# County Durham and Darlington NHS

NHS Foundation Trust

# Your Hollies

## Dear Patient

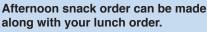
The Catering Team hope that you enjoy your meals during your stay with us. Our menus have been designed to allow you to choose appetising and nutritious food. Should you wish to discuss any aspect of the Catering or Domestic Services or even visit the premises from where the food is produced please ask a member of the ward staff to speak to the Catering Team or contact us on 01325 743307 / 3310.

Each morning you will be able to choose from the breakfast menu served on the ward.

During your stay your meals will be served approximately at the following times:

Breakfast - 8am - 9am Lunch - 12 noon Supper - 5pm





### **SPECIAL PRESCRIBED DIETS**

If you are on a special diet, dietary codes have been used to help you choose from the menu. If you have specific concerns about dietary requirements (for example allergies) please speak to a member of ward staff.



#### **Diet codes**

- Soft option
- D Diabetic
- **GF** Gluten free
- Healthy option
- Vegetarian

#### **HEALTHY EATING**

Healthy option dishes are indicated by ♥. General healthy eating guidelines suggest:

- · More fruit and vegetables, bread and cereals
- Fewer fried and fatty foods
- Moderate sugar, less salt
- · A variety of different foods

Drinking enough water is just as important as eating the right foods.

Think Water, Stay Healthy, Stay Hydrated

#### **PREVENTION FIRST**

If you would like to know more about healthy eating, nutrition and sustaining these skills with confidence please ring the Food and Health Team and ask about Cook 4 Life on 01325 746133 or 01207 523618.

You can also email us on: cdda-tr.foodandhealth@nhs.net

#### **MULTICULTURAL MENU**

A full menu with translation is available; please ask your ward hostess or ward staff if you require a copy.

#### **HIGH PROTEIN MEALS**

If you are on a high protein diet both high protein soups and desserts are available please ask your Housekeeper or a member of staff.







#### **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. All food must be kept in the ward kitchen fridge and will be removed once the expiry date has been reached.

Don't forget to tell your family and friends about

# **Hollies Restaurant**

Offering a varied range of meals, snacks and drinks. **Opening times:** 

Monday to Friday 8.00am - 5.30pm Saturday and Sunday 8.00am - 2.00pm

Located on lower around floor.

# Cafe Quick

Offering a wide range of snack and drinks **Opening times:** 

Monday - Friday 7.30am - 7.30pm Saturday and Sunday 2.00pm - 7.30pm

Located in the main entrance

#### PROTECTED PATIENT MEALTIMES

Protected mealtimes are periods when all relevant ward based activities stop to enable nurses and ward based teams, including volunteers and relatives (where appropriate) to serve food and give assistance and support to patients.

#### **CLEAN HANDS POLICY**

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

#### SUPPORT FOR LOCAL FOOD PRODUCERS

As a public sector organisation the Trust must follow public sector purchasing rules. Whenever possible we will use local suppliers & producers so that the money we spend on food helps support the local economy.

A full menu is available in Braille and pictorial, please inform a member of staff for assistance.

Tees Valley Food Hygiene Award \*\*\*







## Have you missed a meal? Are you still hungry?

In addition to regular meal service, snack boxes and hot meals are available.

Please ask your Housekeeper or Nursing Staff who will be happy to assist.

