



Ward 26

Lite Bites Menu



The 'Lite Bites' menu is only available when a housekeeper is on duty. Choices may be limited at times due to our oven capacity.

Breakfast

- Bacon, sausages, scrambled eggs, tomatoes (order from the dietitian)
- Baked Beans
- Cereals – Weetabix, Ready Brek, Cornflakes, Rice Krispies, Branflakes
- Toast – brown or white
- Jams/marmalade/marmite
- Orange juice

Main Meals

- Fish Fingers
- BBQ chicken wings
- Chicken Skewers
- Sweet and sour chicken
- Southern fried chicken fillet
- Sausages
- Beef Burgers
- Beans/Spaghetti/Cheese on Toast
- Caribbean meals and Curries (order from the dietitian)
- Pasta – tomato sauce or carbonara
- Pizza – with topping of your choice – ham, mixed peppers, mozzarella, pepperoni and tuna
- Jacket Potatoes – with a filling of your choice – cheese, baked beans, tuna mayo

All of above can be served with chips/main menu potato choice and salad or main menu vegetables.

Light Snacks

- Toasted Sandwiches or Baguettes – tuna melt, cheese and ham, cheese, sausage or bacon (order from dietitian)
- Soup - Mixed Vegetable/Chicken/Tomato
- Baked beans or tinned spaghetti on toast

Desserts

- Rice pudding
- Yoghurts – muller fruit corner, creamy (low calorie on request)
- Jelly
- Ice cream or whipped cream
- Fruit pots

Snacks

- Crisps – variety of flavours, popcorn, peanuts
- Peach and pear fruit pot, fresh fruit
- Jaffa cakes, chocolate bars, biscuits, cake
- Toast, yoghurts, ice-cream, cheddar or spread cheese and crackers
- Breakfast cereal
- Sandwiches (to order from Dietitian)

Drinks

- Tea/coffee
- Hot Chocolate/Horlicks/Ovaltine
- Milk/Milkshake
- Squash(sugar free available)

If you would like to bring a flask in from home for hot water and tea/coffee/hot chocolate so that you can make a drink in your room, please let the housekeeper know and they can provide you with milk, tea and coffee.