



# Breakfast

Gluten Free cereal, toast and buns are available on request.

MONDAY	FRIDAY
Cereals (see choice below) ●●●	Cereals (see choice below) ●●●
Sausage ●●●	Sausage ●●●
Baked Beans ●●●	Tomatoes ●●●
Scrambled Egg ●●●	Scrambled Egg ●●●
Toast ●●●	Toast ●●●
Roll (& Preserve) ●●●	Roll (& Preserve) ●●●
Fresh Fruit ●●●	Fresh Fruit ●●●
Yoghurt ●●●	Yoghurt ●●●
TUESDAY	SATURDAY
Cereals (see choice below) ●●●	Cereals (see choice below) ●●●
Bacon ●●●	Sausage ●●●
Tomatoes ●●●	Baked Beans ●●●
Scrambled Egg ●●●	Scrambled Egg ●●●
Toast ●●●	Toast ●●●
Roll (& Preserve) ●●●	Roll (& Preserve) ●●●
Fresh Fruit ●●●	Fresh Fruit ●●●
Yoghurt ●●●	Yoghurt ●●●
WEDNESDAY	SUNDAY
Cereals (see choice below) ●●●	Cereals (see choice below) ●●●
Sausage ●●●	Bacon ●●●
Baked Beans ●●●	Tomatoes ●●●
Scrambled Egg ●●●	Scrambled Egg ●●●
Toast ●●●	Toast ●●●
Roll (& Preserve) ●●●	Roll (& Preserve) ●●●
Fresh Fruit ●●●	Fresh Fruit ●●●
Yoghurt ●●●	Yoghurt ●●●
THURSDAY	
Cereals (see choice below) ●●●	
Bacon ●●●	
Baked Beans ●●●	
Scrambled Egg ●●●	
Toast ●●●	
Roll (& Preserve) ●●●	
Fresh Fruit ●●●	
Yoghurt ●●●	



Choose from the following Cereals:

Branflakes, Cornflakes, Weetabix or Porridge



# Lite Bites

A lite bite menu is available 24hrs, 7 days a week offering snacks, sandwiches, salads and jacket potatoes with various fillings. Please ask your nurse for details.



### Catering Standards

- Help is available if you need it to read the menu.
- Please remember your family, friends and other visitors are welcome to use the hospital restaurant between 7.30am and 6.00pm, Monday to Friday.
- Any special diets not appearing here will be catered for as requested by the Dietician.
- If you experience any difficulties with the Catering Service please ask your nurse or ward hostess to contact the Catering Management Team.

### How To Order Meals

- Choose your meal direct from the trolley.
- Ask the nurse or ward hostess for advice and give your requirements in advance.

### Healthy Eating

We encourage you to consider the comments below when choosing your meal:

- Have regular meals
- Eat less fried foods and pastry
- Avoid sugar and sugary foods
- Leave salt until you taste the meal
- Take more high fibre foods
- Have more fresh fruit and vegetables
- You choose healthier foods for a speedier recovery.

### Catering Management & Supervisors Team

Tel: 0191-565 6256  
exts: 42154, 42035, 42036  
Bleep: 51300

This menu has been developed in collaboration with the Nutrition and Dietetics and Speech and Language Therapy Teams and patient representatives.

# Great Menu Great Choice



A great choice of food freshly made for you

### Menu key

- **Suitable for Diabetics**
- **Healthy Choice**
- **Gluten Free**
- **Vegetarian**

### Alternative menus

We understand that everyone has different dietary needs; that's why we offer a wide range of alternative dishes such as Halal, Kosher, Children's, Vegetarian, Gluten Free and Easy to Swallow. Please ask your nurse for details.







Gluten Free soup / pasta / sandwiches / buns and lunch time hot meat baps are available on request.

Gluten Free soup / pasta / sandwiches / buns and lunch time hot meat baps are available on request.

# Lunch (12noon-1pm)

# Dinner (5pm-6pm)

## MONDAY

Soup of the Day	●●●●	Fresh Fruit	●●●●
Choice of Sandwich filling:		Yoghurt	●●●●
Hot Roast Turkey Bap	●●	Ice Cream	●●●●
Egg Mayonnaise	●●●		
Corned Beef & Tomato	●●		
Jacket Potato (see choice below)			
Snack Pot (see choice below)			
Salad (see choice below)			

## FRIDAY

Soup of the Day	●●●●	Fresh Fruit	●●●●
Choice of Sandwich filling:		Yoghurt	●●●●
Tuna & Cucumber	●●●	Ice Cream	●●●●
Hot Roast Turkey Bap	●●		
Cheese & Onion	●●●		
Jacket Potato (see choice below)			
Snack Pot (see choice below)			
Salad (see choice below)			

## TUESDAY

Soup of the Day	●●●●	Fresh Fruit	●●●●
Choice of Sandwich filling:		Yoghurt	●●●●
Cheese & Tomato	●●●●	Ice Cream	●●●●
Tuna Mayonnaise	●●●		
Hot Roast Pork Bap with Sage & Onion Stuffing	●●		
Jacket Potato (see choice below)			
Snack Pot (see choice below)			
Salad (see choice below)			

## SATURDAY

Soup of the Day	●●●●	Fresh Fruit	●●●●
Choice of Sandwich filling:		Yoghurt	●●●●
Egg & Tomato	●●●●	Ice Cream	●●●●
Ham Salad	●●●●		
Hot Roast Pork Bap with Sage & Onion Stuffing	●●		
Jacket Potato (see choice below)			
Snack Pot (see choice below)			
Salad (see choice below)			

