

Jacket Potato

A plain jacket potato served with your choice of filling:

Grated Cheddar Cheese E S V NGCI

Cottage Cheese ♥ S V NGCI

Tuna Mayonnaise E S NGCI

Plain Tuna ♥ S NGCI

Baked Beans ♥ V NGCI

Optional side salad on request

Salads

Chicken Salad NGCI

Ham Salad NGCI

Tuna Salad ♥ NGCI

Cheddar Cheese Salad V NGCI

Egg Salad ♥ V NGCI

Sandwich Selection

New and Improved:

Tuna Mayonnaise & Cucumber Sandwich
on Oatmeal Bread

Salmon Mayonnaise & Cucumber Sandwich
on Malted Bread

Chicken Breast and Sage & Onion Stuffing Sandwich E
on White Bread

Sliced Ham & Tomato Sandwich
on White Bread

Mature Cheddar Cheese & Tomato Sandwich V
on Malted Bread

Free Range Egg Mayonnaise & Cress Sandwich V
on Malted Bread

Falafel & Houmous Salad Sandwich V
on Malted Bread (**vegan**)

NB: A small selection of sandwiches made with
gluten free bread is available from the diet bay.

Hot Desserts

Improved:

Served with custard

Goopy Chocolate Sponge and Chocolate Sauce E S V

Steamed Raspberry Jam Sponge E S V

Apple Crumble E V

Traditional Syrup Sponge E S V

NEW Sultana and Cranberry Sponge Pudding E V

Rhubarb and Apple Crumble ♥ V

Other Desserts

Fresh Fruit or Tinned Fruit in Natural Juice

Subject to availability/daily specials:

Fresh Apple ♥ V NGCI

Fresh Orange ♥ V NGCI

Fresh Banana ♥ S V NGCI

Tinned Peaches in Juice ♥ S V NGCI

Tinned Pears in Juice ♥ S V NGCI

Tinned Sliced Pineapple in Juice ♥ V NGCI

Tinned Fruit Cocktail in Juice ♥ V NGCI

Ambrosia Rice Pudding S V NGCI or

Ambrosia Rice Pudding (Low Fat) ♥ S V NGCI
Served hot or cold

Plain Custard ♥ E S V NGCI

Ambrosia Chocolate Custard Pot S V NGCI

Traditional English Trifle S V

Jelly S NGCI

Sugar Free Jelly ♥ S NGCI

Fruit Yoghurt S V NGCI

Diet Fruit Yoghurt ♥ S NGCI

Cheese and Biscuits V

medirest



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steamplicity

all the taste, all the vitality!

Lunch and Supper menu

Autumn/Winter 2013

Please leave this menu for the next patient.
Thank you



We consider the enjoyment of your meals very important and we have planned this menu to be well balanced to meet your needs. We use Steamplicity; a system which freshly cooks food under steam pressure to retain all the taste and goodness. We hope you enjoy your meals during your stay.



Eating and drinking is an important part of your treatment and care. If you are having difficulty finding food you can eat, please ask someone to contact the Catering Team and someone will visit you to discuss your needs.



Using this menu


- This menu is to help you choose your main meals. Breakfast will be served by your ward host, hostess or nurse.
- Some special diets are catered for on this menu. However, other menus are available for people with food allergies as well as for people who need Halal, kosher, Asian Vegetarian and Caribbean meals.
- If you have a special dietary requirement which the dietitian has told you about, look for the relevant symbol on the menu next to each dish.
- Although dishes do not contain nuts in the ingredients, we cannot guarantee that traces of nuts may not be present. Please ask for our **Allergy Menu** or alert your nurse if you have a nut or other severe food allergy.
- Menus are available in other formats including larger print with pictures, translated into 7 other languages and Braille.
- A choice of drinks will be offered to accompany your meals.

Special Diets

Diabetes

On this menu, most people with diabetes may choose starters and main courses freely but should select desserts marked  which contain less than 15g added sugar. However some people with diabetes needing a lower fat diet should only select items marked . Please ask for information regarding the carbohydrate content of your meals if required.

 **Healthier Choice.** Main courses have less than 15g fat per portion and have less salt, making them particularly suitable for some people with diabetes and those needing less fat and salt in their diet. Desserts marked  contain less than 15g added sugar and less fat per portion.

