
















## Jacket Potato (vegan)

A plain jacket potato is available as a main option and NOT as a side dish. All potatoes are served with a portion of Sunflower Spread (vegan) or Butter     and a choice of filling:


Grated Cheddar Cheese    

Tuna Mayonnaise   

Plain Tuna    


Baked Beans      (vegan)

## Salads

Chicken Salad 

Cheese Salad   





Wiltshire Ham Salad


Egg Mayo Salad  





Tuna Mayo Salad  

## Nourishing Soup




Why not add a Roll and Butter or Sunflower Spread or a Sandwich for a more fulfilling meal

Tomato and Lentil Soup     




Chicken Soup    



Cheesy Leek and Potato Soup    




## Sandwiches

Tuna Mayonnaise Sandwich     
on White or Wholemeal Bread

Chicken Sandwich     
on White or Wholemeal Bread

Mild Cheddar Cheese Sandwich     
on White or Wholemeal Bread

Ham Sandwich    
on White or Wholemeal Bread





Egg Mayonnaise Sandwich     
on White or Wholemeal Bread





Gluten Free and Vegan Sandwiches are available, please ask Ward Staff for the relevant Menu.

## The Snack Bag

The Snack Bag is available 24 hours a day if you have missed a meal due to treatment or tests. A typical Snack Bag contains a sandwich, fruit, crisps, cake and fruit juice. If you would like a Snack Bag please speak to the Ward Nursing Staff.



## Hot Desserts


Ginger Sponge    

Lemon Sponge    

Raspberry Jam Sponge      with custard)

Treacle Sponge     ( with custard)





Apple Crumble  





Plain Custard   




## Cold Desserts





Banana      (vegan)






Orange or Apple    ( If peeled) (vegan)

Peach and Pear in Juice     (vegan)

Rice Pudding    

Strawberry Custard Pot   



Chocolate Custard Pot    



Thick & Creamy Yoghurt     



Light Yoghurt      

## Breakfast Menu

Served with Semi Skimmed or Full Fat Milk     

Cornflakes  



Rice Krispies  




Bran Flakes  

Weetabix    (vegan)


Ready Brek   

Gluten free options are available, please ask Ward Staff for a Gluten Free Menu.

White or wholemeal toast   (vegan)

White or wholemeal bread    (vegan)





Sunflower Spread (vegan) or Butter    

Jam or Marmalade     (vegan)







Marmite    (vegan)

Orange Juice or Apple Juice     



Banana      (vegan)

Orange or Apple    ( If peeled) (vegan)

Thick & Creamy Yoghurt     





Light Yoghurt      





Cheese and Crackers   


Served with Sunflower Spread (vegan) or Butter    

## Beverage Selection




Available during Ward drinks round. Please ask Ward Staff if you require an alternative to cows milk

Tea, Regular or Decaffeinated     (vegan)

Coffee, Regular or Decaffeinated     (vegan)

Lemon and Ginger Tea     (vegan)






Green Tea     (vegan)

Malted milk   

Hot Chocolate    

Squash    

Orange, Lemon or Blackcurrant

Milk     

Semi-skimmed or full fat




## Snack Menu

Raisins Pack    (vegan)





Oranges, Apple    ( If peeled) (vegan)

Banana      (vegan)





Sliced Apple and Grape bag    (vegan)




Ready Salted Crisps    (vegan)

Skips   




Plain Custard Pot    

Strawberry Custard Pot   

Chocolate Custard Pot    

Assorted Packs of Biscuits   

Lemon Drizzle Cake   

Carrot Cake   

Bakewell Slice    

Cheese and Crackers      
Served with Sunflower Spread (vegan) or Butter    

An assortment of biscuits will be available on the Ward. There will be a further selection of sweet and savoury items available for you to order with the Catering Assistant when they take your meal orders daily

freshly  
cooked for you

STANDARD MENU  
SPRING / SUMMER 25



To leave feedback on your meal please scan the QR Code

STEAMED FOR FLAVOUR,  
TASTE & HEALTH





## Freshly cooked, nutritious food

We really hope you enjoy your meals during your stay, this is very important to us and we planned this menu to be well balanced to meet your needs whilst you are in hospital. Eating and drinking is an important part of your treatment and care, please talk to a member of the Ward Team if you have any concerns about your nutrition, if you cannot find anything suitable to eat or if you have specific dietary requirements

In addition to this Standard Menu, there is a range of other Menus available within the Ward Catering Folder that Ward Staff can access if required. This includes Kosher, Caribbean & West Indian, Vegan, Peanut and Tree-nut free, Renal, Modified Fibre and Modified Texture (level 4-6) Menus

This Standard Menu is available as a Large Print Picture Menu and Braille Menu on request from the Catering Department.

