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.

### Lunch Menu

<table>
<thead>
<tr>
<th>STARTER CHOICES</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
</tr>
<tr>
<td>Fruit Juice</td>
</tr>
<tr>
<td>Lunch Menu</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MAIN COURSES</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY Light Choices</td>
</tr>
<tr>
<td>Filled baked potato with side salad and choice of filling:</td>
</tr>
<tr>
<td>• Grated cheese 💲</td>
</tr>
<tr>
<td>• Tuna mayonnaise 💲</td>
</tr>
<tr>
<td>• Egg mayonnaise 💲</td>
</tr>
<tr>
<td>• Baked beans 🍦</td>
</tr>
<tr>
<td>Sandwich Choices</td>
</tr>
<tr>
<td>• Corned beef &amp; tomato on white bread</td>
</tr>
<tr>
<td>• Cheese &amp; pickle on wholemeal bread</td>
</tr>
<tr>
<td>Hot Meal Choice</td>
</tr>
<tr>
<td>• Fish in cheese sauce 🍦 with carrots 🍧 &amp; mashed potatoes 🍧</td>
</tr>
<tr>
<td>FRIDAY Light Choices</td>
</tr>
<tr>
<td>Filled baked potato with side salad and choice of filling:</td>
</tr>
<tr>
<td>• Grated cheese 💲</td>
</tr>
<tr>
<td>• Tuna mayonnaise 💲</td>
</tr>
<tr>
<td>• Egg mayonnaise 💲</td>
</tr>
<tr>
<td>• Chicken curry 🍦</td>
</tr>
<tr>
<td>Sandwich Choices</td>
</tr>
<tr>
<td>• Salmon mayonnaise on wholemeal bread 🍦</td>
</tr>
<tr>
<td>• Egg, tomato &amp; cress on white bread 🍦</td>
</tr>
<tr>
<td>Hot Meal Choice</td>
</tr>
<tr>
<td>• Breaded fish with peas &amp; chips</td>
</tr>
<tr>
<td>SATURDAY Light Choices</td>
</tr>
<tr>
<td>Filled baked potato with side salad and choice of filling:</td>
</tr>
<tr>
<td>• Grated cheese 💲</td>
</tr>
<tr>
<td>• Tuna mayonnaise 💲</td>
</tr>
<tr>
<td>• Coleslaw 💲</td>
</tr>
<tr>
<td>• Chicken tikka 🍦</td>
</tr>
<tr>
<td>• Chilli con carne 🍦</td>
</tr>
<tr>
<td>Sandwich Choices</td>
</tr>
<tr>
<td>• Chicken tikka on wholemeal bread</td>
</tr>
<tr>
<td>• Cream cheese &amp; chive on white bread 🍦</td>
</tr>
<tr>
<td>Hot Meal Choice</td>
</tr>
<tr>
<td>• Haggis 💲 with turnip 💲 &amp; mashed potatoes 🍧</td>
</tr>
<tr>
<td>SUNDAY Light Choices</td>
</tr>
<tr>
<td>Filled baked potato with side salad and choice of filling:</td>
</tr>
<tr>
<td>• Grated cheese 💲</td>
</tr>
<tr>
<td>• Tuna mayonnaise 💲</td>
</tr>
<tr>
<td>• Coleslaw 💲</td>
</tr>
<tr>
<td>• Baked beans 🍦 🍦</td>
</tr>
<tr>
<td>Sandwich Choices</td>
</tr>
<tr>
<td>• Chicken &amp; lettuce on a white roll</td>
</tr>
<tr>
<td>• Cheese on wholemeal bread 🍦</td>
</tr>
<tr>
<td>Hot Meal Choice</td>
</tr>
<tr>
<td>• Macaroni cheese 🍧 🍧 with peas &amp; potato croquettes 💲</td>
</tr>
</tbody>
</table>

### Food Key

- 🍦 Contains more energy (calories). Better for patients 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
- 💲 Easy to eat/texture easy
- 🍦 Hot filling option

