

Jacket Potato GF V EC N (vegan)

All potatoes are served with a portion of Sunflower Spread (vegan) or Butter EC V GF N and a choice of filling:

Grated Cheddar Cheese † EC V P N GF

Tuna Mayonnaise EC N P

Plain Tuna ♥ EC N P

Baked Beans ♥ V GF EC N (vegan)

A Jacket Potato is available as a main option and not a side dish

Salads

All Salads contain coleslaw, potato salad, lettuce, tomato, cucumber, grated carrot and sliced hard-boiled egg.

Chicken Salad P

Wiltshire Ham Salad

Tuna Mayo Salad † P

Cheese Salad † V P

Egg Mayo Salad † V

Nourishing Soup

Served with a roll of your choice, 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

Tuna Mayonnaise Sandwich EC N P

on White or Wholemeal Bread

Chicken Sandwich ♥ N P

on White or Wholemeal Bread

Mild Cheddar Cheese Sandwich V N P

on White or Wholemeal Bread

Ham Sandwich ♥ N

on White or Wholemeal Bread

Egg Mayonnaise Sandwich EC V N

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

Custard can be served with all Hot Desserts on request

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 (vegan) († with custard)

Plain Custard EC V N

Rice Pudding EC V GF N

Cold Desserts

Banana EC N ♥ V GF (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

Banana Custard Pot EC V N GF

Chocolate Custard Pot EC V N GF

Thick & Creamy Yoghurt P EC V N GF

Light Yoghurt P V ♥ EC N GF

Breakfast Menu

Served with Semi Skimmed or Full Fat Milk EC V N GF P

Cornflakes V N

Rice Krispies V N

Bran Flakes V N

Weetabix EC V N (vegan)

Ready Brek EC V N

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

White or wholemeal toast V N (vegan)

White or wholemeal bread EC V N (vegan)

Sunflower Spread (vegan) or Butter EC V N GF

Jam or Marmalade EC V N GF (vegan)

Marmite EC V N (vegan)

Orange Juice or Apple Juice ♥ EC V N GF (vegan)

Banana EC N ♥ V GF (vegan)

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

Thick & Creamy Yoghurt EC P V N GF

Light Yoghurt ♥ P EC N V GF

Cheese and Crackers V N P

Served with Sunflower Spread (vegan) or Butter EC V GF N

Beverage Selection

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

Tea, Regular or Decaffeinated EC V N GF (vegan)

Coffee, Regular or Decaffeinated EC V N GF (vegan)

Herbal Tea EC V N

Malted milk EC V N

Hot Chocolate EC V N GF

Orange Juice or Apple Juice ♥ EC V N GF (vegan)

Squash EC V N GF

Orange, Lemon or Blackcurrant

Milk EC V N GF P

Semi-skimmed or full fat

Snack Menu

Raisins Pack ♥ V GF (vegan)

Oranges, Apple ♥ V GF (N If peeled) (vegan)

Banana EC ♥ V GF N (vegan)

Sliced Apple and Grape bag ♥ V GF (vegan)

Ready Salted Crisps V GF N (vegan)

Skips EC V N

Plain Custard Pot EC V N GF

Banana Custard EC V N GF

Chocolate Custard Pot EC V N GF

Assorted Packs of Biscuits † V N

Carrot Cake V EC N

Lemon Drizzle Cake V EC N

Bakewell Slice V EC † N

Cheese and Crackers P V N †

Served with Sunflower Spread (vegan) or Butter EC V N GF

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.

freshly
cooked for you

STANDARD MENU
SPRING / SUMMER 26

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

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

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 Lincolnshire pork sausage, streaky bacon, fluffy omelette, baked beans, and a hash brown

Chicken

- Roast Chicken** P N
Chicken breast in a rich gravy served with roast potatoes, stuffing ball and a vegetable medley

- 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

- 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

- Creamy Chicken & Mushroom Pasta** ↑ P N
Pasta and chicken in a creamy sauce with mushrooms and spinach

- Chicken Tikka Masala** ↑ GF P N
Tender pieces of chicken in a spicy tikka masala sauce served with steamed yellow rice

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
- Vegan 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 seasoned potato wedges and baked beans
- Vegetarian Sausages and Potato Wedges (Finger Food)** V N
Vegetarian sausages served with potato wedges, carrots and broccoli

- 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

- Chickpea and Spinach Curry** ↑ EC GF V N (vegan)
A mild chickpea and vegetable curry served with steamed 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 Rajasthani 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

- 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 P N GF

- 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 (vegan), **Crusty Brown Roll** V N (vegan), **Sliced White Bap** EC V N (vegan)
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