

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

A 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. Standard, renal, vegan, easy to chew and gluten free versions of the snack bag are available. If you would like a snack bag, please speak to the ward nursing staff.

Hot Desserts

Ginger Sponge   

Lemon Sponge   

Raspberry Jam Sponge    (P with custard)

Treacle Sponge    (P with custard)

Apple Crumble   (EC with custard)

Plain Custard   

Rice Pudding    

Cold Desserts

Banana      (vegan)

Orange or Apple    (N If peeled) (vegan)

Peach and Pear in Juice     (vegan)

Rice Pudding    

Banana 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    (N 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)

Herbal Tea   

Malted milk   

Hot Chocolate    

Orange Juice or Apple Juice     (vegan)

Squash    

Orange, Lemon or Blackcurrant

Milk     

Semi-skimmed or full fat

Snack Menu

Raisins Pack    (vegan)

Oranges, Apple    (N If peeled) (vegan)

Banana      (vegan)

Sliced Apple and Grape bag    (vegan)

Ready Salted Crisps    (vegan)

Skips   

Plain Custard Pot    

Banana Custard    

Chocolate Custard Pot    

Assorted Packs of Biscuits   

Madeira Cake    

Carrot Cake   

Lemon Drizzle Cake   

Bakewell Slice    

Cheese and Crackers    

Served with Sunflower Spread (vegan) or Butter    

A variety of snacks will be offered three times a day to compliment beverages. Please note snacks may vary from the above list to allow for special dietary requirements to be met. Please do ask your ward team for a suitable snack if you haven't received one.



To leave feedback on your meal please scan the QR Code

STEAMED FOR FLAVOUR,
TASTE & HEALTH



Freshly cooked, nutritious food to support your recovery

We hope you enjoy your meals during your stay. Meal orders are taken between 9.00am - 11.00am for lunch, and 1.00pm - 3.00pm for dinner. It would be useful to have your meal choice ready for these times.

If you need to be away from the ward, please let a member of ward staff know your meal choice so it can be ordered on your behalf.

This menu is available as a large print picture menu and braille menu on request from the Catering Department.

For those with special dietary needs, there is a range of other menus, including

- Cultural menus: Kosher, Caribbean & West Indian, Vegan, Jain
- Allergen Aware menu, Gluten Free menu, Low Lactose menu
- Modified Fibre menus
- Modified Texture (level 4-6) Menus

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.
- Higher Protein.** These dishes are particularly high in protein.
- Easy to Chew.** These Meals are tender and easier to chew and can be cut with the side of a fork or spoon.
- Vegetarian.** These dishes are suitable for vegetarians.
- Gluten Free.** These dishes do not contain any gluten containing ingredients and dishes contain less than 20ppm of gluten.
- 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 (vegan)

Orange or Apple

Melba Toast

Small Mixed Salad with Honey & Mustard Dip (vegan if dip removed)

Crusty White Roll

Crusty Brown Roll

Sliced White Bap Served with Sunflower Spread (vegan), Butter or Cream Cheese Spread

Fish

All fish is from sustainable sources and may contain small bones

Fish in Parsley Sauce

White fish in a creamy parsley sauce served with mashed potato and root vegetable mash

Creamy Salmon Pasta

Pasta in a creamy garlic and herb sauce with salmon, spinach and peas

Beef & Pork

Cottage Pie

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

Beef Pasta Bolognese

Pasta served in a rich minced beef, tomato and herb sauce

All Day Breakfast

Traditional English breakfast with a Lincolnshire pork sausage, streaky bacon, fluffy omelette, baked beans, and a hash brown

Chicken

Roast Chicken

Chicken breast in a rich gravy served with roast potatoes, stuffing ball and a vegetable medley

Chicken, Leek and Gammon pie

Shortcrust pastry pie filled with chicken, leek and gammon in a creamy sauce, served with mashed potatoes and mushy peas

Chicken and Mushroom Casserole

A small portion of tender chicken in a creamy sauce made with paprika and mushrooms, topped with a dumpling

Chicken Goujons and Potato Wedges (Finger Food)

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

Creamy Chicken & Mushroom Pasta

Pasta and chicken in a creamy sauce with mushrooms and spinach

Vegetarian and Vegan

Cheese and Tomato Pasta

Pasta in a rich tomato sauce topped with Cheddar cheese

All Day Vegetarian Breakfast

A vegetarian version of our all day breakfast with an omelette, baked beans, mushrooms and hash browns

Shepherds Pie (vegan)

Lentils and vegetables in a rich tomato gravy with a fluffy mash potato top, served with a green vegetable medley

Plain Omelette

A plain omelette served with seasoned potato wedges and baked beans

Vegetarian Sausages and Potato Wedges

(Finger Food)

Vegetarian sausages served with potato wedges, carrots and broccoli

Meat Free Pasta Bolognese (vegan)

Pasta in a rich tomato sauce with Soya mince

Smokey Bean Chilli (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 (vegan)

Potato and Aubergine Curry served with Peas with Chana Dal and Basmati Rice

Alu Gobi (vegan)

Cauliflower and Potato Curry served with Rajasthani Dal and Saffron Rice

Aubergine Kala Chana (vegan)

Aubergine and Black Chickpeas served with Teen Dal and Jeera Rice

Aubergine Potato (vegan)

Aubergine and Potato Curry served with Spinach Chhole and Pilau Rice

Cabbage Peas (vegan)

Cabbage and Peas Curry served with Rajasthani Dal and Saffron Rice

Corn Peas Methi

Sweetcorn & Peas in Creamy Fenugreek Curry with Rajasthani Dal and Saffron Rice

Kadai Vegetables

Mixed Vegetables with Kala Chana and Saag Rice

Methi Paneer

Indian Cottage Cheese in a Fenugreek Sauce served with Mixed Dal and Basmati Rice

Corn Peas Potato (vegan)

Sweetcorn, Peas and Potato Curry served with Chana Dal and Basmati Rice

Alu Matar (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

Pieces of salmon and peas in a cheese sauce, topped with diced fried potato

Corned Beef Hash

Served with fried diced potato

Macaroni Cheese

Macaroni pasta in a mature Cheddar and Regato cheese sauce

Cheese & Potato Bake

Served with broccoli

Pasta Carbonara

Pasta with chicken, mushroom and ham

Chicken Hotpot

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

Baked Beans Portion (vegan)

Side Salad with a Honey and Mustard Dip

(Vegan if dip removed)

Gravy (vegan)

Mini Naan

Natural Yoghurt

Crusty White Roll , **Crusty Brown Roll**, **Sliced White Bap**

Served with Butter or Sunflower Spread on request

Tomato Ketchup, Brown Sauce, Salad Cream, English Mustard, Vinegar

Curried Mutton, Chicken and Fish (HMC approved Halal)

Alu Gosht

Mutton and Potato Curry served with Rajasthani Dal & Saffron Rice

Masala Gosht

Mutton in a Masala Sauce served with Mixed Dal & Basmati Rice

Saag Gosht

Mutton and Spinach Curry served with Chana Dal & Basmati Rice

Chicken Coconut

Served with Mixed Dal & Basmati Rice

Chicken Saag

Chicken and Spinach Curry served with Rajasthani Dal & Saffron Rice

Chicken Dal

Chicken and Lentil Curry served with Kadai Vegetables & Saag Rice

Coconut Fish

Served with Saag Chhole & Pilau Rice

Fish Curry

Served with Split Masoor Dal & Saag Rice