

freshly  
cooked for you

- STANDARD MENU -  
AUTUMN / WINTER 25  
MENU CARDS



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meal please scan the QR Code



# Appetizer

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**Fruit Juice** GF EC V  N (vegan)

Orange or Apple

**Melba Toast** V N

**Crusty White Roll** GF V N

**Crusty Brown Roll** V N

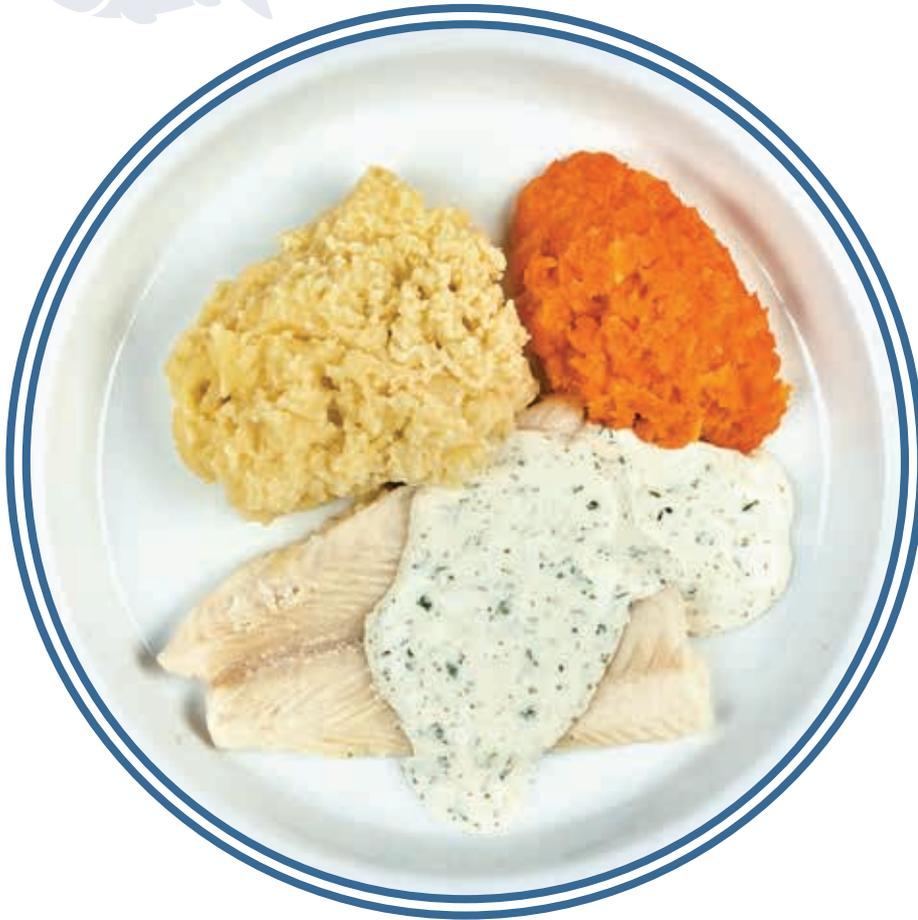
**Sliced White Bagel** V N

Served with Sunflower Spread (vegan),

Butter or Cream Cheese Spread EC V N GF

**Small Mixed Salad with  
Honey & Mustard Dip**  V GF

(vegan if dip removed)



## 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





# Chicken Goujons and Potato Wedges

(Finger Foods)

