Manchester General - 0161 720 2186

- Codes:**
- ♥ Healthier choices
 - S Softest options
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Please tick if you would like a smaller meal

STARTERS

- 1 Tomato soup ♥ S V
 PLEASE TICK IF YOU REQUIRE A BREAD ROLL

MAIN COURSES tick one

Lighter Dishes

Sandwiches

- 2 Egg mayo on wholemeal S V
 3 Ham on white ♥
 4 Poached salmon & cucumber on white ♥ S

Salads

- 5 Roast turkey salad ♥
 6 Ploughman's salad V
 7 -

Jacket Potatoes

- 8 with coronation chicken ♥
 9 with vegetable curry ♥ V
 10 -

Main Dishes

- 11 Corned beef hash S
 12 Roast chicken fillet ♥
 13 Cheese & onion pie V

ACCOMPANIMENTS

- 14 Broccoli ♥ S V
 15 Garden peas ♥ V
 16 Chipped potatoes V
 17 Creamed potatoes ♥ S V
 18 Gravy S V

DESSERTS tick one

- 19 Kit kat V
 20 Fruit cocktail ♥ S V
 21 Vanilla ice cream ♥ S V
 22 Fresh fruit ♥ V
 23 -

HALAL complete meal tick one

- 24 Chicken curry & rice
 25 Aloo keema mutter & rice S
 26 Vegetable curry & rice ♥ S V
 27 Lamb and potato curry & rice
 28 Chick pea daal & rice ♥ V
 29 and Naan bread V

Patient Name:

Ward No:

Bed No:

- Codes:**
- ♥ Healthier choices
 - S Softest options
 - V Suitable for vegetarians

Please tick if you would like a smaller meal

STARTERS

- 1 Apple juice ♥ V
 2 Orange juice ♥ V
 3 Tropical juice ♥ V

MAIN COURSES tick one

Lighter Dishes

Sandwiches

- 4 Tuna mayo on wholemeal S
 5 Corned beef on white S
 6 Red Leicester cheese savoury on soft brown S V

Salads

- 7 Roast ham salad ♥
 8 Grated cheese salad V

Jacket Potatoes

- 9 with cottage cheese & diced peppers ♥ V
 10 with baked beans ♥ S V

Main Dishes

- 11 Steak & dumplings
 12 Fish pie ♥ S
 13 Cauliflower cheese ♥ S V

ACCOMPANIMENTS

- 14 Diced Carrots ♥ S V
 15 Green beans sliced ♥ V
 16 Herby diced potatoes V
 17 Creamed potatoes ♥ S V
 18 Gravy S V

DESSERTS tick one

- 19 Rice pudding S V
 20 -
 21 Vanilla ice cream ♥ S V
 22 Fruit yoghurt ♥ S V
 23 Fresh fruit ♥ V

HALAL complete meal tick one

- 24 Chicken curry & rice
 25 Aloo keema mutter & rice S
 26 Vegetable curry & rice ♥ S V
 27 Lamb and potato curry & rice
 28 Chick pea daal & rice ♥ V
 29 and Naan bread V

Patient Name:

Ward No:

Bed No:

Menu

a message from the catering team

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Afro-Caribbean

Extra Calories

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Hydration

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Condiments & Sauces

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Wednesday 3

- Codes:**
- ♥ Healthier choices
 - S Softest options
 - V Suitable for vegetarians

Please tick if you would like a smaller meal

STARTERS

- 1 Mushroom soup ♥ S V
 PLEASE TICK IF YOU REQUIRE A BREAD ROLL

MAIN COURSES tick one

Lighter Dishes

Sandwiches

- 2 Egg mayo on wholemeal S V
 3 Ham on white ♥
 4 Chicken & stuffing on white

Salads

- 5 Roast turkey salad ♥
 6 Ploughman's salad V
 7 -

Jacket Potatoes

- 8 with chicken curry ♥
 9 with cheese & spring onion ♥ V
 10 -

Main Dishes

- 11 Chicken casserole ♥
 12 Sausages in onion gravy
 13 Quorn chilli & rice ♥ S V

ACCOMPANIMENTS

- 14 Cauliflower ♥ V
 15 Garden peas ♥ V
 16 Boiled potatoes ♥ V
 17 Creamed potatoes ♥ S V
 18 Gravy S V

DESSERTS tick one

- 19 Shortbread V
 20 Pineapple pieces ♥ V
 21 Vanilla ice cream ♥ S V
 22 Fresh fruit ♥ V
 23 -

HALAL complete meal tick one

- 24 Chicken curry & rice
 25 Aloo keema mutter & rice S
 26 Vegetable curry & rice ♥ S V
 27 Lamb and potato curry & rice
 28 Chick pea daal & rice ♥ V
 29 and Naan bread V

Patient Name:

Ward No:

Bed No:

