Each day you will be offered a continental breakfast with tea/coffee, cereal, bread, toast or rolls.

For lunch we offer a three course meal with a choice of homemade soup or fruit juice followed by a choice of sandwiches, filled baked potatoes or a hot meal with vegetables and potatoes, this is followed by a choice of desserts such as trifle, fresh fruit, yoghurt, rice pudding, jelly and ice cream or cheese and biscuits.

In the evening we offer a choice of hot meals with vegetables and potatoes plus either a hot or cold dessert.

At each mealtime there is always a choice for vegetarians, a healthier option and a choice for those who need more calories.

We provide a range of alternative menus to meet the needs of the more frequently asked for diets such as:

- Gluten free
- Food allergies
- Low Fibre/Low residue
- low potassium/no added salt
- Vegan
- Kosher
- Halal

Please ask a member of the ward staff if you need an alternative menu. These are available every day.

<table>
<thead>
<tr>
<th>Welcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
</tr>
</tbody>
</table>
| • Fruit juice 🍃
• Tea/coffee

| • Cereals: choose from Cornflakes, Rice Krispies, Weetabix, Bran flakes
• Porridge |
| • Bread/toast
• Bread rolls
• Spreads & preserves |

<table>
<thead>
<tr>
<th>Lunch Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td>STARTER CHOICES</td>
</tr>
<tr>
<td>MONDAY</td>
</tr>
</tbody>
</table>
| Fruit juice 🍃
| Scotch broth soup 🍃 |
| Fruit juice 🍃
| Vegetable soup 🍃 |
| Fruit juice 🍃
| Yellow split pea soup 🍃 |
| Fruit juice 🍃
| Leek & potato soup 🍃 |
| Fruit juice 🍃
| Minestrone soup 🍃 |

<table>
<thead>
<tr>
<th>MAIN COURSES</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
</tr>
<tr>
<td>Light Choices</td>
</tr>
<tr>
<td>Filled baked potato with side salad and choice of filling:</td>
</tr>
</tbody>
</table>
| • Grated cheese 🍃
• Tuna mayonnaise 🍃
• Egg mayonnaise 🍃
• Baked beans 🍃 H |
| Filled baked potato with side salad and choice of filling: |
| • Grated cheese 🍃
• Tuna mayonnaise 🍃
• Chicken tikka 🍃
• Chicken curry 🍃 H |
| Sandwich Choices |
| • Comed beef & tomato on white bread |
| • Cheese & pickle on wholemeal bread |
| Hot Meal Choice |
| • Minced beef 🍃 🍃
with diced turnip & mashed potatoes 🍃 |
| Light Choices |
| Filled baked potato with side salad and choice of filling: |
| • Grated cheese 🍃
• Tuna mayonnaise 🍃
• Coleslaw 🍃
• Chicken tikka 🍃
• Baked beans 🍃 H |
| Sandwich Choices |
| • Ham on white bread |
| • Egg mayonnaise on wholemeal bread 🍃 🍃 |
| Hot Meal Choice |
| • Mushroom ravioli 🍃 🍃
with broccoli 🍃 & potato croquettes 🍃 |
| Sandwich Choices |
| • Chicken tikka on wholemeal bread |
| • Cream cheese & chive on white bread 🍃 🍃 |
| Hot Meal Choice |
| • Cheese omelette 🍃 🍃
with peas & potato croquettes 🍃 |
| Sandwich Choices |
| • Chicken & lettuce on a white roll |
| • Cheese on wholemeal bread 🍃 |
| Hot Meal Choice |
| • Beef stew & dumplings 🍃 🍃
with diced carrots 🍃 & mashed potatoes 🍃 |

<table>
<thead>
<tr>
<th>FOOD KEY</th>
</tr>
</thead>
<tbody>
<tr>
<td>🍃 Contains more energy (calories). Better for patients with small appetites or who need to gain weight.</td>
</tr>
<tr>
<td>♥ These dishes have controlled amounts of fat and sugar. Suitable for patients wishing to eat healthily, have diabetes, are following a lower fat diet or are trying to lose weight.</td>
</tr>
<tr>
<td>🍃 Vegetable option</td>
</tr>
<tr>
<td>🍃 Easy to eat/texture easy</td>
</tr>
<tr>
<td>🍃 Hot filling option</td>
</tr>
</tbody>
</table>
## Evening Meal Menu

