

FRIDAY

LUNCH

Battered Fish HE

Oven baked white fish in deep fried batter coating

Lasagne HE EC F

Layers of pasta with minced beef in tomato, vegetable, garlic & herb sauce topped with cheese sauce

Mushroom & Leek Pasta Bake HE V EC NAS

A creamy mushroom, leek, cheese and herb pasta bake.

Salad of the Day

Double cheese & pickle salad **HY**

Red Tractor ham & egg salad **CNGCI HE**

Gravy HY V EC CNGCI**Mashed Potato V EC CNGCI****Chipped Potatoes HY NAS V CNGCI****Garden Peas HY NAS V CNGCI****Carrots HY NAS V CNGCI****DESSERT****Apple Crumble HE NAS V****Custard Sauce HY HE NAS V EC CNGCI****Tapioca Pudding NAS V EC CNGCI**

SUPPER

Chicken Vegetable Soup EC CNGCI

A smooth creamy vegetable soup with chicken

Chicken in Mustard & Wine Sauce HE CNGCI NAS

Chicken breast in a rich creamy mustard and white wine sauce

Gammon & Pineapple HY NAS CNGCI

Sweet-cured gammon steak with pineapple

Broccoli & Cheese Sauce V CNGCI

Broccoli florets in a savoury cheese sauce with a cheese topping

Salad of the Day

Free Range Egg Salad and coleslaw **CNGCI V**

Chicken mayonnaise and bacon pasta salad **H**

Mashed Potato V EC CNGCI**Boiled Rice HY NAS V CNGCI****Broccoli HY NAS V EC CNGCI****DESSERT****Jam Sponge HE EC****Custard Sauce HY HE NAS V EC CNGCI****Rice Pudding with Sultanas HY NAS V CNGCI**

INFORMATION

Menu - Please choose from the menu when the trolley arrives, we will endeavour to give you your first choice. If you require a special diet and nothing is suitable on the normal menu please speak to a nurse or dietitian.

Ward beverage service - A selection of hot and cold drinks and snacks are available throughout your stay.

SATURDAY

LUNCH

Beef Casserole NAS F CNGCI

Beef in gravy flavoured with thyme, onions, potatoes, carrots & mushrooms

Fish in Cheese Sauce HE EC CNGCI

Pollock portion coated in cheese sauce

Vegetable Hot Pot HY V

Mixed beans, split peas, vegetables & sauté potatoes

Salad of the Day

Pasta salad with feta cheese sun blush tomato **HE V**

Wiltshire Ham and coleslaw salad **CNGCI**

Gravy HY V EC CNGCI**Mashed Potato V EC CNGCI****Sauté Potatoes HY NAS V EC CNGCI****Swede HY NAS V EC CNGCI****Green Beans HY NAS V CNGCI****DESSERT****Syrup Sponge HE V EC****Custard Sauce HY HE NAS V EC CNGCI****Ground Rice Pudding NAS V EC CNGCI****Chocolate Cake HE V EC**

SUPPER

Creamy Broccoli Soup EC V CNGCI

A smooth creamy broccoli soup made with vegetables and vegetable stock

Steak & Mushroom Pie HE

Beef & mushrooms in gravy, short crust pastry on top

Salmon & Potato au Gratin HY NAS

Flakes of salmon & broccoli in creamy white sauce, topped with sliced potato & grated cheese

Veggie Burger HY NAS V

Spicy vegetable & bean burger

Salad of the Day

Double cheese & pickle salad **HY**

Free Range egg and coleslaw salad **CNGCI V**

Tuna nicoise **HY**

Gravy HY V EC CNGCI**Mashed Potato V EC CNGCI****Sauté Potatoes HY NAS V EC CNGCI****Garden Peas HY NAS V CNGCI****DESSERT****Pineapple Sponge Pudding HE V****Custard Sauce HY HE NAS V EC CNGCI****Rice Pudding with Sultanas HY NAS V CNGCI**

INFORMATION

Nut allergy advice - The food in this menu is prepared in an environment which may contain nuts: therefore we cannot eliminate the possibility of trace contamination in any dish.

Faith meals - In addition to the main menu there is a range of meals available which can be ordered through the ward staff.