Thursday 4

- Codes:**
- ♥ Healthier choices
 - S Softest options
 - V Suitable for vegetarians

Please tick if you would like a smaller meal

STARTERS

- 1 Apple juice ♥ V
 2 Orange juice ♥ V
 3 Tropical juice ♥ V

MAIN COURSES tick one

Lighter Dishes

Sandwiches

- 4 Tuna mayo on wholemeal S
 5 Corned beef on white S
 6 Egg mayo & tomato on soft brown V

Salads

- 7 Roast ham salad ♥
 8 Grated cheese salad V

Jacket Potatoes

- 9 with tuna & sweetcorn ♥
 10 with cheese & chives V

Main Dishes

- 11 Roast pork & apple sauce ♥
 12 Cottage pie S
 13 Vegetable lasagne ♥ S V

ACCOMPANIMENTS

- 14 Diced Carrots ♥ S V
 15 Broccoli ♥ S V
 16 Roast potatoes V
 17 Creamed potatoes ♥ S V
 18 Gravy S V

DESSERTS tick one

- 19 Eves pudding S V
 20 Custard S V
 21 Vanilla ice cream ♥ S V
 22 Fruit yoghurt ♥ S V
 23 Fresh fruit ♥ V

HALAL complete meal tick one

- 24 Chicken curry & rice
 25 Aloo keema mutter & rice S
 26 Vegetable curry & rice ♥ S V
 27 Lamb and potato curry & rice
 28 Chick pea daal & rice ♥ V
 29 and Naan bread V

Patient Name:

Ward No:

Bed No:

Menu

a message from the catering team

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Afro-Caribbean

Extra Calories

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Hydration

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Condiments & Sauces

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Assisted Feeding

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Thursday 4

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Please tick if you would like a smaller meal

STARTERS

- 1 Leek & potato soup ♥ S V
 PLEASE TICK IF YOU REQUIRE A BREAD ROLL

MAIN COURSES *tick one*

Lighter Dishes

Meat Sandwiches

- 2 Ham salad on white ♥
 3 Beef & mustard mayo on soft brown
 4 Turkey on white ♥

Fish Sandwiches

- 5 Salmon & cucumber on soft brown ♥
 6 -
 7 -

Vegetarian Sandwiches

- 8 Savoury cheese on soft brown S V
 9 Egg mayo on white S V
 10 -

Salads

- 11 Roast ham salad ♥
 12 Grated cheese salad V
 13 -

ACCOMPANIMENTS

- 14 Assorted crisps
 15 -
 16 -
 17 -
 18 -

DESSERTS *tick one*

- 19 Madeira cake S V
 20 Tinned peaches ♥ V
 21 Vanilla ice cream ♥ S V
 22 Fresh fruit ♥ V
 23 -

HALAL complete meal *tick one*

- 24 -
 25 -
 26 -
 27 -
 28 -
 29 -

Patient Name:

Ward No:

Bed No:

Friday 5

- Codes:**
- ♥ Healthier choices
 - S Softest options
 - V Suitable for vegetarians

Please tick if you would like a smaller meal

STARTERS

- 1 Apple juice ♥ V
 2 Orange juice ♥ V
 3 Tropical juice ♥ V

MAIN COURSES *tick one*

Lighter Dishes

Sandwiches

- 4 Tuna mayo on wholemeal S
 5 Corned beef on white S
 6 Cheese & pickle on soft brown V

Salads

- 7 Roast ham salad ♥
 8 Grated cheese salad V

Jacket Potatoes

- 9 with vegetable curry ♥ V
 10 with cottage cheese & pineapple ♥ V

Main Dishes

- 11 Battered fish & lemon
 12 Meat & potato pie S
 13 Cheese omelette S V

ACCOMPANIMENTS

- 14 Mushy peas ♥ S V
 15 Cabbage ♥ S V
 16 Chipped potatoes V
 17 Creamed potatoes ♥ S V
 18 Gravy S V

DESSERTS *tick one*

- 19 Sticky toffee pudding S V
 20 Custard S V
 21 Vanilla ice cream ♥ S V
 22 Fruit yoghurt ♥ S V
 23 Fresh fruit ♥ V

HALAL complete meal *tick one*

- 24 Chicken curry & rice
 25 Aloo keema mutter & rice S
 26 Vegetable curry & rice ♥ S V
 27 Lamb and potato curry & rice
 28 Chick pea daal & rice ♥ V
 29 and Naan bread V

Patient Name:

Ward No:

Bed No:

Menu

a message from the catering team

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Extra Calories

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Please tick if you would like a smaller meal