### MAIN COURSES

### MONDAY
- **Main Choices**
  - Breaded fish
  - Turkey salad
  - Macaroni cheese
  - Macaroni cheese

- **Sandwich Choices**
  - Roast beef on white bread
  - Egg mayonnaise on wholemeal bread

- **Select a side from each column:**
  - Peas
  - Side salad
  - Chips
  - Mashed potatoes

### TUESDAY
- **Main Choices**
  - Steak pie
  - Pork meatballs in tomato sauce
  - Quorn & bean chilli

- **Sandwich Choices**
  - Tuna mayonnaise on wholemeal bread
  - 1 cheese/1 egg twin pack on white bread

- **Select a side from each column:**
  - Sprouts
  - Mashed potatoes
  - Boiled rice

### WEDNESDAY
- **Main Choices**
  - Beef curry
  - Fish pie
  - Egg mayonnaise salad

- **Sandwich Choices**
  - Ham on wholemeal bread
  - Cheese & onion on white bread

- **Select a side from each column:**
  - Sweetcorn
  - Side salad
  - Spiced potato wedges
  - Boiled rice

### THURSDAY
- **Main Choices**
  - Beef lasagne
  - Roast pork salad
  - Baked egg & cheese

- **Sandwich Choices**
  - Corned beef on white bread
  - Egg, tomato & cress on wholemeal bread

- **Select a side from each column:**
  - Green beans
  - Side salad
  - Potato croquettes
  - Garlic bread

### FRIDAY
- **Main Choices**
  - Breaded fish
  - Chicken in mushroom & pepper sauce
  - Macaroni cheese

- **Sandwich Choices**
  - 1 chicken/1 tuna twin pack on white bread
  - Cheese on wholemeal bread

- **Select a side from each column:**
  - Peas
  - Side salad
  - Mashed potatoes
  - Chips

### SATURDAY
- **Main Choices**
  - Pork cutlet in gravy
  - Minced beef
  - Vegetable rissole

- **Sandwich Choices**
  - Ham on wholemeal bread
  - Cream cheese & chive on white bread

- **Select a side from each column:**
  - Diced carrots
  - Mashed potatoes
  - Roast potatoes

### SUNDAY
- **Main Choices**
  - Chicken korma
  - Sausage roll
  - Cheese salad

- **Sandwich Choices**
  - Chicken, lettuce & mayo in a wholemeal roll
  - Egg mayonnaise on white bread

- **Select a side from each column:**
  - Baked beans
  - Side salad
  - Chips
  - Boiled rice

## DESSERT CHOICES

### MONDAY
- Apple crumble with custard
- Fresh fruit
- Yoghurt
- Jelly & ice cream
- Creamed rice pot
- Fruit trifle

### TUESDAY
- Ginger sponge with custard
- Fresh fruit
- Yoghurt
- Jelly & ice cream
- Creamed rice pot
- Fruit trifle

### WEDNESDAY
- Gateaux with cream
- Fresh fruit
- Yoghurt
- Jelly & ice cream
- Creamed rice pot
- Fruit trifle

### THURSDAY
- Rhubarb crumble with custard
- Fresh fruit
- Yoghurt
- Jelly & ice cream
- Creamed rice pot
- Fruit trifle

### FRIDAY
- Apple sponge crumble with custard
- Fresh fruit
- Yoghurt
- Jelly & ice cream
- Creamed rice pot
- Fruit trifle

### SATURDAY
- Peach & pear crumble with custard
- Fresh fruit
- Yoghurt
- Jelly & ice cream
- Creamed rice pot
- Fruit trifle

### SUNDAY
- Cheese cake with cream
- Fresh fruit
- Yoghurt
- Jelly & ice cream
- Creamed rice pot
- Fruit trifle

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**FOOD KEY**

- **●** Contains more energy (calories). Better for patient with small appetites or who need to gain weight.
- **○** These dishes have controlled amounts of fat and sugar. Suitable for patients wishing to eat healthily, have diabetes, are following a lower fat diet or are trying to lose weight.
- **☑** Vegetarian option
- **Œ** Easy to eat/texture

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**WEEK 1**

Freshly prepared daily by local catering teams

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**NHS Greater Glasgow and Clyde**