SUNDAY

LUNCH

Roast Chicken HY NAS F CNGCI

Roast chicken with skin on

Fish Pie with a Potato Top HY NAS CNGCI

Fish, leeks & herbs in a creamy sauce, creamed potato

Macaroni Cheese with Mustard V EC

Creamy macaroni cheese & wholegrain seed mustard

Salad of the Day

Double cheese & pickle salad **HY**

Red tractor ham & Egg salad **CNGCI HE**

Gravy HY V EC CNGCI**Mashed Potato V EC CNGCI****Roast Potatoes HY NAS V CNGCI****Green Beans HY NAS V CNGCI****Cauliflower HY NAS V CNGCI****DESSERT****Apple & Blackberry Pie HE NAS V****Custard Sauce HY HE NAS V EC CNGCI****Rice Pudding with Nutmeg HY NAS V EC CNGCI****Ginger Cake HE V EC**

SUPPER

Cream of Leek Soup EC V CNGCI

A smooth creamy soup with potato, leek and onion

Cottage Pie EC CNGCI

Minced beef & vegetables topped with creamed potato & cheese

Chicken in Gravy HY NAS EC CNGCI

Chicken strips in gravy

Vegetable & Lentil Stew with Dumplings HY V HE

Vegetable stew made with potatoes, chickpeas, butter beans, tomatoes carrots, red lentil, onions, peppers peas & suet dumplings

Salad of the Day

Pasta salad with feta cheese sun blush tomato **HE V**

Free range egg and coleslaw salad **CNGCI**

Gravy HY V EC CNGCI**Mashed Potato V EC CNGCI****Steamed Skin on Potatoes HY V EC CNGCI****Green Beans HY NAS V CNGCI****DESSERT****Lemon Curd Sponge HE V EC****Custard Sauce HY HE NAS V EC CNGCI****Tapioca Pudding NAS V EC CNGCI**

INFORMATION

Catering department

If you would like to comment on any aspect of the Catering Service then please contact the Catering Department rf-tr.rf-catering@nhs.net. Thank you.

Saturday / Sunday

Royal Free London
NHS Foundation Trust

WEEK 1 MENU

Meals are served at the following times:

Breakfast 8am – 9am

Lunch 12pm – 1.30pm

Supper 6pm – 7pm

world class expertise local care

MONDAY

LUNCH

Pasta Bolognese **HY NAS**

Minced beef bolognese with penne pasta

Chicken & Pearl Barley Casserole **HE NAS**

Chicken, pearl barley, peas and spinach in a dark gravy

Cheese, Onion & Potato Pie **HE NAS V**

Potatoes, onions & leeks in cheese, garlic & thyme cream sauce topped short crust pastry

Salad of the Day

Double cheese and pickle salad **HY**

Free range egg and coleslaw salad **CNGCI V**

Gravy **HY V EC CNGCI**

Mashed Potato **V EC CNGCI**

Roast Potatoes **HY NAS V CNGCI**

Broccoli **HY NAS V EC CNGCI**

Carrots **HY NAS V EC CNGCI**

DESSERT

Apple & Blackberry Pie **HE NAS V**

Custard Sauce **HY HE NAS V EC CNGCI**

Rice Pudding with Nutmeg **HY NAS V EC CNGCI**

Cherry Cheesecake **HE V**

SUPPER

Cream of Tomato Soup **EC V CNGI**

A smooth creamy soup made with tomatoes, carrots, onion and vegetable stock

Meatballs in Tomato Sauce **EC**

Minced pork and onion meatballs in tomato sauce

Fish & Mushroom Sauce **HY EC**

Pollock portion coated in mushroom sauce

Quorn Tomato Pasta **V**

A rich tomato sauce with herbs, spices & minced Quorn

Salad of the Day

Pasta salad with feta cheese sun blush tomato **HE V**

Wiltshire ham and coleslaw salad **CNGCI**

Mashed Potato **V EC CNGCI**

Steamed Potato **HY NAS V EC CNGCI**

Green Beans **NAS V EC CNGCI**

DESSERT

Posh Pear & Chocolate Crumble **HE NAS V**

Custard Sauce **HY HE NAS V EC CNGCI**

Ground Rice Pudding **NAS V EC CNGCI**

INFORMATION

Breakfast

Please ask for the breakfast menu - which will include options for special diets.