## Using this Menu

This Menu highlights options available across the day, Breakfast, Lunch, Dinner, Beverages & Snacks.

A Catering Assistant will take your meal order between 9.00am - 11.00am for Lunch and 1.00pm - 3.00pm for dinner. It would be useful to review this menu and have your meal choice ready for those times. If you need to be away from the ward temporarily, please let a member of ward staff know your meal choice so it can be ordered on your behalf.

This Menu provides 3 courses, Appetizer, selection of Main Courses, selection of Desserts (hot or cold) there is also the option to choose an additional side from the accompaniments section and a snack item.

## Menu Codes

The following symbols can be used to help guide choice if you have specific dietary requirements

- ♥ **Healthier Choice.** These dishes are lower in fat, salt and/or sugar
- ↑ **Higher Energy.** These dishes are particularly high in calories.
- P **Higher Protein.** These dishes are particularly high in protein.
- EC **Easy to Chew.** These Meals are tender and easier to chew and can be cut with the side of a fork or spoon.
- V **Vegetarian.** These dishes are suitable for vegetarians.
- GF **Gluten Free.** These dishes do not contain any gluten containing ingredients and dishes contain less than 20ppm of gluten.
- N **Neutropenic.** These meals are suitable for those who require a neutropenic diet.
- 🔥 **Medium Hot Meal.**

If you need help to open food packaging, please ask a member of staff, who will be happy to assist you.

## Food Allergies and Intolerances

If you have a food allergy or intolerance before you order your food and drinks, please speak to our Ward Staff. Further Allergen information is available.

## Appetizer

- Fruit Juice**  
Orange or Apple ♥ EC V GF N (vegan)
- Melba Toast** V N
- Crusty White Roll** GF V N, **Crusty Brown Roll, Sliced White Bap** V N  
Served with Sunflower Spread (vegan), Butter or Cream Cheese Spread EC V GF N
- Small Mixed Salad with Honey & Mustard Dip** ♥ V GF (vegan if dip removed)

## Fish

- All fish is from sustainable sources and may contain small bones
- Fish in Parsley Sauce** GF EC P N  
White fish in a creamy parsley sauce served with mashed potato and root vegetable mash
- Creamy Salmon Pasta** ↑ P N  
Pasta in a creamy garlic and herb sauce with salmon, spinach and peas

## Beef & Pork

- Cottage Pie** GF EC N  
Minced beef in a rich gravy topped with mashed potato and served with root vegetable mash
- Beef Pasta Bolognese** ↑ P N  
Pasta served in a rich minced beef, tomato and herb sauce
- All Day Breakfast** ↑ P N  
Traditional English breakfast with a Cumberland sausage, streaky bacon, fluffy omelette, baked beans and a hash brown

## Chicken

- Roast Chicken** P N  
Roasted chicken breast in a rich gravy served with roast potatoes, stuffing ball and vegetables
- Chicken, Leek and Gammon pie** ↑ EC P N  
Shortcrust pastry pie filled with chicken, leek and gammon in a creamy sauce, served with mashed potatoes and mushy peas
- Peri Peri Chicken** GF P N 🔥  
Peri Peri spiced chicken served with spiced potato wedges, garden peas and a spicy peri peri sauce
- Chicken and Mushroom Casserole** ↑ P N  
A small portion of tender chicken in a creamy sauce made with paprika and mushrooms, topped with a dumpling
- Chicken Goujons and Potato Wedges** N (Finger Food)  
Seasoned chicken goujons served with seasoned potato wedges, carrot batons and broccoli florets

## Vegetarian and Vegan

- Cheese and Tomato Pasta** ↑ EC V P N  
Pasta in a rich tomato sauce topped with Cheddar cheese
- All Day Vegetarian Breakfast** V N GF  
A vegetarian version of our all day breakfast with an omelette, baked beans, mushrooms and hash browns
- Shepherds Pie** ♥ GF V N (vegan)  
Lentils and vegetables in a rich tomato gravy with a fluffy mash potato top, served with a green vegetable medley
- Plain Omelette** ♥ GF EC V N  
A plain omelette served with boiled potatoes and baked beans
- Vegetarian Sausages and Potato Wedges (Finger Food)** V N  
Vegetarian sausages served with potato wedges, carrots and broccoli
- Meat Free Pasta Bolognese** ↑ V EC P N (vegan)  
Pasta in a rich tomato sauce with Soya mince
- Smokey Bean Chilli** ↑ V GF P N (vegan)  
A mildly spiced smoky sauce with sweet potato, beans, pea protein mince and peppers served with brown rice