### Breakfast

| • Fruit juice 🍦 |
| • Tea/coffee |
| • Cereals: choose from Cornflakes, Rice Krispies, Weetabix, Bran Flakes |
| • Toast/roll |
| • Bread rolls |
| • Spreads & preserves |
| • Porridge |

| • Fresh fruit 🍎 |
| • Yoghurt 🍓 |
### Evening Meal Menu

#### MAIN COURSES

<table>
<thead>
<tr>
<th>DAY</th>
<th>Main Choices</th>
<th>Sandwich Choices</th>
<th>Side Choices</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>• Chilli con carne</td>
<td>• Roast beef on white bread</td>
<td>• Boiled rice</td>
</tr>
<tr>
<td></td>
<td>• Tuna mayonnaise salad</td>
<td>• Egg mayonnaise on wholemeal bread</td>
<td>• Potato croquettes</td>
</tr>
<tr>
<td></td>
<td>• Mushroom ravioli</td>
<td>• Quorn korma curry</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Select a side from each column:</td>
<td>• Smoked mackerel salad</td>
<td>• Boiled rice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Tuna mayonnaise on wholemeal bread</td>
<td>• Potato croquettes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• 1 cheese/1 egg twin pack on White Bread</td>
<td></td>
</tr>
<tr>
<td>TUESDAY</td>
<td>• Chicken curry</td>
<td>• Ham on wholemeal bread</td>
<td>• Baked beans</td>
</tr>
<tr>
<td></td>
<td>• Minced beef</td>
<td>• Cheese &amp; onion on white bread</td>
<td>• Boiled rice</td>
</tr>
<tr>
<td></td>
<td>• Cheese omelette</td>
<td>• 1 cheese/1 egg twin pack on White Bread</td>
<td>• Side salad</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>Select a side from each column:</td>
<td>• 1 cheese/1 egg twin pack on White Bread</td>
<td>• Boiled rice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Boiled rice</td>
<td>• Mashed potatoes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Side salad</td>
<td>• Boiled rice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Boiled rice</td>
<td></td>
</tr>
<tr>
<td>THURSDAY</td>
<td>• Steak pie</td>
<td>• Ham on wholemeal bread</td>
<td>• Green beans</td>
</tr>
<tr>
<td></td>
<td>• Beef in black bean sauce</td>
<td>• Cheese &amp; onion on white bread</td>
<td>• Side salad</td>
</tr>
<tr>
<td></td>
<td>• Quorn cottage pie</td>
<td>• 1 cheese/1 egg twin pack on White Bread</td>
<td>• Roast potatoes</td>
</tr>
<tr>
<td></td>
<td>Select a side from each column:</td>
<td>• Macaroni cheese</td>
<td>• Mashed potatoes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Beef stroganoff</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Scotch pie</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Macaroni cheese</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Select a side from each column:</td>
<td>• Green beans</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Side salad</td>
<td>• Roast potatoes</td>
</tr>
<tr>
<td>SATURDAY</td>
<td>• Pork cutlet in gravy</td>
<td>• Ham on wholemeal bread</td>
<td>• Mashed potatoes</td>
</tr>
<tr>
<td></td>
<td>• Chicken &amp; mushroom with pepper sauce</td>
<td>• Cheese, tomato &amp; basil quiche salad</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Cheese, tomato &amp; basil quiche salad</td>
<td>Select a side from each column:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Spicy tomato pasta salad</td>
<td>• Green beans</td>
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</tr>
<tr>
<td></td>
<td>Select a side from each column:</td>
<td>• Side salad</td>
<td>• Roast potatoes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Boiled rice</td>
<td>• Mashed potatoes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Mashed potatoes</td>
<td></td>
</tr>
<tr>
<td>SUNDAY</td>
<td>• Quorn cottage pie</td>
<td>• Ham on wholemeal bread</td>
<td>• Green beans</td>
</tr>
<tr>
<td></td>
<td>• Scottish pie</td>
<td>• Cheese &amp; onion on white bread</td>
<td>• Side salad</td>
</tr>
<tr>
<td></td>
<td>• Spicy tomato pasta salad</td>
<td>• 1 chicken/1 tuna twin pack on white bread</td>
<td>• Roast potatoes</td>
</tr>
<tr>
<td></td>
<td>Select a side from each column:</td>
<td>• Cheese, tomato &amp; mayo in a wholemeal roll</td>
<td>• Mashed potatoes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Green beans</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• 1 cheese/1 egg twin pack on White Bread</td>
<td></td>
</tr>
</tbody>
</table>