## WEDNESDAY

Soup of the Day	●●●●	Fresh Fruit	●●●●
Choice of Sandwich filling:		Yoghurt	●●●●
Hot Roast Beef Bap	●●	Ice Cream	●●●●
Ham & Pease Pudding	●●		
Egg & Cress	●●●		
Jacket Potato (see choice below)			
Snack Pot (see choice below)			
Salad (see choice below)			

## SUNDAY

Roast Turkey	●●●●	Spotted Dick	●●●●
Roast Beef	●●●●	Custard	●●●●
Minced Beef	●●●●	Pear Halves	●●●●
Harvest Vegetable Casserole	●●●	Fresh Fruit	●●●●
Yorkshire Pudding	●	Yoghurt	●●●●
Creamed Turnip	●●●●	Ice Cream	●●●●
Carrots	●●●●		
Sprouts	●●●●		
Roast Potatoes	●●●●		
Creamed Potato	●●●●		
Jacket Potato (see choice below)			
Snack Pot (see choice below)			
Salad (see choice below)			

## THURSDAY

Soup of the Day	●●●●	Fresh Fruit	●●●●
Choice of Sandwich filling:		Yoghurt	●●●●
Cheese Savoury	●●●	Ice Cream	●●●●
Chicken Salad	●●●		
Hot Beef Burger and Onion in a Bap	●●		
Jacket Potato (see choice below)			
Snack Pot (see choice below)			
Salad (see choice below)			

## MONDAY

Roast Pork	●●●●	Apple & Blackberry Pie	●●●
Cornish Pasty	●●	Custard	●●●●
Cauliflower Cheese	●●	Fruit Cocktail	●●●●
Shepherds Pie	●●	Fresh Fruit	●●●●
Tuna & Tomato Pasta	●●	Yoghurt	●●●●
Vegetable Medley	●●●●	Ice Cream	●●●●
Creamed Turnip	●●●●		
Creamed Potato	●●●●		
Roast Potatoes	●●●●		
Salad (see choice below)			

## THURSDAY

Minted Lamb Casserole	●●●●	Mixed Fruit Jam	●●●
Cheese, Leek & Egg Pie	●●	Sponge	●●●●
Savoury Bean Casserole	●●●●	Custard	●●●●
Roast Chicken Breast	●●●●	Pear Halves	●●●●
Cottage Pie	●●	Fresh Fruit	●●●●
Vegetable Medley	●●●●	Yoghurt	●●●●
Creamed Potato	●●●●	Ice Cream	●●●●
Roast Potatoes	●●●●		
Salad (see choice below)			

## TUESDAY

Roast Beef Chasseur	●●●●	Chocolate Sponge	●●●
Steak Pie	●●	Custard	●●●●
Vegetable Pasta	●●●	Mandarin	●●●●
Chicken Casserole & Herbie Dumplings	●●●	Oranges	●●●●
Chicken Tikka & Patna Rice	●●●	Fresh Fruit	●●●●
Carrots	●●●●	Yoghurt	●●●●
Peas	●●●●	Ice Cream	●●●●
Herby Diced Potatoes	●●●●		
Creamed Potato	●●●●		
Salad (see choice below)			

## FRIDAY

Roast Pork	●●●●	Apple Crumble	●●●
Corned Beef Hash	●●	Custard	●●●●
Battered Fish	●●	Fruit Cocktail	●●●●
Quorn Chilli Con Carne with Patna Rice	●●●●	Fresh Fruit	●●●●
Cod in Parsley Sauce	●●●	Yoghurt	●●●●
Cannelloni Verdi	●●●	Ice Cream	●●●●
Peas	●●●●		
Cauliflower	●●●●		
Tossed Salad	●●●●		
Chipped Potatoes	●●●●		
Creamed Potato	●●●●		
Salad (see choice below)			

## WEDNESDAY

Hungarian Beef Goulash	●●●●	Rhubarb Crumble	●●●
Roast Turkey	●●●●	Custard	●●●●
Fish Pie	●●●	Sliced Peaches	●●●●
Cheese & Tomato Omelette	●●●	Fresh Fruit	●●●●
Jacket Potato filled with Corned Beef & Onion	●●●	Yoghurt	●●●●
Green Beans	●●●●	Ice Cream	●●●●
Carrots	●●●●		
Tossed Salad	●●●●		
Jacket Wedges	●●●●		
Creamed Potato	●●●●		
Salad (see choice below)			

## SATURDAY

Chicken Hot Pot	●●●●	Lemon Sponge	●●●
Mince Pie	●●	Custard	●●●●
Beef Lasagne	●●	Apricot	●●●●
Bean & Vegetable Casserole	●●●●	Halves	●●●●
Roast Chicken	●●●●	Fresh Fruit	●●●●
Creamed Turnip	●●●●	Yoghurt	●●●●
Broccoli	●●●●	Ice Cream	●●●●
Tossed Salad	●●●●		
Creamed Potato	●●●●		
Herby Diced Potatoes	●●●●		
Salad (see choice below)			

## SUNDAY

Soup of the Day	●●●●	Fresh Fruit	●●●●
Choice of Sandwich filling:		Yoghurt	●●●●
Hot Beef Burger and Onion in a Bap	●●	Ice Cream	●●●●
Egg Mayonnaise	●●●		
Ham and Pease Pudding	●●		
Jacket Potato (see choice below)			
Snack Pot (see choice below)			
Salad (see choice below)			

# Choose from the following

### Jacket Potato fillings:

Baked Beans, Chilli Con Carne, Chicken Korma, Vegetable Bolognese, Cheese, Tuna, Coleslaw or Cottage Cheese

### Snack Pots:

Chicken Korma, Vegetable Pasta Bolognese or Chilli Con Carne

### Salads:

Ham, Tuna, Chicken, Beef, Turkey, Cheese or Egg