STARTERS

- 1 Tomato & lentil soup ♥ S V
 PLEASE TICK IF YOU REQUIRE A BREAD ROLL

MAIN COURSES tick one

Lighter Dishes

Sandwiches

- 2 Egg mayo on wholemeal S V
 3 Ham on white ♥
 4 Beef & red onion on white

Salads

- 5 Roast turkey salad ♥
 6 Ploughman's salad V
 7 -

Jacket Potatoes

- 8 with cheese savoury V
 9 with baked beans ♥ S V
 10 -

Main Dishes

- 11 Lancashire hot pot
 12 Sweet chilli pork & rice ♥ S
 13 Macaroni cheese S V

ACCOMPANIMENTS

- 14 Side salad ♥ V
 15 Beetroot ♥ V
 16 Jacket wedges V
 17 Creamed potatoes ♥ S V
 18 Gravy S V

DESSERTS tick one

- 19 Wagon wheel V
 20 Mandarin oranges ♥ S V
 21 Strawberry mousse S
 22 Fresh fruit ♥ V
 23 -

HALAL complete meal tick one

- 24 Chicken curry & rice
 25 Aloo keema mutter & rice S
 26 Vegetable curry & rice ♥ S V
 27 Lamb and potato curry & rice
 28 Chick pea daal & rice ♥ V
 29 and Naan bread V

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 - S Softest options
 - V Suitable for vegetarians

Please tick if you would like a smaller meal

STARTERS

- 1 Apple juice ♥ V
 2 Orange juice ♥ V
 3 Tropical juice ♥ V

MAIN COURSES tick one

Lighter Dishes

Sandwiches

- 4 Tuna mayo on wholemeal S
 5 Corned beef on white S
 6 Cream cheese & chives on soft brown S V

Salads

- 7 Roast ham salad ♥
 8 Grated cheese salad V

Jacket Potatoes

- 9 with cheese S V
 10 with tuna mayonnaise ♥ S

Main Dishes

- 11 Cod loin in parsley sauce ♥ S
 12 Beef lasagne S
 13 Leek & potato bake S V

ACCOMPANIMENTS

- 14 Side salad ♥ V
 15 Peas ♥ V
 16 Herby diced potatoes V
 17 Creamed potatoes ♥ S V
 18 Gravy S V

DESSERTS tick one

- 19 Rice pudding S V
 20 -
 21 Vanilla ice cream ♥ S V
 22 Fruit yoghurt ♥ S V
 23 Fresh fruit ♥ V

HALAL complete meal tick one

- 24 Chicken curry & rice
 25 Aloo keema mutter & rice S
 26 Vegetable curry & rice ♥ S V
 27 Lamb and potato curry & rice
 28 Chick pea daal & rice ♥ V
 29 and Naan bread V

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Ward No:

Bed No:

Menu

a message from the catering team

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.

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

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), Pre-mashed (texture grade D) or Fork Mashable (texture Grade E) diet for swallowing problems. 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.

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.

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. Look for 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 ♥

Hydration

Fresh chilled drinking water should be available to you throughout the day in addition to the fruit juices and hot drinks you receive with your meals. It is important to ensure you are adequately hydrated at all times as this can improve your wellbeing

Condiments & Sauces

Salt, pepper, vinegar and sauces are available on the ward. Bread and Butter is also available

Assisted Feeding

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

Protected Mealtimes

The Trust encourages a Protected Meal Time Service where most ward activities cease to enable staff to concentrate on food service and to giving assistance to patients where necessary

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

Clean hands policy

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

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.

For your family & friends

Restaurants are available on all sites serving a selection of hot and cold meals, snacks and beverages.

Royal Oldham

Visit our
Café Royal
Restaurant
& Café Repleat

Fairfield General

Visit our
Broad Oak Suite
Restaurant
& Café Repleat

North Manchester General

Visit our Gallery
Restaurant
& Café Repleat

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

North Manchester General - 0161 720 2186

Saturday 6

- Codes:**
- ♥ Healthier choices
 - S Softest options
 - V Suitable for vegetarians

Please tick if you would like a smaller meal

STARTERS

- 1 Tomato soup ♥ S V
 PLEASE TICK IF YOU REQUIRE A BREAD ROLL

MAIN COURSES tick one

Lighter Dishes

Sandwiches

- 2 Egg mayo on wholemeal S V
 3 Ham on white ♥
 4 Sliced turkey on soft brown ♥

Salads

- 5 Roast turkey salad ♥
 6 Ploughman's salad V
 7 -

Jacket Potatoes

- 8 with chicken curry ♥
 9 with beans & cheese S V
 10 -

Main Dishes

- 11 Lamb & barley casserole ♥ S
 12 Cheese burger on a bun
 13 Italian tomato pasta bake S V

ACCOMPANIMENTS

- 14 Cauliflower ♥ V
 15 Side salad ♥ V
 16 Chipped potatoes V
 17 Creamed potatoes ♥ S V
 18 Gravy S V

DESSERTS tick one

- 19 Plain flapjack V
 20 Fruit cocktail ♥ S V
 21 Strawberry mousse S
 22 Fresh fruit ♥ V
 23 -