## Vegetarian and Vegan Curries

- Alu Brinjal Peas** V N GF 🔥 (vegan)  
Potato and Aubergine Curry served with Peas with Chana Dal and Basmati Rice
- Alu Gobi** V N EC GF 🔥 (vegan)  
Cauliflower and Potato Curry served with Rajasthani Dal and Saffron Rice
- Aubergine Kala Chana** V N GF 🔥 (vegan)  
Aubergine and Black Chickpeas served with Teen Dal and Jeera Rice
- Aubergine Potato** V N GF 🔥 (vegan)  
Aubergine and Potato Curry served with Spinach Chhole and Pilau Rice
- Cabbage Peas** V N GF 🔥 (vegan)  
Cabbage and Peas Curry served with Rajasthanii Dal and Saffron Rice
- Corn Peas Methi** V N EC GF 🔥  
Sweetcorn & Peas in Creamy Fenugreek Curry with Rajasthani Dal and Saffron Rice
- Kadai Vegetables** V N EC GF 🔥  
Mixed Vegetables with Kala Chana and Saag Rice
- Methi Paneer** V ↑ N GF 🔥  
Indian Cottage Cheese in a Fenugreek Sauce served with Mixed Dal and Basmati Rice
- Corn Peas Potato** V ♥ N EC GF 🔥 (vegan)  
Sweetcorn, Peas and Potato Curry served with Chana Dal and Basmati Rice
- Alu Matar** V N EC GF 🔥 (vegan)  
Potato and Peas Curry served with Chana Dal and Basmati Rice

## Smaller Energy Dense Meal

- These meals are particularly suitable for people with smaller appetites
- Salmon Bake** GF N ↑ P  
Pieces of salmon and peas in a cheese sauce, topped with diced fried potato
- Corned Beef Hash** GF N ↑ P  
Served with fried diced potato
- Macaroni Cheese** EC V ↑ N P  
Macaroni pasta in a mature Cheddar and Regato cheese sauce
- Cheese & Potato Bake** EC V GF ↑ N P  
Served with broccoli
- Pasta Carbonara** ↑ P N  
Pasta with chicken, mushroom and ham
- Chicken Hotpot** EC GF P N ↑  
Pieces of cooked chicken in gravy with swede and carrot, topped with sauté potatoes

## Accompaniments

- Additional menu choice to accompany any meal
- Grated Cheddar Cheese Portion** ↑ EC V N P
- Baked Beans Portion** ♥ V GF EC N P (vegan)
- Side Salad** with a Honey and Mustard Dip ♥ GF V  
(Vegan if dip removed)
- Gravy** V GF N (vegan)
- Mini Naan** V N
- Natural Yoghurt** V P N GF EC
- Crusty White Roll** GF V N, **Crusty Brown Roll, Sliced White Bap** V N  
Served with Butter or Sunflower Spread on request EC V N GF
- Tomato Ketchup, Brown Sauce, Salad Cream, English Mustard, Vinegar**

## Curried Mutton, Chicken and Fish (HMC approved Halal)

- Alu Gosht** GF N 🔥 P  
Mutton and Potato Curry served with Rajasthani Dal & Saffron Rice
- Masala Gosht** GF N P  
Mutton in a Masala Sauce served with Mixed Dal & Basmati Rice
- Saag Gosht** GF ↑ N P  
Mutton and Spinach Curry served with Chana Dal & Basmati Rice
- Chicken Coconut** GF EC ↑ N P  
Served with Mixed Dal & Basmati Rice
- Chicken Saag** GF N 🔥 P  
Chicken and Spinach Curry served with Rajasthani Dal & Saffron Rice
- Chicken Dal** GF N P  
Chicken and Lentil Curry served with Kadai Vegetables & Saag Rice
- Coconut Fish** GF N 🔥 P  
Served with Saag Chhole & Pilau Rice
- Fish Curry** GF EC N 🔥 P  
Served with Split Masoor Dal & Saag Rice