TUESDAY

LUNCH

Chicken & Pasta with Tomato & Herbs **HY NAS**

Chicken & pasta in tangy & creamy tomato sauce

Shepherd's Pie **HY NAS EC F CNGCI**

Lamb mince with carrots, onions & creamed potato

Vegetable Curry **HY NAS V CNGCI**

Vegetables, peas & beans in a creamy curry sauce

Salad of the Day

Olive, Capers & spinach salad **HE V**

Tuna Nicoise salad **HY**

Wiltshire Ham, coleslaw salad **CNGCI**

Gravy **HY V EC CNGCI**

Mashed Potato **V EC CNGCI**

Parmentier Potatoes **HY NAS V EC CNGCI**

Boiled Rice **V EC CNGCI**

Cauliflower **HY NAS V EC CNGCI**

Garden Peas **HY NAS V CNGCI**

DESSERT

Treacle Tart **HE V**

Custard Sauce **HY HE NAS V EC CNGCI**

Ground Rice Pudding **NAS V EC CNGCI**

Carrot Cake **HE V**

SUPPER

Cream of Mushroom Soup **NAS V EC**

A smooth creamy soup made with mushrooms & vegetables

Beef & Ale Casserole **HY**

Diced beef in an ale and root vegetable casserole

Sweet & Sour Chicken **HY NAS CNGCI**

Chicken breast strips in a sweet & sour tomato sauce with pineapple, diced onion, spring onion and mixed peppers

Cheese, Onion & Potato Pie **HE NAS V**

Sliced potatoes, onions & leeks in cheese, garlic & thyme cream sauce topped with shortcrust pastry

Salad of the Day

Free range egg and coleslaw salad **CNGCI V**

Chicken mayonnaise and bacon pasta salad **HE**

Gravy **HY V EC CNGCI**

Mashed Potato **V EC CNGCI**

Boiled Rice **HY NAS V CNGCI**

Cabbage **HY NAS V CNGCI**

DESSERT

Sultana Sponge **HE V**

Custard Sauce **HY HE NAS V EC CNGCI**

Rice Pudding with Nutmeg **HY**

INFORMATION

Healthy eating advice

Five a Day Choose fruit juice for breakfast, vegetables with your main course, and fruit for dessert.

Increase Fibre Try to eat more wholemeal bread in sandwiches and wholegrain breakfast cereals eg Weetabix or Branflakes.

Reduce Fat Choose healthy eating options (marked **HY**)

WEDNESDAY

LUNCH

Cottage Pie **EC CNGCI**

Minced beef & vegetables, creamed potato & cheese

Tuna & Pasta Cheese Bake **HE EC**

Tuna & pasta, cheese sauce & baked cheese topping

Chunky Vegetable Casserole with Dumpling **HY V**

Mildly spiced casserole containing beans & vegetables

Salad of the Day

Pasta salad with feta cheese sun blush tomato **HE V**

Free range egg and coleslaw salad **CNGCI V**

Gravy **HY V EC CNGCI**

Mashed Potato **V EC CNGCI**

Jacket Wedges **HY NAS V CNGCI**

Carrots **HY NAS V EC CNGCI**

Broccoli **HY NAS V EC CNGCI**

DESSERT

Sticky Toffee Pudding with

Butterscotch **HY HE NAS V EC CNGCI**

Custard Sauce **HY HE NAS V EC CNGCI**

Rice Pudding **HY NAS V EC CNGCI**

SUPPER

Cheddar & Spring Onion Soup **EC V**

A Smooth rich soup with cheddar cheese, spring onions and cream

Braised Chicken & Lentils **HY NAS CNGCI**

With brown lentils, onions, carrots, leeks, garlic & thyme

Corned Beef Hash **HY EC**

Baked corned beef, potato, tomato, onion and baked beans with a grated cheese topping

Vegetable Lasagne **V**

Pasta & vegetables in a tomato, garlic & herb sauce topped cheese sauce

Salad of the Day

Olive, capers & spinach salad **HE V**

Red Tractor ham & egg salad **CNGCI HE**

Gravy **HY V EC CNGCI**

Mashed Potato **V EC CNGCI**

Savoury Rice **HY HE NAS V CNGCI**

Sweetcorn **V CNGCI**

DESSERT

Rhubarb & Apple Crumble **HE NAS V**

Custard Sauce **HY HE NAS V EC CNGCI**

Rice Pudding **HY NAS V EC CNGCI**

KEY

EC Easy chew

V Vegetarian

F High fibre

NAS No added salt

HE High energy

HY Healthier eating

CNGCI Gluten free

FF Finger Food Suitable

THURSDAY

LUNCH

Creamy Chicken Casserole **HE CNGCI**

Chicken and carrots in a creamy herb and leek sauce.

