

# FRIDAY

# SATURDAY

# SUNDAY

FRIDAY

## Lunch

- Battered Fish HE ♥**  
Oven baked white fish in deep fried batter coating
- Pork & Leek Sausages HE**  
Pork and leek sausages
- Cauliflower Cheese EC V**  
Cauliflower in savoury cheese sauce with a cheese topping
- Egg Salad ♥ V**
- Enriched Potato Mash EC HE**  
Chips  
Mushy Peas EC HE  
Baked Beans EC HE

## Dessert

- Ginger Sponge EC HE V**
- Custard EC V**
- Yoghurt EC V**
- Ice Cream EC V**
- Fruit in Juice ♥**

## Supper

- Creamy Tomato Soup EC HE V**
- Chicken Casserole ♥**  
Chicken strips with vegetables and gravy
- Macaroni Cheese with Mustard EC HE V**  
Creamy macaroni with cheese and wholegrain seed mustard
- Enriched Potato Mash EC HE**
- Sauté Potatoes HE**
- Broccoli EC ♥**
- Mixed Vegetables ♥**
- A Choice of Sandwich**

## Dessert

- Syrup Sponge EC HE V**
- Custard EC V**
- Yoghurt EC V**
- Ice Cream EC V**
- Fruit in Juice ♥**

## Lunch

- Beef Lasagne EC HE**  
Layers of pasta, minced beef in tomato, and cheese sauce
- Chicken Tikka Masala ♥**  
Chicken breast strips in medium spiced cream and tomato curry
- Cheese & Onion Pie HE V**  
Sliced potatoes, onions and leeks in cheese, topped with shortcrust pastry
- Cheddar Cheese Salad V**
- Enriched Potato Mash EC HE**
- Boiled Rice EC HE ♥**
- Carrots EC ♥**
- Cauliflower EC ♥**

## Dessert

- Rhubarb & Apple Crumble EC HE V**
- Custard EC V**
- Yoghurt EC V**
- Ice Cream EC V**
- Fruit in Juice ♥**

## Supper

- Chicken & Vegetable Soup EC HE**
- Cottage Pie EC HE**  
Minced beef and vegetables topped with mashed potato
- Vegetable & Lentil Stew with Dumplings HE ♥ V**  
Stew with potatoes, chickpeas, butterbeans, tomatoes, carrot, lentils, onions, peppers, peas and suet dumpling
- Enriched Potato Mash EC HE**
- Steamed Skin On Potatoes ♥**
- Vegetable Medley EC ♥**
- Garden Peas HE ♥**
- A Choice of Sandwich**

## Dessert

- Eve's Pudding EC HE V**
- Custard EC V**
- Yoghurt EC V**
- Ice Cream EC V**
- Fruit in Juice ♥**

## Lunch

- Roast Pork in Gravy ♥**  
Slices of roast pork served in gravy
- Salmon Bake EC HE**  
Salmon and cauliflower in cheese sauce with baked cheese topping
- Cauliflower Cheese EC V**  
Cauliflower in savoury cheese sauce with a cheese topping
- Tuna Salad ♥**
- Enriched Potato Mash EC HE**
- Roast Potatoes HE**
- Garden Peas HE ♥**
- Mashed Butternut Squash EC HE**

## Dessert

- Chocolate Sponge EC HE V**
- Custard EC V**
- Yoghurt EC V**
- Ice Cream EC V**
- Fruit in Juice ♥**

## Supper

- Cheddar & Spring Onion Soup EC HE V**
- Corned Beef Hash EC ♥**  
Baked corned beef, potato, tomato, onion and baked beans with a grated cheese topping
- Cheese & Onion Quiche HE**  
Cheese & onion baked in savoury egg custard in a pastry base
- Enriched Potato Mash EC HE**
- Hash Browns HE**
- Sweetcorn HE ♥**
- Broccoli EC ♥**
- A Choice of Sandwich**

## Dessert

- Date & Apple Crunch HE V**
- Custard EC V**
- Yoghurt EC V**
- Ice Cream EC V**
- Fruit in Juice ♥**

SATURDAY / SUNDAY

MEALS ARE SERVED AT THE FOLLOWING TIMES:

- Breakfast 07:30 - 08:15
- Lunch 12:30 - 13:30
- Supper 17:00 - 18:00

WEEK 02

MATERNITY



### 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 fruit juice is available with each meal and throughout the day with snacks.

### Faith & Ethnic Meals

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

### Catering Department

If you would like to comment on any aspect of the Catering Service then please contact the Catering Department. Thank you.

### Key to Dietary Icons

- ♥** Healthier Choice  
All menu items are suitable for people with Diabetes, taken in moderation. For healthier choices, look for the heart symbol. ♥
- HE** Higher Energy
- V** Suitable for Vegetarians
- EC** Easy to Chew
- Allergen Advice** - if you require any allergen advice please ask a member of staff.