	NAME			NAME				
	Monday	lunch	7	Monday	supper			
Please choose yo	our portion size	FILL IN the boxes like this -		Please choose	e your portion size	FILL IN the boxes like this		
Small Med	lium 🔲 Large 🔲	boxes like this -	,	Small \ N	Medium  □ Large  □	boxes like this	<u>+</u>	
STARTERS (p	olease choose one)			<b>STARTER</b>	S (please choose one)			
Orange Juice		♥ GF D V 🗆	1	Orange Ju	uice	♥ GF D \	/ 🗆	1
Cream of Chic	cken Soup	♥ SD	2	Spring Veg	getable Soup	♥ SD\	Ī 🔲	2
MAIN COUR	RSES (Please choose	one from Main		MAIN CO	URSES (Please choos	se one from Ma	in	
	ds, Sandwiches or Ja				Salads, Sandwiches or J			
Chicken & Ve		S D	] 3		Vegetable Pie	S D	П	3
Cheese Omelo		♥ GF S D V		Cheese Or		♥ GF S D \	<i>ī</i>	4
Minced Beef		S D			eef & Dumpling	S D	- ⊟	5
Tuna Pasta Ba		♥ SD		Tuna Pasta		♥ SD	_ 🗖	6
Sausage Hotp		♥ SD		Sausage H		♥ SD	_ 🗖	7
Roast Loin of		♥ GF D		Roast Loin		♥ GF D	- ⊟	8
Vegetable Pa		♥ SDV		Vegetable		♥ SD\	₹ <u></u>	9
Braised Liver		♥ GF S D	10		ver & Onions	♥ GF S D	- □	10
Chilli Con Car	rne	♥ GF S D	11	Chilli Con		♥ GF S D	_ 🗖	11
Fried Fish		S D	12	Fried Fish		S D	$\overline{\Box}$	12
Chicken in Re	ed Wine Sauce	♥ GF S D	13	Chicken in	n Red Wine Sauce	♥ GF S D	$\overline{\Box}$	13
Cold Sliced Ha	am & Coleslaw	♥ GF S D	14	Cold Sliced	d Ham & Coleslaw	♥ GF S D		14
Pureed Chicke	en & Stuffing	♥ GF S D	15	Pureed La	ncashire Hotpot	♥ GF S D		15
SALADS				SALADS				
Ham Salad		♥ GF D □	16	Turkey Sal		<b>♥</b> GF D		16
Cheese Salad		♥ GF DV	17	Ploughma			7 H	17
Tuna Salad		♥ GF D	18	Salmon Sa		♥ GF D	- 님	18
JACKET POT	TATOES				POTATOES		ш	
	with Baked Beans	♥ GF DV□	1 19		tato with Baked Beans	♥ GF D\	/ I	19
	with Grated Cheese				tato with Grated Cheese		_	20
	with Coleslaw	GF DV			tato with Coleslaw		, 	21
SANDWICH			21	SANDWIG		di D	' Ш	21
	Wholemeal Bread	♥ SDV□	22		voury - Wholemeal Brea	ad ♥ SD\	<i>,</i> $\Box$	22
Ham Salad - '		▼ D □	23		d - White Bread	# D	- ∺	23
	nber - White Bread	▼ SD □			nato - Wholemeal Bread		, H	24
Turia & Cucur	inder - writte bread			Lgg & Toll	nato - Wilolemear Breat	u + 3D	- =	25
DOTATOES	(Please choose one)		23	POTATOE	C (Diago chago and	A	ш	23
		• CEC D.V.			(Please choose one		, $\Box$	26
Creamed Pota		♥ GF S D V		Creamed F		♥ GF S D \		26
Roast Potatoe		GF D V C		Roast Pota		GF D\		27
Chipped Pota Jacket Potato		♥ GF S D V		Chipped P Jacket Pot		GFSD\ ♥ GFSD\		
		▼ GF3 D V L	29			▼ GF 3 D V	<i>'</i> Ц	29
SIDE ORDER	13			SIDE ORD			. —	
Side Salad		♥ GF D V		Side Salad		♥ GF D\		30
Boiled Rice		♥ GF D V		Boiled Rice		♥ GF D\		31
Green Beans		♥ GF S D V		Garden Pe		♥ GF S D \		32
Sliced Carrots	5	♥ GF D V		Parsnip &	Swede	♥ GF S D \		
Gravy DESSERTS (	(Please choose one de	GFSD   Cossert)	34	Gravy DESSERT	S (Please choose one d	GFSD	Ш	34
Apple Crumb		s ∨ □	35		nge & Custard		/ <b></b>	35
Rice Pudding		♥ GFS V		Rice Puddi			<u> </u>	36
Fruit Jelly		♥ GFS V		Sliced Pea		♥ GF D\		37
Ice Cream		S D V		Ice Cream		S D \		
Fruit Yoghurt	<u> </u>	GF S D V		Fruit Yogh		GF S D \		
Cheese & Bisc		DV		Cheese & I			/ =	
	le Pie & Custard	♥ SDV			ruit Crumble & Custard			
Pureed Rice P		▼ SDV			nocolate Sponge	▼ SD\		
Apple	adding	♥ GF DV	_	Banana	ocolute sporige	♥ GF S D \		
	SNACK (Afternoon		, ,	Barraria		, 0, 50		43
delivered with	SNACK (Afternoon single) In lunch)	nack will be	] 44					
							_	