Steak & Kidney Pie **HE**

Beef with pork kidneys and onions in gravy, topped with short crust pastry

Cheese Omelette **NAS V EC CNGCI**

Cheese filled egg omelette

Salad of the Day

Free range egg and coleslaw salad **CNGCI V**

Chicken mayonnaise and bacon pasta salad **HE**

Gravy **HY V EC CNGCI**

Mashed Potato **V EC CNGCI**

Boiled Rice **V EC CNGCI**

Green Beans **HY NAS V CNGCI**

Vegetable Medley **HY NAS V EC CNGCI**

DESSERT

Bread & Butter Pudding **HE**

Custard Sauce **HY HE NAS V EC CNGCI**

Rice Pudding **EC V**

Trifle **NAS**

SUPPER

Creamy Vegetable Soup **HY EC V CNGCI**

A smooth creamy soup made with carrot, potato, swede, parsnips, onion, cabbage and peas

Sausage Hot Pot **HE**

Casserole of pork sausage slices, baked beans, tomatoes and sliced potatoes

Fish Pie with Potato Top **HY NAS F CNGCI**

Mixed fish, leeks & herbs in sauce with creamed potato

Bean & Vegetable Hot Pot **HY V EC**

Vegetables, beans & chick peas with sauté potatoes

Salad of the Day

Double cheese & pickle salad **HY**

Tuna Nicoise salad **HY**

Wiltshire ham and coleslaw salad **CNGCI**

Gravy **HY V EC CNGCI**

Mashed Potato **V EC CNGCI**

Parmentier Potatoes **HY NAS V CNGCI**

Mixed Vegetables **HY NAS V CNGCI**

DESSERT

Ginger & Sultana Sponge with

Almond Flavour **HE V**

Custard Sauce **HY HE NAS V EC CNGCI**

Rice Pudding **HY HE NAS V EC CNGCI**

INFORMATION

All main courses, vegetables and fresh fruit are suitable for diabetics. Please look for the healthy eating symbol **HY**

Monday / Tuesday

Wednesday / Thursday

FRIDAY

LUNCH

Battered Fish HE

Oven baked white fish in deep fried batter coating

Beef Casserole NAS CNGCI

Beef in gravy flavoured with thyme, onions, potatoes, carrots & mushrooms

Vegetable Moussaka HY NAS V

Grilled aubergine, potato & vegetable slices topped with white sauce & cheese

Salad of the Day

Double cheese & pickle salad **HY**

Red Tractor ham & egg salad **CNGCI HE**

Gravy HY V EC CNGCI**Mashed Potato V EC CNGCI****Chipped Potatoes HY NAS V CNGCI****Mushy Peas HE V EC CNGCI****Cauliflower HY NAS V EC CNGCI****DESSERT****Ginger Sponge HE V EC****Custard Sauce HY HE NAS V EC CNGCI****Custard Rice Pudding HY NAS V CNGCI****Peaches in Jelly NAS CNGCI**

SUPPER

Creamy Tomato Soup EC V CNGCI

A smooth creamy soup made with tomatoes, carrots, onion and vegetable stock

Fish in Cheese Sauce HE EC CNGCI

Pollock portion coated in cheese sauce

Turkey & Vegetable Pie NAS

Turkey & vegetables in gravy with short-crust pastry top

Cheese Onion & Potato Pie HE NAS V

Sliced potatoes, onions & leeks in a creamy cheese garlic & thyme sauce topped with short crust pastry

Salad of the Day

Free Range Egg Salad and coleslaw **CNGCI V**

Chicken mayonnaise and bacon pasta salad **HE**

Gravy HY V EC CNGCI**Mashed Potato V EC CNGCI****Steamed Potatoes HY NAS V EC CNGCI****Green Beans HY NAS V CNGCI****DESSERT****Bread & Butter Pudding HE V****Custard Sauce HY HE NAS V EC CNGCI****Ground Rice Pudding NAS V EC CNGCI**

INFORMATION

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Ward beverage service - A selection of hot and cold drinks and snacks are available throughout your stay.