# MONDAY

# TUESDAY

# WEDNESDAY

# THURSDAY

MONDAY / TUESDAY

WEDNESDAY / THURSDAY

## Lunch

**Lancashire Hot Pot HE**  
Mutton and vegetables with hints of rosemary topped with sliced potatoes

**Cottage Pie EC HE**  
Minced beef and vegetables topped with mashed potato

**Vegetable & Lentil Stew with Dumplings HE ♥ V**  
Stew with potatoes, chickpeas, butterbeans, tomatoes, carrot, lentils, onions, peppers and peas

**Egg Salad ♥ V**

**Enriched Potato Mash EC HE**

**Parmentier Potatoes HE**

**Garden Peas HE ♥**

**Vegetable Medley EC ♥**

## Dessert

**Lemon Curd Sponge EC HE V**

**Custard EC V**

**Yoghurt EC V**

**Ice Cream EC V**

**Fruit in Juice ♥**

## Lunch

**Chicken Korma HE**  
Chicken strips in a mild coconut curry sauce

**Fish in Parsley Sauce EC ♥**  
White fish portion coated in parsley sauce

**Vegetable & Bean Chilli ♥ V**  
A medium spiced lentil and bean chilli with black eyed beans, chickpeas, onions and peppers

**Cheddar Cheese Salad V**

**Enriched Potato Mash EC HE**

**Boiled Rice EC HE ♥**

**Carrots EC ♥**

**Sweetcorn HE ♥**

## Dessert

**Apple & Blackberry Crumble EC HE V**

**Custard EC V**

**Yoghurt EC V**

**Ice Cream EC V**

**Fruit in Juice ♥**

## Lunch

**Shepherd's Pie EC ♥**  
Lamb mince with carrots and onions topped with mashed potato

**Pork & Bacon Casserole HE**  
A rich creamy pork casserole with bacon, leeks and mushrooms

**Vegetable Hotpot HE ♥ V**  
With black eyed beans, split peas, butter beans, green beans, courgette, peppers, onions and sauté potatoes

**Tuna Salad ♥**

**Enriched Potato Mash EC HE**

**Parmentier Potatoes HE**

**Broccoli EC ♥**

**Cauliflower EC ♥**

## Dessert

**White Chocolate-Chip Sponge EC HE V**

**Custard EC V**

**Yoghurt EC V**

**Ice Cream EC V**

**Fruit in Juice ♥**

## Lunch

**Sweet & Sour Chicken ♥**  
Chicken breast strips in a sweet & sour tomato sauce with pineapple, spring onion and mixed peppers

**Salmon Fishcakes HE**  
Salmon and potato cakes coated in gold breadcrumbs

**Omelette - Cheese EC V**  
Cheese filled egg omelette

**Ham Salad ♥**

**Enriched Potato Mash EC HE**

**Boiled Rice EC HE ♥**

**Swede EC ♥**

**Garden Peas HE ♥**

## Dessert

**Apple Pie HE V**

**Custard EC V**

**Yoghurt EC V**

**Ice Cream EC V**

**Fruit in Juice ♥**

## Supper

**Tomato & Lentil Soup EC V**

**Chicken & Pasta with Tomato & Herbs HE ♥**

Chicken and pasta in tangy and creamy tomato sauce

**Omelette - Cheese EC V**

Cheese filled egg omelette

**Enriched Potato Mash EC HE**

**Sauté Potatoes HE**

**Baked Beans EC HE**

**Broccoli EC ♥**

A Choice of Sandwich

## Dessert

**Apple & Blackberry Pie HE V**

**Custard EC V**

**Yoghurt EC V**

**Ice Cream EC V**

**Fruit in Juice ♥**

## Supper

**Carrot & Coriander Soup EC HE V**

**Minced Pork & Tomato EC ♥**

Minced pork in a rich tomato sauce with Mediterranean herbs

**Macaroni & Cheese EC HE**

Macaroni in creamy cheese sauce

**Enriched Potato Mash EC HE**

**Parmentier Potatoes HE**

**Green Beans ♥**

**Mashed Swede EC HE**

A Choice of Sandwich

## Dessert

**Coconut Sponge EC HE V**

**Custard EC V**

**Yoghurt EC V**

**Ice Cream EC V**

**Fruit in Juice ♥**

## Supper

**Pea & Mint Soup HE ♥ V**

**Fish Portugaise EC ♥**

White fish in tomato, onion and red and green pepper sauce

**Cauliflower & Broccoli Pasta EC HE V**

Cauliflower, broccoli and pasta baked in a cheese sauce

**Enriched Potato Mash EC HE**

**Steamed Potatoes EC ♥**

**Garden Peas HE ♥**

**Vegetable Medley EC ♥**

A Choice of Sandwich

## Dessert

**Plum & Apple Crumble EC HE V**

**Custard EC V**

**Yoghurt EC V**

**Ice Cream EC V**

**Fruit in Juice ♥**

## Supper

**Creamy Vegetable Soup EC V**

**Potato Topped Chicken Pie EC ♥**

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

**Mushroom & Leek Pasta Bake HE V**

A creamy mushroom, leek, cheese and herb pasta bake

**Enriched Potato Mash EC HE**

**Chips**

**Carrots EC ♥**

**Green Beans ♥**

A Choice of Sandwich

## Dessert

**Marmalade Sponge EC HE V**

**Custard EC V**

**Yoghurt EC V**

**Ice Cream EC V**

**Fruit in Juice ♥**

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### Healthy Eating Advice from the Dietitians

**Five-a-Day** - choose vegetables for lunch, fruit for pudding and fruit juice with all meals.

**Increase Fibre** - try to eat more wholemeal bread sandwiches and wholegrain breakfast cereals, such as Weetabix or Branflakes.

**Reduce Fat** - choose healthier choices. ♥

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