ROOM

WARD

NAME		NAME	
Tuesday	lunch	Tuesday <b>SUPPER</b>	
Please choose your portion size	boxes like this -		LL IN the oxes like this -
Small Medium Large	boxes like this -	Small Medium Large	Jaes like triis -
STARTERS (please choose one)		STARTERS (please choose one)	
Orange Juice	<b>♥</b> GF D V □ 1	Orange Juice	♥ GF D V □ 1
Scotch Broth Soup	♥ SD □ 2	Leek & Potato Soup	♥ SDV □ 2
MAIN COURSES (Please choose		MAIN COURSES (Please choose of	
Courses, Salads, Sandwiches or Jac		Courses, Salads, Sandwiches or Jack	•
Chicken & Vegetable Pie	S D 3	Chicken & Vegetable Pie	S D 3
Cheese Omelette	♥ GFSDV □ 4	Cheese Omelette	♥ GFSDV □ 4
Minced Beef & Dumpling	S D □ 5	Minced Beef & Dumpling	S D _ 5
Tuna Pasta Bake	♥ SD □ 6	Tuna Pasta Bake	♥ SD □ 6
Sausage Hotpot	♥ SD □ 7	Sausage Hotpot	♥ SD □ 7
Roast Loin of Pork	♥ GF D □ 8	Roast Loin of Pork	<b>♥</b> GF D □ 8
Vegetable Pasta	♥ SDV □ 9	Vegetable Pasta	▼ SDV □ 9
Braised Liver & Onions	♥ GF S D □ 10	Braised Liver & Onions	♥ GF S D □ 10
Chilli Con Carne	♥ GF S D ☐ 11	Chilli Con Carne	♥ GF S D □ 11
Fried Fish Chicken in Red Wine Sauce	S D 12	Fried Fish	S D ☐ 12
Cold Sliced Ham & Coleslaw	♥ GF S D □ 13 ♥ GF S D □ 14	Chicken in Red Wine Sauce Cold Sliced Ham & Coleslaw	♥ GF S D ☐ 13 ♥ GF S D ☐ 14
Pureed Beef Stew & Dumpling	♥ GF S D       □       14         ♥ S D       □       15	Pureed Salmon in Dill Cream Sauce	♥ GF S D       □       14         ♥ GF S D       □       15
	<u> </u>		<u> </u>
SALADS	<b>*</b> 65 D = 46	SALADS	<b>*</b> 65
Ham Salad	♥ GF D □ 16	Turkey Salad	♥ GF D □ 16
Cheese Salad	♥ GF D V □ 17	Ploughman's Salad	▼ DV □ 17
Tuna Salad	♥ GF D □ 18	Salmon Salad	♥ GF D □ 18
JACKET POTATOES		JACKET POTATOES	
Jacket Potato with Baked Beans	♥ GF D V □ 19	Jacket Potato with Baked Beans	♥ GF D V □ 19
Jacket Potato with Grated Cheese	♥ GF S D V □ 20	Jacket Potato with Grated Cheese	♥ GF S D V □ 20
Jacket Potato with Coleslaw SANDWICHES	GF D V □ 21	Jacket Potato with Coleslaw SANDWICHES	GF D V □ 21
Egg & Cress - Wholemeal Bread	♥ SDV □ 22	Cheese Savoury - Wholemeal Bread	♥ SDV □ 22
Ham Salad - White Bread	♥ D □ 23	Beef Salad - White Bread	♥ D □ 23
Tuna & Cucumber - White Bread	▼ SD □ 24	Egg & Tomato - Wholemeal Bread	▼ SDV □ 24
POTATOES (Please choose one)	25	POTATOES (Please choose one)	□ 25
Creamed Potatoes	♥ GF S D V □ 26	Creamed Potatoes	♥ GF S D V □ 26
Roast Potatoes	GF D V □ 27	Roast Potatoes	GF D V □ 27
Chipped Potatoes	GFSDV 28	Chipped Potatoes	GFSDV 28
Jacket Potato	♥ GF S D V □ 29	Jacket Potato	♥ GF S D V □ 29
SIDE ORDERS		SIDE ORDERS	
Side Salad	♥ GF D V 🔲 30	Side Salad	♥ GF D V 🔲 30
Boiled Rice	♥ GF D V □ 31	Boiled Rice	♥ GF D V □ 31
Cabbage	♥ GF S D V □ 32	Cauliflower	♥ GF S D V □ 32
Mixed Vegetables	♥ GF S D V □ 33	Baked Beans	♥ GF S D V □ 33
Gravy	GF S D 🔲 34	Gravy	GF S D 🔲 34
<b>DESSERTS</b> (Please choose one de	ssert)	DESSERTS (Please choose one dess	e <b>rt)</b>
Apple Crumble & Custard	S V □ 35	Fruit Sponge & Custard	S V □ 35
Rice Pudding	♥ GF S V 🔲 36	Rice Pudding	♥ GF S V 🔲 36
Fruit Jelly	♥ GF S V 🔲 37	Sliced Peaches	<b>♥</b> GF D V □ 37
Ice Cream	S D V 38	Ice Cream	S D V 🔲 38
Fruit Yoghurt	GF S D V 🔲 39	Fruit Yoghurt	GFSDV 39
Cheese & Biscuits	D V □ 40	Cheese & Biscuits	D V 🔲 40
Diabetic Bread & Butter Pudding & Custo		Diabetic Rice Pudding	▼ SDV □ 41
Pureed Semoilna	♥ SDV □ 42	Pureed Summer Fruit Pudding	♥ SDV □ 42
Apple	<b>♥</b> GF D V □ 43	Banana	<b>♥</b> GF S D V □ 43
AFTERNOON SNACK (Afternoon sn			
delivered with lunch)	□ 44		