SATURDAY

LUNCH

Lasagne HE EC

Layers of pasta with minced beef in tomato, vegetable, garlic & herb sauce topped with cheese sauce

Chicken Tikka Masala HY

Chicken breast strips in medium spiced cream and tomato curry

Mushroom & Quorn Stroganoff HY V EC

Diced Quorn & potatoes coated in a creamy mushroom & herb sauce

Salad of the Day

Pasta salad with feta cheese sun blush tomato **HE V**

Wiltshire Ham and coleslaw salad **CNGCI**

Mashed Potato V EC CNGCI**Steamed Potatoes HY NAS V CNGCI****Boiled Rice HY V EC****Broccoli HY NAS V EC CNGCI****Mashed Swede HE V EC CNGCI****DESSERT****Rhubarb & Apple Crumble HE NAS V****Custard Sauce HY HE NAS V EC CNGCI****Rice Pudding NAS V EC CNGCI****Carrot cake HE EC V**

SUPPER

Creamy Broccoli Soup EC V CNGCI

A smooth creamy broccoli soup made with vegetables and vegetable stock

Cottage Pie EC CNGCI

Minced beef & vegetables with creamed potato & cheese

Creamy Chicken Casserole HE CNGCI NAS

Chicken and carrots in a creamy herb and leek sauce

Cauliflower & Broccoli Pasta HE EC

Cauliflower & Broccoli in a creamy baked Pasta

Salad of the Day

Double cheese & pickle salad **HY**

Free Range egg and coleslaw salad **CNGCI V**

Tuna nicoise **HY**

Gravy HY V EC CNGCI**Mashed Potato V EC CNGCI****Boiled Rice HY V EC****Garden Peas HY NAS V CNGCI****DESSERT****Syrup Sponge HE V EC****Custard Sauce HY HE NAS V EC CNGCI****Ground Rice Pudding NAS V EC CNGCI**

INFORMATION

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Faith meals - In addition to the main menu there is a range of meals available which can be ordered through the ward staff.

SUNDAY

LUNCH

Roast Pork in Gravy HY NAS F CNGCI

Slices of roast pork loin served in gravy

Minced Steak & Potato Pie HE NAS

With onion, herb & garlic gravy, & short-crust pastry top

Vegetable Casserole with Dumplings HY V

A mildly spiced tomato and herb based vegetable casserole containing red kidney beans, black eyed beans, parsnips, carrots, onions, swede, spinach and pearl barley. Served with a dumpling

Salad of the Day

Double cheese & pickle salad **HY**

Red tractor ham & Egg salad **CNGCI HE**

Gravy HY V EC CNGCI**Mashed Potato V EC CNGCI****Roast Potatoes HY NAS V CNGCI****Green Beans HY NAS V CNGCI****Mixed Vegetables HY NAS V CNGCI****DESSERT****Date & Apple Crunch HE NAS V****Custard Sauce HY HE NAS V EC CNGCI****Rice Pudding with Sultanas HY NAS V CNGCI****Vanilla Cheesecake HE V**

SUPPER

Leek & Potato Soup EC V CNGCI

A smooth creamy soup with potato, leek and onion

Hungarian Beef Goulash & Dumplings NAS

Diced beef in spicy paprika sauce with a suet dumpling

Chicken & Creamy Mustard Sauce CNGCI

Chicken breast in a rich creamy mustard & white wine sauce

Plain Omelette HY V EC CNGCI**Salad of the Day**

Pasta salad with feta cheese sun blush tomato **HE V**

Free range egg and coleslaw salad **CNGCI**

Gravy HY V EC CNGCI**Mashed Potato V EC CNGCI****Boiled Rice HY NAS V CNGCI****Swede HY NAS V CNGCI****DESSERT****Coconut Sponge HE V EC****Custard Sauce HY HE NAS V EC CNGCI****Tapioca pudding NAS V EC CNGCI**

INFORMATION

Catering department

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NHS**Royal Free London**
NHS Foundation Trust

Saturday / Sunday

WEEK 2 MENU

Meals are served at the following times:

Breakfast 8am – 9am

Lunch 12pm – 1.30pm

Supper 6pm – 7pm

world class expertise  local care

MONDAY

LUNCH

Chicken & Mushroom Pie **HY NAS**

Chicken & sliced mushrooms in white sauce with hints of tarragon topped with short crust pastry