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

N



## Roast Chicken

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

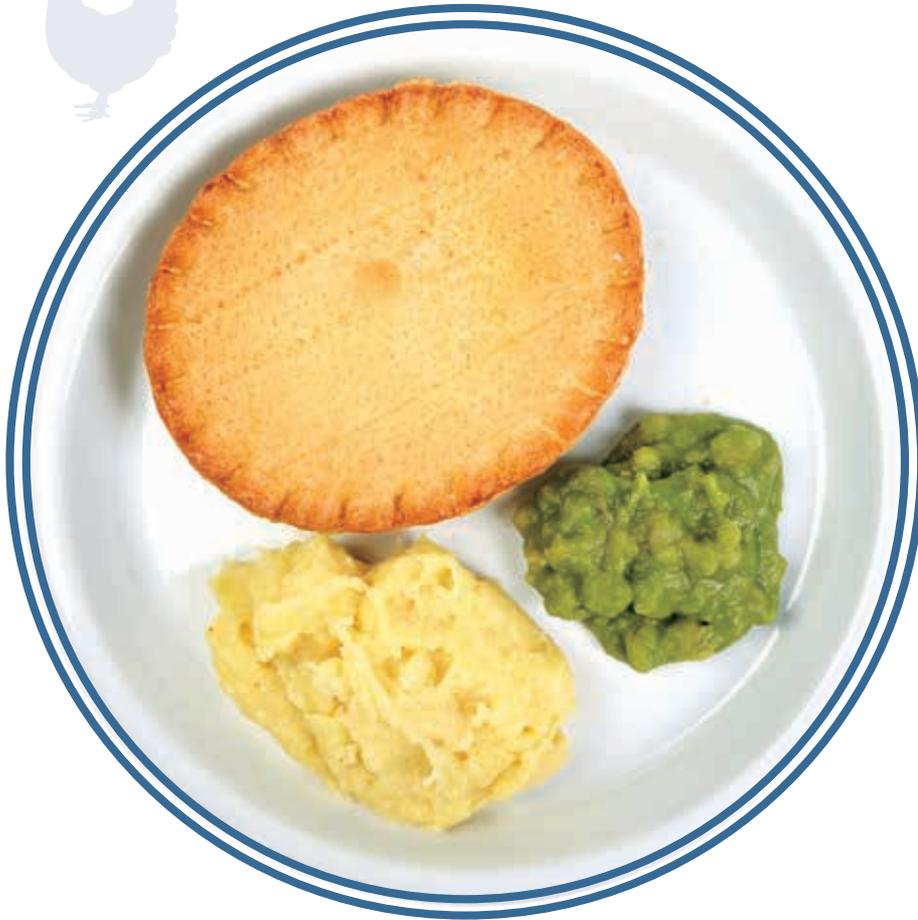




## Creamy Chicken & Mushroom Pasta

Pasta and chicken  
in a creamy sauce  
with mushrooms  
and spinach





## 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





## 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





## Cheese and Tomato Pasta

Pasta in a rich tomato sauce topped with Cheddar cheese





## Vegetarian Sausages and Potato Wedges (Finger Food)

Vegetarian sausages served with potato wedges, carrots and broccoli





## Meat Free Pasta Bolognese

Pasta in a rich tomato sauce with Soya mince

↑ V EC P N (vegan)



## Smokey Bean Chilli

A mildly spiced smoky sauce with sweet potato, beans, pea protein mince and peppers served with brown rice

     (vegan)



## Vegan Shepherds Pie

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

♥ V GF N (vegan)



## All Day Vegetarian Breakfast

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





## Plain Omelette

A plain omelette served with seasoned potato wedges and baked beans



# Smaller Energy Dense Meal

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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

# Smaller Energy Dense Meal

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These meals are particularly suitable for people with smaller appetites

## Pasta Carbonara

Pasta with chicken, mushroom and ham

## Chicken Hotpot

Pieces of cooked chicken in gravy with swede and carrot, topped with sauté potatoes

# Curried Mutton, Chicken and Fish

(HMC approved Halal)

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## 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

# Curried Mutton, Chicken and Fish

(HMC approved Halal)

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## 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

# Vegetarian and Vegan Curries

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## 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

# Vegetarian and Vegan Curries

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## 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 Pea Curry served with Chana Dal and Basmati Rice

# Jacket Potato V EC N GF (vegan)

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



Grated Cheddar  
Cheese ↑ EC V N

Tuna Mayonnaise EC N P

Plain Tuna ♥ EC N P

Baked Beans ♥ EC V GF N (vegan)

# Salads

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Chicken Salad P

Wiltshire Ham Salad

Tuna Mayo Salad ↑ P

Cheese Salad ↑ V P

Egg Mayo Salad ↑ V

# Nourishing Soup

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



Tomato and Lentil  
Soup V GF EC ♥ N

Chicken Soup GF EC ♥ N

Cheesy Leek and  
Potato Soup V EC ♥ N

# Sandwiches

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Brown and White choices available



Tuna Mayonnaise  
Sandwich EC N P

Chicken Sandwich ♥ N P

Mild Cheddar Cheese  
Sandwich V N P

Ham Sandwich ♥ N

Egg Mayonnaise Sandwich EC V N

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

# Accompaniments

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Additional menu choice to accompany any meal

## Grated Cheddar Cheese Portion



## Side Salad

with a Honey and Mustard Dip (Vegan if dip removed)

## Gravy (vegan)

## Baked Beans Portion (vegan)



# Accompaniments

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Additional menu choice to accompany any meal

Mini Naan  

Natural Yoghurt     

Crusty White Roll   

Crusty Brown Roll

Sliced White Bap  

Served with Sunflower Spread (**vegan**) or Butter on request    

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

# Hot Desserts

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Ginger Sponge ↑ EC V N

Lemon Sponge ↑ EC V N

Raspberry Jam Sponge ↑ EC V N

(P with custard)

Treacle Sponge ↑ EC V N

(P with custard)

Apple Crumble V N (↑ with custard)

Plain Custard EC V N

Rice Pudding EC V GF N

# Cold Desserts

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Banana EC ♥ V GF N (vegan)

Orange or Apple ♥ V GF (N If peeled) (vegan)

Peach and Pear in Juice V ♥ N GF (vegan)

Rice Pudding EC V N GF

Chocolate Custard Pot EC V N GF

Banana Custard Pot EC V N GF

Thick & Creamy Yoghurt P EC V N GF

Light Yoghurt P V ♥ EC N GF