ROOM

WARD

NAME	NAME
Wednesday Unc	
Please choose your portion size  FILL IN the boxes like this -	Diagon also and the state of th
Small Medium Large	Small Medium Large
STARTERS (please choose one)	STARTERS (please choose one)
Orange Juice ♥ GF D V 🗆	] 1 Orange Juice ♥ GF D V 🗍 1
Cream of Mushroom Soup ♥ S D V	· ·
MAIN COURSES (Please choose one from Main	MAIN COURSES (Please choose one from Main
Courses, Salads, Sandwiches or Jacket Potatoes)	Courses, Salads, Sandwiches or Jacket Potatoes)
Chicken & Vegetable Pie S D ☐ Cheese Omelette ♥ GF S D V ☐	
Minced Beef & Dumpling S D	
Tuna Pasta Bake ♥ S D	
Sausage Hotpot ♥ S D	<del>-</del>
Roast Loin of Pork ♥ GF D	Roast Loin of Pork ♥ GF D □ 8
Vegetable Pasta ♥ S D V	
Braised Liver & Onions	
Chilli Con Carne ♥ GF S D Fried Fish S D	
Fried Fish S D Chicken in Red Wine Sauce GFS D	
Cold Sliced Ham & Coleslaw ♥ GF S D	
Pureed Macaroni Cheese ♥ S D V	<u> </u>
SALADS	SALADS
Ham Salad ♥ GF D	
Cheese Salad ♥ GF D V	
Tuna Salad ♥ GF D	<u> </u>
JACKET POTATOES	JACKET POTATOES
Jacket Potato with Baked Beans ♥ GF D V ☐	
Jacket Potato with Grated Cheese ♥ GF S D V ☐ Jacket Potato with Coleslaw GF D V ☐	
SANDWICHES	SANDWICHES
Egg & Cress - Wholemeal Bread ♥ S D V ☐ Ham Salad - White Bread ♥ D ☐	
Tuna & Cucumber - White Bread ♥ S D	
Tana a cacamber write bread , 3 b	25 <u>agg &amp; foliate Wholemed Bread                                    </u>
POTATOES (Please choose one)	POTATOES (Please choose one)
Creamed Potatoes ♥ GF S D V	
Roast Potatoes GF D V	
Chipped Potatoes GF S D V	
Jacket Potato ♥ GF S D V	<u> </u>
SIDE ORDERS Side Salad ♥ GF D V □	SIDE ORDERS  Side Salad ♥ GF D V □ 30
Boiled Rice	
Swede ♥ GF S D V	
Garden Peas ♥ GF D V	
Gravy GF S D	] 34   Gravy   GF S D   34
<b>DESSERTS</b> (Please choose one dessert)	<b>DESSERTS</b> (Please choose one dessert)
Apple Crumble & Custard S V	
Rice Pudding ♥ GF S V	
Fruit Jelly ♥ GF S V	
Ice Cream S D V	
Fruit Yoghurt GF S D V Cheese & Biscuits D V	
Cheese & Biscuits D V ☐ Fruit in Natural Juice S D V ☐	
Pureed Rice Pudding S D V	
Apple ♥ GF D V	
AFTERNOON SNACK (Afternoon snack will be	
delivered with lunch)	] 44