Fish in Parsley Sauce **HY NAS EC F CNGCI**

Pollock portion coated in parsley sauce

Vegetable Curry **HY NAS V CNGCI**

Vegetables, peas and beans mixed in a creamy curry sauce

Salad of the Day

Double cheese and pickle salad **HY**
Free range egg and coleslaw salad **CNGCI V**

Gravy **HY V EC CNGCI**

Mashed Potato **V EC CNGCI**

Sauté Potatoes **HY NAS V EC CNGCI**

Boiled Rice **HY V EC**

Broccoli **HY NAS V EC CNGCI**

Carrots **HY NAS V EC CNGCI**

DESSERT

Apple & Apricot Pie **HE NAS V**

Custard Sauce **HY HE NAS V EC CNGCI**

Ground Rice Pudding **NAS V EC CNGCI**

Fruit Cake **HE V**

SUPPER

Creamy Vegetable Soup **HY EC V CNGCI**

A smooth creamy soup made with carrot, potato, swede, parsnips, onion, cabbage and peas

Macaroni & Smoked Haddock & Herbs **NAS EC**

Smoked haddock & macaroni in light cream sauce with dill & parsley

Pork Teriyaki **HY**

Diced pork and mixed vegetables in a dark sweet and tangy sauce with ginger

Cauliflower Cheese **V EC CNGCI**

With a savoury cheese sauce & cheese topping

Salad of the Day

Pasta salad with feta cheese sun blush tomato **HE V**
Wiltshire ham and coleslaw salad **CNGCI**

Gravy **HY V EC CNGCI**

Mashed Potato **V EC CNGCI**

Roast Potatoes **HY NAS V CNGCI**

Mixed Vegetables **HY NAS V CNGCI**

DESSERT

Apple & Blackberry Crumble **HE NAS V**

Custard Sauce **HY HE NAS V EC CNGCI**

Rice Pudding with Sultanas **HY NAS V CNGCI**

INFORMATION

Breakfast

Please ask for the breakfast menu - which will include options for special diets.

TUESDAY

LUNCH

Minced Steak & Potato Pie **HE NAS**

Minced beef & diced potatoes in onion, herb & garlic gravy, topped with short crust pastry

Chicken Korma **HE F**

Chicken strips in a mild coconut curry sauce.

Broccoli & Cheese Sauce **NAS V EC CNGCI**

Broccoli florets in savoury cheese sauce with a baked cheese topping

Salad of the Day

Olive, Capers & spinach salad **HE V**
Tuna Nicoise salad **HY**

Wiltshire Ham, coleslaw salad **CNGCI**

Gravy **HY V EC CNGCI**

Mashed Potato **V EC CNGCI**

Sauté Potatoes **HY NAS V EC CNGCI**

Boiled Rice **HY V EC**

Broccoli **HY NAS V EC CNGCI**

Carrots **HY NAS V EC CNGCI**

DESSERT

Coconut Sponge **HE V**

Custard Sauce **HY HE NAS V EC CNGCI**

Rice Pudding & Sultanas **NAS V CNGCI**

Fruit Cake **HE V**

SUPPER

Creamy Tomato Soup **EC V CNGCI**

A smooth creamy soup made with tomatoes, carrots, onion and vegetable stock

Stewed Steak & Dumplings **HE NAS**

Beef in gravy with onions, carrots, swede & herbs, topped with a suet dumpling

Macaroni & Smoked Haddock & Herbs **NAS EC**

Smoked haddock & macaroni in creamy herby sauce

Vegetarian Sausages **V CNGCI**

Seasoned soya protein sausages

Salad of the Day

Free range egg and coleslaw salad **CNGCI V**
Chicken mayonnaise and bacon pasta salad **HE**

Gravy **HY V EC CNGCI**

Mashed Potato **V EC CNGCI**

Steamed Potatoes **HY NAS V EC CNGCI**

Baked Beans **HE V EC CNGCI**

DESSERT

Eve's Pudding **V EC**

Custard Sauce **HY HE NAS V EC CNGCI**

Custard Rice Pudding **HY NAS V CNGCI**

INFORMATION

Healthy eating advice

Five a Day Choose fruit juice for breakfast, vegetables with your main course, and fruit for dessert.

Increase Fibre Try to eat more wholemeal bread in sandwiches and wholegrain breakfast cereals eg Weetabix or Branflakes.