 **Higher Energy.** These dishes are particularly high in calories.

 **Softer.** These meals are easier to chew.

 **Vegetarian.** These meals are suitable for vegetarians.

 **No Gluten Containing Ingredients.** These meals do not have any gluten containing ingredients.

Starters

Soup of the Day

White or Brown Roll and Butter or Margarine on request

Fruit Juice

Ask the Ward Host/Hostess for today's choice

Fish

All fish is from sustainable sources

NB – Fish dishes may contain small bones

Poached Salmon

Delicately steamed salmon fillet served with sliced potatoes in a creamy sauce and freshly steamed cabbage

Steamed Fish in Parsley Sauce

Steamed white fish with parsley sauce, served with mashed potatoes and garden peas


Steamed Fish in Parsley Sauce – softer version

Steamed white fish with parsley sauce, served with carrot and swede mash

Fish and Chips

Served with mushy peas

Cajun Salmon

Tender pieces of salmon in a tomato sauce with rice, onions and peppers 

Beef

Beef Casserole and Dumpling

Tender chunks of beef in a rich gravy served with steamed broccoli, mashed potatoes and a dumpling

Savoury Minced Beef

Traditional minced beef in gravy served with carrot and swede mash

Traditional Beef Lasagne

Traditional Italian style layered pasta dish served with courgettes tossed in basil oil

Roast Beef

Sliced roast beef served with Yorkshire pudding, roast potatoes, carrot and swede mash, broccoli and gravy

Chilli con Carne

Served with rice 

Lamb

Shepherd's Pie

Traditional minced lamb with a potato top served with freshly steamed diced carrots and courgettes

Savoury Minced Lamb

Minced lamb, served with boiled potatoes and carrot and swede mash

Pork

Sausage and Mash

Traditional Cumberland sausages with a red onion gravy, served with mashed potatoes, diced carrots and garden peas

All Day Breakfast

Not breakfast but a main meal version of a typical cooked breakfast containing a Cumberland sausage, mini omelette, mushrooms, baked beans and rosti potatoes

Chicken

Traditional Chicken

Breast fillet of chicken in a rich gravy served with roast potatoes, carrot and swede mash, broccoli and sage and onion stuffing

Chicken Tikka Masala and Rice

Tender pieces of chicken tikka masala on a bed of yellow rice 

Chicken, Broccoli and Mushroom Pasta

Breast of chicken pieces, broccoli, mushrooms and pasta in a creamy herb sauce with a hint of garlic

Chicken and Mushroom Pie

A delicious chicken and mushroom suet pastry pie served with chips and mushy peas

Sweet and Sour Chicken

Served with rice

Vegetarian

NEW All Day Vegetarian Breakfast

A vegetarian version of our All Day Breakfast containing an omelette, baked beans, mushrooms and rosti potatoes

Five Bean Chilli

Chunky five bean chilli served with yellow rice **(vegan)** 

Cauliflower and Broccoli Cheese

Delicately steamed cauliflower and broccoli florets with a rich cheese sauce with melted cheese and served with sliced potatoes

Pasta with Tomato and Basil Sauce

Pasta with a rich tomato and basil sauce with mature cheddar cheese. Optional side salad on request

Plain Omelette

A light fluffy omelette, served with sliced potato gratin, diced carrots and garden peas

Macaroni Cheese

Pasta in a cheese sauce with mature cheddar cheese. Optional side salad on request

NEW Chickpea and Sweet Potato Curry

A mild vegetable curry served with yellow rice **(vegan)** 

Cheesy Omelette and Spinach

A folded omelette with spinach, a hint of onion, mature cheddar sauce and potato gratin

Small, Simple and Light Selection

These special dietary meals that are served without vegetables offer a plainer, lighter meal option.

Plain Omelette

(special diet version) With mashed potatoes

Chicken Pasta

(special diet version) Chicken pieces with pasta in a white sauce

NEW 'Meal' Soup

If you wish a lighter meal or simply fancy a delicious bowl of soup served with a roll and butter instead of a main course, then choose from one of these 4 delicious flavours:

Cream of Tomato Soup

Mushroom Soup

Cream of Chicken Soup

Country Vegetable Soup

Codes apply to soup without roll