ROOM

WARD

NAME		NAME	
Thursday	lunch	Thursday <b>Supper</b>	
Please choose your portion size	FILL IN the boxes like this -	Please choose your portion size  FILL IN the boxes like this -	
Small	boxes like tills -	Small Medium Large	
STARTERS (please choose one)		STARTERS (please choose one)	
Orange Juice	♥ GF DV 🔲 1	Orange Juice ♥ GF D V 🗆	1
Vegetable & Herb Soup	♥ SDV □ 2	Tomato Soup ♥ S D V □	2
MAIN COURSES (Please choose		MAIN COURSES (Please choose one from Main	
Courses, Salads, Sandwiches or Ja	The second secon	Courses, Salads, Sandwiches or Jacket Potatoes)	
Chicken & Vegetable Pie	S D 3	Chicken & Vegetable Pie S D	3
Cheese Omelette	♥ GF S D V ☐ 4	Cheese Omelette ♥ GF S D V	4
Minced Beef & Dumpling Tuna Pasta Bake	S D ☐ 5 ▼ S D ☐ 6	Minced Beef & Dumpling S D ☐ Tuna Pasta Bake ♥ S D ☐	5 6
Sausage Hotpot	▼ SD □ 7	Sausage Hotpot	7
Roast Loin of Pork	▼ GF D □ 8	Roast Loin of Pork ♥ GF D	8
Vegetable Pasta	▼ SDV □ 9	Vegetable Pasta ♥ S D V □	9
Braised Liver & Onions	♥ GF S D □ 10	Braised Liver & Onions ♥ GF S D	10
Chilli Con Carne	♥ GF S D □ 11	Chilli Con Carne ♥ GF S D	11
Fried Fish	S D □ 12	Fried Fish S D	12
Chicken in Red Wine Sauce	♥ GF S D □ 13	Chicken in Red Wine Sauce ♥ GF S D	13
Cold Sliced Ham & Coleslaw	♥ GF S D □ 14		14
Pureed Roast Lamb & Mint	♥ GF S D □ 15		15
SALADS	* 65 5 5 46	SALADS	4.0
Ham Salad	♥ GF D □ 16	_	16
Cheese Salad Tuna Salad	♥ GF         D V         □         17           ♥ GF         D         □         18	<u> </u>	17 18
JACKET POTATOES	<b>∀</b> Gi D □ 10	JACKET POTATOES	10
Jacket Potato with Baked Beans	<b>♥</b> GF D V □ 19		19
Jacket Potato with Grated Cheese			20
Jacket Potato with Coleslaw	GF D V □ 21		21
SANDWICHES	G. 5	SANDWICHES	
Egg & Cress - Wholemeal Bread	♥ SDV □ 22		22
Ham Salad - White Bread	♥ D □ 23	Beef Salad - White Bread ♥ D	23
Tuna & Cucumber - White Bread	♥ SD □ 24	Egg & Tomato - Wholemeal Bread ♥ S D V	24
	□ 25		25
POTATOES (Please choose one)		POTATOES (Please choose one)	
Creamed Potatoes	♥ GF S D V □ 26		26
Roast Potatoes	GF D V □ 27		27
Chipped Potatoes	GFSDV 28		28
Jacket Potato	♥ GF S D V □ 29	Jacket Potato ♥ GF S D V □	29
SIDE ORDERS	<b>*</b> CF DV = 30	SIDE ORDERS	20
Side Salad Boiled Rice	♥ GF         D V         □         30           ♥ GF         D V         □         31		30
Sprouts	♥ GF DV □ 31           ♥ GF S D V □ 32		31 32
Carrot & Parsnip	♥ GF S D V □ 33	Broccoli ♥ GF S D V	
Gravy	GF S D	Gravy GF S D	
DESSERTS (Please choose one de	_	DESSERTS (Please choose one dessert)	
Apple Crumble & Custard	S V □ 35		35
Rice Pudding	♥ GF S V □ 36		36
Fruit Jelly	♥ GF S V □ 37	Sliced Peaches ♥ GF D V	
Ice Cream	S D V □ 38	Ice Cream S D V	
Fruit Yoghurt	GF S D V □ 39	Fruit Yoghurt GF S D V	
Cheese & Biscuits	D V □ 40	Cheese & Biscuits DV	
Diabetic Fruit Crumble & Custard	♥ SDV ☐ 41	Diabetic Bread & Butter Pudding & Custard ♥ S D V	
Pureed Semolina	♥ SDV □ 42	Pureed Lemon Sponge ♥ S D V □	
Apple	♥ GF D V □ 43	Banana ♥ GF S D V	43
AFTERNOON SNACK (Afternoon si			
delivered with lunch)	□ 44		

