

Interim Lunch Menu

Main Meals

Carbohydrates in blue

Fish in Parsley Sauce

White Fish in a creamy parsley sauce served with mashed potato and root vegetables

29g

Cottage Pie

Minced beef in a rich gravy topped with mashed potato and served with root vegetable mash.

34g

Roast Chicken

Roasted Chicken Breast in a rich gravy served with roast potatoes, stuffing ball and vegetables

42g

Chicken Goujons and Potato Wedges (Finger Food)

Seasoned chicken goujons served with seasoned potato wedges, carrots and broccoli florets

40g

Chicken Hotpot (small energy dense meal)

chicken in gravy with swede and carrot topped with sauté potato

60g

Macaroni Cheese (small energy dense meal)

Macaroni pasta in a mature cheddar and regato cheese sauce

39g

Cheese and Tomato Pasta

Pasta in a rich tomato sauce topped with Cheddar Cheese

62g

Chicken Coconut (HMC approved Halal)

Served with mixed Dal and basmati rice

63g

Chicken Dal (HMC approved Halal)

Chicken and lentil curry served with kadal vegetables & saag rice

56g

Fish Curry (HMC approved Halal)

Served with split masoor dal and saag rice

59g

Corn Peas Potato (vegan)

Sweetcorn, peas, and potato curry served with chana dal and basmati rice

67g

Alu Brinjal Peas (vegan)

Potato and aubergine curry served with peas, chana dal and basmati rice

67g

Methi Paneer

Indian cottage cheese in a fenugreek sauce served with mixed dal and basmati rice

63g

Accompaniments - Natural Yogurt

7g

For jacket potato, sandwich or salad options see the evening meal menu on next page

Desserts

Chocolate Custard Pot  18g

Rice Pudding  19g

Peach and Pear in Juice  (vegan) 17g Muller Thick & Creamy Yoghurt  16g












Muller Light Yoghurt  8g

Orange, Banana  or Apple ( if peeled)  (vegan) depending on size 10-20g









Interim Evening Menu

Carbohydrate values in blue

Sandwiches (served on either white or wholemeal bread)

- Tuna Mayonnaise Sandwich    white - 39g wholemeal - 31g
- Cheddar Cheese Sandwich    white - 38g wholemeal - 31g
- Ham Sandwich   white - 39g wholemeal - 31g
- Egg Mayonnaise Sandwich    (Gluten Free / Vegan Sandwiches are available)
white - 38g wholemeal - 31g




















Salads (Served with white or wholemeal roll - butter or sunflower spread on request)

- Chicken Salad  Tuna Mayonnaise Salad   All salads 25g
- Egg Mayonnaise Salad   Cheddar Cheese Salad   

Jacket Potato 39g for potato all toppings carb free except beans 25g per 200g pot

- Jacket potato (vegan)     served with Sunflower spread (vegan) or Butter    
- and a choice of fillings: Grated Cheese    Baked Beans      (vegan)
- Tuna     Tuna Mayonnaise   

Desserts








- Ginger Sponge    (if served with custard ) 36g
- Lemon Sponge    (if served with custard ) 37g
- Apple Crumble   (if served with custard ) (vegan) 31g
- Custard    20g
- Orange, Banana  or Apple ( if peeled)    (vegan) depending on size 10-20g

For alternative meal requirements speak to your Catering Assistant or ward staff.

There are additional menus available for those with cultural requirements, for example: Vegan, Kosher, Caribbean & West Indian, and those with special diet requirements, for example: Texture Modified Meals (level 4, 5 and 6), Modified Fibre, Gluten Free, Allergen Aware, Low lactose, MCT. These menus are stored at ward level in the ward catering folder.

If you have a food allergy or intolerance please speak to ward staff before ordering your meal. Further allergen information is available.

Menu Codes

-  Vegetarian  Suitable for a Neutropenic  Gluten Free
-  Higher Energy  Higher Protein  Healthy Choice
-  Easy to Chew - tender and easier to chew and can be cut with a side of a fork or spoon