#### DESSERT CHOICES

<table>
<thead>
<tr>
<th>DAY</th>
<th>Monday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• Apple crumble with custard</td>
</tr>
<tr>
<td></td>
<td>• Fresh fruit</td>
</tr>
<tr>
<td></td>
<td>• Yoghurt</td>
</tr>
<tr>
<td></td>
<td>• Jelly &amp; ice cream</td>
</tr>
<tr>
<td></td>
<td>• Creamed rice pot</td>
</tr>
<tr>
<td></td>
<td>• Fruit trifle</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>• Ginger sponge with custard</td>
</tr>
<tr>
<td></td>
<td>• Fresh fruit</td>
</tr>
<tr>
<td></td>
<td>• Yoghurt</td>
</tr>
<tr>
<td></td>
<td>• Jelly &amp; ice cream</td>
</tr>
<tr>
<td></td>
<td>• Creamed rice pot</td>
</tr>
<tr>
<td></td>
<td>• Fruit trifle</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>• Gateaux with cream</td>
</tr>
<tr>
<td></td>
<td>• Fresh fruit</td>
</tr>
<tr>
<td></td>
<td>• Yoghurt</td>
</tr>
<tr>
<td></td>
<td>• Jelly &amp; ice cream</td>
</tr>
<tr>
<td></td>
<td>• Creamed rice pot</td>
</tr>
<tr>
<td></td>
<td>• Fruit trifle</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>• Rhubarb crumble with custard</td>
</tr>
<tr>
<td></td>
<td>• Fresh fruit</td>
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<tr>
<td></td>
<td>• Yoghurt</td>
</tr>
<tr>
<td></td>
<td>• Jelly &amp; ice cream</td>
</tr>
<tr>
<td></td>
<td>• Creamed rice pot</td>
</tr>
<tr>
<td></td>
<td>• Fruit trifle</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>• Apple sponge with cream</td>
</tr>
<tr>
<td></td>
<td>• Fresh fruit</td>
</tr>
<tr>
<td></td>
<td>• Yoghurt</td>
</tr>
<tr>
<td></td>
<td>• Jelly &amp; ice cream</td>
</tr>
<tr>
<td></td>
<td>• Creamed rice pot</td>
</tr>
<tr>
<td></td>
<td>• Fruit trifle</td>
</tr>
<tr>
<td>SATURDAY</td>
<td>• Peach &amp; pear crumble with custard</td>
</tr>
<tr>
<td></td>
<td>• Fresh fruit</td>
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<tr>
<td></td>
<td>• Yoghurt</td>
</tr>
<tr>
<td></td>
<td>• Jelly &amp; ice cream</td>
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<tr>
<td></td>
<td>• Creamed rice pot</td>
</tr>
<tr>
<td></td>
<td>• Fruit trifle</td>
</tr>
<tr>
<td>SUNDAY</td>
<td>• Cheese cake</td>
</tr>
<tr>
<td></td>
<td>• Fresh fruit</td>
</tr>
<tr>
<td></td>
<td>• Yoghurt</td>
</tr>
<tr>
<td></td>
<td>• Jelly &amp; ice cream</td>
</tr>
<tr>
<td></td>
<td>• Creamed rice pot</td>
</tr>
<tr>
<td></td>
<td>• Fruit trifle</td>
</tr>
</tbody>
</table>

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