ROOM

WARD

	NAME		NAME		
	Friday	lunch	Friday	supper	
Please choose you	•	FILL IN the	-	osa vaur partian siza	FILL IN the
	•	boxes like this -			boxes like this -
	um Large 🗌	+	Small 🔲	Medium Large	<b>+</b>
	lease choose one)			RS (please choose one)	
Orange Juice		♥ GF D V □ 1			♥ GF D V □ 1
Country Veget	•	♥ SDV □ 2	, ,	egetable Soup	♥ SDV □ 2
	SES (Please choose			OURSES (Please choose	
	ls, Sandwiches or Ja			, Salads, Sandwiches or Jac	•
Chicken & Veg		SD 🔲 3		& Vegetable Pie	S D 3
Cheese Omelet		♥ GF S D V ☐ 4		Omelette	♥ GF S D V ☐ 4
Minced Beef & Tuna Pasta Bak		S D ☐ 5		Beef & Dumpling sta Bake	S D ☐ 5 ▼ S D ☐ 6
Sausage Hotpo		▼ SD □ 7		Hotpot	▼ SD □ 7
Roast Loin of P		▼ GF D □ 8		oin of Pork	▼ GF D □ 8
Vegetable Past		▼ SDV □ 9			▼ SDV □ 9
Braised Liver &		♥ GF S D □ 10	- 3	Liver & Onions	♥ GF S D □ 10
Chilli Con Carn		♥ GF S D □ 11			♥ GF S D □ 11
Fried Fish		S D 🔲 12	Fried Fis	h	S D 🔲 12
Chicken in Red		♥ GF S D □ 13	Chicken	in Red Wine Sauce	♥ GF S D □ 13
Cold Sliced Ha		♥ GF S D □ 14		ced Ham & Coleslaw	♥ GF S D □ 14
Pureed Fishern	man's Pie	♥ GF S D □ 15	Pureed (	Chicken & Potato Pie	♥ GF S D □ 15
SALADS			SALADS		
Ham Salad		♥ GF D 🔲 16	,		♥ GF D □ 16
Cheese Salad		♥ GF D V 🔲 17		nan's Salad	▼ DV □ 17
Tuna Salad		♥ GF D □ 18			♥ GF D □ 18
JACKET POTA				POTATOES	
	with Baked Beans	<b>♥</b> GF D V □ 19		otato with Baked Beans	<b>♥</b> GF D V □ 19
	with Grated Cheese	♥ GF S D V □ 20		otato with Grated Cheese	♥ GF S D V □ 20
Jacket Potato		GF D V □ 21		otato with Coleslaw	GF D V □ 21
SANDWICHE			SANDW		
	Wholemeal Bread	♥ SDV □ 22		Savoury - Wholemeal Bread	
Ham Salad - W		♥         D         □         23           ♥         S D         □         24		ad - White Bread	♥         D         □         23           ♥         S D V         □         24
Tuna & Cucum	ber - White Bread	▼         S D         □         24           □         25	23	omato - Wholemeal Bread	<u>▼ 3 D V</u> □ 24 □ 25
DOTATOES	(DI)	L 23		NES (Diagram diagram)	L 23
Creamed Potat	(Please choose one)	<b>₩</b> CE C D V □ 30		(Please choose one) d Potatoes	<b>₩</b> CF C D V □ 3C
Roast Potatoes		♥ GF S D V □ 26			♥ GF S D V □ 26 GF D V □ 27
Chipped Potate		GF S D V ☐ 28		Potatoes	GF S D V ☐ 28
Jacket Potato	.003	♥ GF S D V □ 29			♥ GF S D V □ 29
SIDE ORDERS	5	. 6. 5 5	SIDE OF		. 6. 5 5 1 🗀 25
Side Salad		♥ GF D V □ 30			♥ GF D V □ 30
Boiled Rice		♥ GF D V □ 31			♥ GF D V □ 31
Mushy Peas		♥ GF S D V □ 32			♥ GF S D V □ 32
Sliced Carrots		♥ GF S D V □ 33			♥ GF S D V □ 33
Gravy		GF S D 34	Gravy		GF S D 34
DESSERTS (P	Please choose one de	essert)	DESSER	(Please choose one des	ssert)
Apple Crumble		S V □ 35		onge & Custard	S V □ 35
Rice Pudding	e a castara	♥ GF S V □ 36			♥ GF S V □ 36
Fruit Jelly		♥ GF S V 🔲 37			♥ GF D V □ 37
Ice Cream		S D V □ 38			S D V □ 38
Fruit Yoghurt		GF S D V 39			GF S D V 39
Cheese & Biscu		D V □ 40		& Biscuits	D V □ 40
Fruit in Natura		♥ SDV ☐ 41		Apple Pie & Custard	♥ SDV □ 41
Pureed Rice Pu	udding	♥ SDV □ 42		Chocolate Sponge	♥ SDV □ 42
Apple		<b>♥</b> GF D V □ 43	Banana		♥ GF S D V □ 43
	NACK (Afternoon sr				
delivered with	lunch)	□ 44	H		
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	NAME			N	NAME					
	Saturday	lunch FILL IN the		Sa	turday	suppei	FILL IN	·h.o		
Please choose you	ır portion size	boxes like this -		Ple	ase choose yo	our portion size	boxes li		s -	