HALAL complete meal tick one

- 24 Chicken curry & rice
 25 Aloo keema mutter & rice S
 26 Vegetable curry & rice ♥ S V
 27 Lamb and potato curry & rice
 28 Chick pea daal & rice ♥ V
 29 and Naan bread V

Patient Name:

Ward No:

Bed No:

Sunday 7

- Codes:**
- ♥ Healthier choices
 - S Softest options
 - V Suitable for vegetarians

Please tick if you would like a smaller meal

STARTERS

- 1 Apple juice ♥ V
 2 Orange juice ♥ V
 3 Tropical juice ♥ V

MAIN COURSES tick one

Lighter Dishes

Sandwiches

- 4 Tuna mayo on wholemeal S
 5 Corned beef on white S
 6 Sliced egg on soft brown V

Salads

- 7 Roast ham salad ♥
 8 Grated cheese salad V

Jacket Potatoes

- 9 with tuna ♥
 10 with cottage cheese & diced peppers ♥ V

Main Dishes

- 11 Roast beef & yorkshire pudding ♥
 12 Chicken in mustard & coriander sauce ♥
 13 Red Cheddar & potato bake S V

ACCOMPANIMENTS

- 14 Green beans sliced ♥ V
 15 Carrot & swede mashed ♥ S V
 16 Roast potatoes V
 17 Creamed potatoes ♥ S V
 18 Gravy S V

DESSERTS tick one

- 19 Spiced pear sponge S V
 20 Custard S V
 21 Vanilla ice cream ♥ S V
 22 Fruit yoghurt ♥ S V
 23 Fresh fruit ♥ V

HALAL complete meal tick one

- 24 Chicken curry & rice
 25 Aloo keema mutter & rice S
 26 Vegetable curry & rice ♥ S V
 27 Lamb and potato curry & rice
 28 Chick pea daal & rice ♥ V
 29 and Naan bread V

Patient Name:

Ward No:

Bed No:

Menu

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Sunday 7

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- ♥ Healthier choices
 - S Softest options
 - V Suitable for vegetarians

Please tick if you would like a smaller meal

STARTERS

- 1 Thick vegetable soup ♥ S V
 PLEASE TICK IF YOU REQUIRE A BREAD ROLL

MAIN COURSES tick one

Lighter Dishes

Meat Sandwiches

- 2 Ham salad on white ♥
 3 Beef & mustard mayo on soft brown
 4 Turkey on white ♥

Fish Sandwiches

- 5 Salmon & cucumber on soft brown ♥
 6 -
 7 -

Vegetarian Sandwiches

- 8 Savoury cheese on soft brown S V
 9 Egg mayo on white S V
 10 -

Salads

- 11 Roast ham salad ♥
 12 Grated cheese salad V
 13 -

ACCOMPANIMENTS

- 14 Assorted crisps
 15 -
 16 -
 17 -
 18 -

DESSERTS tick one

- 19 Cake of the day V
 20 Vanilla ice cream ♥ S V
 21 Yoghurt ♥ S V
 22 Fresh fruit ♥ V
 23 -

HALAL complete meal tick one

- 24 -
 25 -
 26 -
 27 -
 28 -
 29 -

Patient Name:

Ward No:

Bed No:

Monday 1

- Codes:**
- ♥ Healthier choices
 - S Softest options
 - V Suitable for vegetarians

Please tick if you would like a smaller meal

STARTERS

- 1 Apple juice ♥ V
 2 Orange juice ♥ V
 3 Tropical juice ♥ V

MAIN COURSES tick one

Lighter Dishes

Sandwiches

- 4 Tuna mayo on wholemeal S
 5 Corned beef on white S
 6 Cheddar cheese & onion on soft brown V

Salads

- 7 Roast ham salad ♥
 8 Grated cheese salad V

Jacket Potatoes

- 9 with tuna & sweetcorn ♥
 10 with baked beans ♥ S V

Main Dishes

- 11 Roast turkey ♥
 12 Cod loin in cheese sauce ♥ S
 13 Moroccan veg & rice ♥ S V

ACCOMPANIMENTS

- 14 Broccoli ♥ S V
 15 Diced Carrots ♥ S V
 16 Roast potatoes V
 17 Creamed potatoes ♥ S V
 18 Gravy S V

DESSERTS tick one

- 19 Chocolate sponge S V
 20 Custard S V
 21 Vanilla ice cream ♥ S V
 22 Fruit yoghurt ♥ S V
 23 Fresh fruit ♥ V

HALAL complete meal tick one

- 24 Chicken curry & rice
 25 Aloo keema mutter & rice S
 26 Vegetable curry & rice ♥ S V
 27 Lamb and potato curry & rice
 28 Chick pea daal & rice ♥ V
 29 and Naan bread V

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