Reduce Fat Choose healthy eating options (marked HY)

WEDNESDAY

LUNCH

Salmon Bake **HE NAS EC CNGCI**

Salmon & cauliflower in cheese sauce & cheese topping

Chilli con Carne **HY NAS CNGCI**

Minced beef & kidney beans in spicy chilli tomato & onion sauce

Vegetable Hot Pot **HY V**

Mixed beans, split peas, vegetables & sauté potatoes

Salad of the Day

Pasta salad with feta cheese sun blush tomato **HE V**
Free range egg and coleslaw salad **CNGCI V**

Gravy **HY V EC CNGCI**

Mashed Potato **V EC CNGCI**

Boiled Rice **HY NAS V CNGCI**

Carrots **HY NAS V EC CNGCI**

Garden Peas **HY NAS V CNGCI**

DESSERT

Plum & Apple Crumble **HE NAS V**

Custard Sauce **HY HE NAS V EC CNGCI**

Rice Pudding **NAS V EC CNGCI**

SUPPER

Pea & Mint Soup **HE HY EC V**

A smooth soup made with peas, potatoes, onion, cream and mint

Pasta Bolognaise **HY NAS**

Minced beef bolognaise with penne pasta

Spanish Chicken **HY**

Chicken breast strips, streaky bacon and chargrilled peppers in a mildly smoked tomato sauce.

Cheese & Tomato Flan **HE FF NAS V**

Cheese & tomato baked in savoury egg custard in a pastry base

Salad of the Day

Olive, capers & spinach salad **HE V**
Red Tractor ham & egg salad **CNGCI HE**

Gravy **HY V EC CNGCI**

Mashed Potato **V EC CNGCI**

Pasta **HY NAS V**

Sweetcorn **V CNGCI**

DESSERT

Bakewell Tart **HE V**

Custard Sauce **HY HE NAS V EC CNGCI**

Rice Pudding **HY NAS V EC CNGCI**

KEY

EC

Easy chew

V

Vegetarian

F

High fibre

NAS

No added salt

HE

High energy

HY

Healthier eating

CNGCI

Gluten free

FF

Finger Food
Suitable

THURSDAY

LUNCH

Bacon, Leek & Mushroom Pasta Bake

In creamy sauce with mustard, topped with cheese

Potato Topped Chicken & Leek Pie **HY EC**

Chicken breast strips with leeks in a rich bechamel sauce topped with a creamy potato mash.

Veggie Burger **HY NAS V**

Spicy vegetable & bean burger

Salad of the Day

Free range egg and coleslaw salad **CNGCI V**
Chicken mayonnaise and bacon pasta salad **HE**

Gravy **HY V EC CNGCI**

Mashed Potato **V EC CNGCI**

Parmentier Potatoes **HY NAS V EC CNGCI**

Cabbage **HY NAS V CNGCI**

Green Beans **HY NAS V CNGCI**

DESSERT

Marmalade Sponge **HE V**

Custard Sauce **HY HE NAS V EC CNGCI**

Tapioca Pudding **NAS V EC CNGCI**

Fruit Cake **HE V**

SUPPER

Mulligatawny soup **EC V CNGCI**

A smooth soup made with tomatoes, potato, onion, spinach, lentils, apricots, coconut, rice, herb and spices

Sweet & Sour Chicken **HY NAS**

Chicken breast strips in a sweet & sour tomato sauce with pineapple, diced onion, spring onion and mixed peppers

Savoury Mince & Dumplings **NAS**

Minced beef, onions & vegetables in herb gravy with a suet dumpling

Vegetable Jalfrezi **HY V EC**

Mild curry with peppers, peas, lentils, mixed vegetables

Salad of the Day

Double cheese & pickle salad **HY**
Tuna Nicoise salad **HY**
Wiltshire ham and coleslaw salad **CNGCI**

Gravy **HY V EC CNGCI**

Mashed Potato **V EC CNGCI**

Carrots **HY NAS V EC CNGCI**

Boiled Rice **HY NAS V CNGCI**

DESSERT

Apple Pie **NAS V**

Custard Sauce **HY HE NAS V EC CNGCI**

Rice Pudding with Nutmeg **NAS V EC CNGCI**

INFORMATION

All main courses, vegetables and fresh fruit are suitable for diabetics. Please look for the healthy eating symbol HY

Monday / Tuesday

Wednesday / Thursday