Small 🔲 Mediu	um 🔲 Large 🔲	₩ ₩ ₩ ₩ ₩ ₩ ₩ ₩ ₩ ₩ ₩ ₩ ₩ ₩ ₩ ₩ ₩ ₩ ₩		Sm	all Med	ium 🔲 Large 🔲			Ţ	
STARTERS (pl	ease choose one)			S	TARTERS (	olease choose one)				
Orange Juice	case choose one,	♥ GF DV□	1		range Juice		<b>♥</b> G	F D	νП	1
Asparagus Sou	ID	♥ SDV□			eef & Tomat		<b>Y</b>	S D	-Н	2
. •	ES (Please choose	one from Main				RSES (Please choose	se one fro	m M:	oin.	_
	ls, Sandwiches or Ja					ds, Sandwiches or J				
Chicken & Veg		S D □	3		Chicken & Ve		acket i ot	S D	<i>'</i> ¬	3
Cheese Omelet		♥ GF S D V □			heese Omel		<b>∀</b> G	F S D	⊽∺	4
Minced Beef &		S D $\square$	5			& Dumpling	, ,	SD	ŤĦ	
Tuna Pasta Bak		▼ SD □	6		una Pasta Ba		•	S D	-님	5 6
Sausage Hotpo		♥ SD □	7	_	ausage Hotp		<b>Y</b>	S D		7
Roast Loin of P		♥ GF D □	8		loast Loin of		<b>♥</b> G		_ቨ	8
Vegetable Past		♥ SDV□	9	$\overline{v}$	egetable Pa	sta	*	S D	_	9
Braised Liver &		♥ GF S D	10		raised Liver		<b>♥</b> G	F S D	- 戸	10
Chilli Con Carn	ne	♥ GF S D	11	C	hilli Con Car	ne	<b>♥</b> G	F S D	$\overline{}$	11
Fried Fish		S D	12	F	ried Fish			S D	$\overline{}$	12
Chicken in Red	l Wine Sauce	♥ GF S D	13	C	hicken in Re	ed Wine Sauce	<b>♥</b> G	F S D		13
Cold Sliced Har	m & Coleslaw	♥ GF S D	14	C	old Sliced H	am & Coleslaw	<b>♥</b> G	F S D	$\Box$	14
Pureed Beef Bo	olognasie & Pasta	<b>♥</b> SD □	15	P	ureed Potate	o Gratin in Cheese S	auce 🛡	S D	V $\square$	15
SALADS				S	ALADS				_	
Ham Salad		♥ GF D □	16		urkey Salad		<b>♥</b> G	F D	П	16
Cheese Salad		♥ GF D V □	17		loughman's	Salad	<b>Y</b>		⊽ቨ	17
Tuna Salad		♥ GF D □	18		almon Salad		<b>♥</b> G	F D	- □	18
JACKET POTA	ATOES	_			ACKET POT				_	
	with Baked Beans	♥ GF DV□	19			with Baked Beans	<b>♥</b> G	F D	VΠ	19
	with Grated Cheese					with Grated Chees		FSD		20
Jacket Potato v		GF DV		_		with Coleslaw		F D		21
SANDWICHE		_			ANDWICH				_	
	Vholemeal Bread	♥ SDV□	22			ıry - Wholemeal Bre	ad <b>♥</b>	S D	νП	22
Ham Salad - W		▼ D □	23		eef Salad - V		<b>Y</b>	D	- 님	23
	ber - White Bread	▼ SD □	24			o - Wholemeal Brea	d ♥	S D	$\overline{v}\overline{d}$	24
			25	-					$\overline{}$	25
POTATOES (	(Please choose one)			P	OTATOES	(Please choose one	<u>.)</u>			
Creamed Potat		♥ GF S D V 🗌	26		reamed Pot			F S D	VΠ	26
Roast Potatoes		GF DV			loast Potato			F D		27
Chipped Potate		GF S D V		_	hipped Pota			FSD		28
Jacket Potato		♥ GF S D V 🔲			acket Potato			F S D		29
SIDE ORDERS	5	_		SI	DE ORDEF	RS			_	
Side Salad		♥ GF D V 🗆	30		ide Salad		<b>♥</b> G	F D	V 🗆	30
Boiled Rice		♥ GF D V			oiled Rice		♥ G		įΠ	31
Mixed Vegetak	oles	♥ GF S D V □			weetcorn		<b>♥</b> G		įπ	32
Cauliflower		♥ GF S D V □			abbage			FSD		
Gravy		GF S D			iravy					34
•	lease choose one de	accort)			-	Please choose one o	dossart)		_	
Apple Crumble		s ∨ □	35		ruit Sponge		iesser ty	S	V□	35
Rice Pudding	a Custaru	♥ GF S V □			lice Pudding		<b>♥</b> G		ŬH	36
Fruit Jelly		♥ GF S V □			liced Peache			F D		37
Ice Cream		S D V			ce Cream	: <b>3</b>	<b>+ U</b>		ѷӸ	38
Fruit Yoghurt		GF S D V			ruit Yoghurt	•	G	F S D		
Cheese & Biscu	ıits	DV			Theese & Biso		<u> </u>		ĕΗ	40
	Crumble & Custard	▼ SDV□				& Butter Pudding & Cu	ıstard ♥		ν̈Η̈́	41
Pureed Semoli		▼ SDV□			ureed Syrup		<b>♥</b>		ν̈Π	42
Apple		♥ GF D V			anana	<u>, </u>	·	F S D		43
	NACK (Afternoon si		-			AKFAST (Please tick				_
delivered with			44		ke a bacon sa		you w	, ard		44
	,				3 2 3 3 3 3 3 7 7 7					• •

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NAME		NAME	
Sunday	lunch	Sunday <b>SUPPE</b>	
Please choose your portion size	FILL IN the boxes like this -		ILL IN the oxes like this -
Small	boxes like this -	Small	toxes like this -
STARTERS (please choose one)		STARTERS (please choose one)	
Orange Juice	<b>♥</b> GF D V □ 1	Orange Juice	♥ GF D V □ 1
Chicken & Vegetable Soup	♥ SD □ 2	Minestrone Soup	♥ SDV □ 2
MAIN COURSES (Please choose		MAIN COURSES (Please choose o	
Courses, Salads, Sandwiches or Jac	The second secon	Courses, Salads, Sandwiches or Jack	•
Chicken & Vegetable Pie	S D □ 3	Chicken & Vegetable Pie	S D 🔲 3
Cheese Omelette	♥ GFSDV ☐ 4	Cheese Omelette	♥ GF S D V ☐ 4
Minced Beef & Dumpling	S D ☐ 5	Minced Beef & Dumpling	S D _ 5
Tuna Pasta Bake	♥ SD □ 6	Tuna Pasta Bake	▼ SD □ 6 ▼ SD □ 7
Sausage Hotpot Roast Loin of Pork	♥ SD □ 7 ♥ GF D □ 8	Sausage Hotpot Roast Loin of Pork	♥ SD □ 7 ♥ GF D □ 8
Vegetable Pasta	▼ GF D □ 8	Vegetable Pasta	▼ GF D □ 8 ▼ SDV □ 9
Braised Liver & Onions	▼ GF S D □ 10	Braised Liver & Onions	▼ GF S D □ 10
Chilli Con Carne	♥ GF S D □ 11	Chilli Con Carne	♥ GF S D □ 11
Fried Fish	S D □ 12	Fried Fish	S D □ 12
Chicken in Red Wine Sauce	♥ GF S D □ 13	Chicken in Red Wine Sauce	♥ GF S D □ 13
Cold Sliced Ham & Coleslaw	♥ GF S D □ 14	Cold Sliced Ham & Coleslaw	♥ GF S D □ 14
Pureed Roast Beef Dinner	♥ GF S D □ 15	Pureed Vegetable Lasagne	♥ SDV □ 15
SALADS		SALADS	
Ham Salad	♥ GF D □ 16	Turkey Salad	♥ GF D □ 16
Cheese Salad	♥ GF D V 🔲 17	Ploughman's Salad	▼ DV
Tuna Salad	♥ GF D □ 18	Salmon Salad	♥ GF D □ 18
JACKET POTATOES		<b>JACKET POTATOES</b>	
Jacket Potato with Baked Beans	♥ GF DV 🗆 19	Jacket Potato with Baked Beans	♥ GF D V □ 19
Jacket Potato with Grated Cheese	♥ GF S D V □ 20	Jacket Potato with Grated Cheese	♥ GF S D V □ 20
Jacket Potato with Coleslaw	GF D V □ 21	Jacket Potato with Coleslaw	GF DV . 21
SANDWICHES		SANDWICHES	
Egg & Cress - Wholemeal Bread	♥ SDV 🔲 22	Cheese Savoury - Wholemeal Bread	♥ SDV □ 22
Ham Salad - White Bread	♥ D □ 23	Beef Salad - White Bread	♥ D □ 23
Tuna & Cucumber - White Bread	♥ SD □ 24	Egg & Tomato - Wholemeal Bread	♥ SDV □ 24
	□ 25		□ 25
POTATOES (Please choose one)		POTATOES (Please choose one)	
Creamed Potatoes	♥ GF S D V □ 26	Creamed Potatoes	♥ GF S D V □ 26
Roast Potatoes	GF D V □ 27	Roast Potatoes	GF D V □ 27
Chipped Potatoes	GF S D V □ 28	Chipped Potatoes	GFSDV 28
Jacket Potato	♥ GF S D V 🔲 29	Jacket Potato	♥ GF S D V □ 29
SIDE ORDERS		SIDE ORDERS	
Side Salad	♥ GF D V □ 30	Side Salad	♥ GF D V □ 30
Boiled Rice	♥ GF D V □ 31	Boiled Rice	♥ GF D V □ 31
Broccoli Baton Carrots	♥ GF S D V □ 32	Swede Cardan Bass	♥ GF S D V □ 32
Gravy	♥ GF D V □ 33 GF S D □ 34	Garden Peas Gravy	<b>♥</b> GF D V □ 33 GF S D □ 34
DESSERTS (Please choose one de	_	DESSERTS (Please choose one dess	_
Apple Crumble & Custard Rice Pudding	S V ☐ 35 ▼ GF S V ☐ 36	Fruit Sponge & Custard Rice Pudding	S V ☐ 35 ▼ GF S V ☐ 36
Fruit Jelly	♥ GF S V □ 37	Sliced Peaches	♥ GF D V □ 37
Ice Cream	S D V □ 38	Ice Cream	S D V □ 38
Fruit Yoghurt	GF S D V □ 39	Fruit Yoghurt	GF S D V □ 39
Cheese & Biscuits	D V 🗆 40	Cheese & Biscuits	$DV \square 40$
Diabetic Rice Pudding	▼ SDV □ 41	Diabetic Apple Pie & Custard	▼ SDV □ 41
Pureed Rice Pudding	♥ SDV □ 42	Pureed Summer Fruit Pudding	♥ SDV □ 42
Apple	♥ GF D V □ 43	Banana	♥ GF S D V □ 43
AFTERNOON SNACK (Afternoon sn			
delivered with lunch)	□ 44		
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ROOM

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