

freshly
cooked for you

- STANDARD MENU -
SPRING / SUMMER 26
MENU CARDS



Appetizer



Fruit Juice GF EC V ♥ N (vegan)

Orange or Apple

Melba Toast V N

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 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





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





Chicken Tikka Masala

Tender pieces of chicken in a spicy tikka masala sauce served with steamed yellow rice





Cottage Pie

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

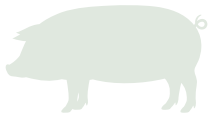




Beef Pasta Bolognese

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





Smokey Bean Chili

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





Chickpea and Spinach Curry

A mild chickpea and vegetable curry served with steamed rice

↑ EC GF V N (vegan)

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

Chicken Hotpot

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

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

Curried Mutton, Chicken and Fish

(HMC approved Halal)

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

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

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)

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 P GF

Tuna Mayonnaise EC N P

Plain Tuna ♥ EC N P

Baked Beans ♥ EC V GF 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

Wholemeal 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

Additional menu choice to accompany any meal

Grated Cheddar Cheese Portion

↑ EC V N P GF

Side Salad ♥ GF V

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

Gravy GF V N (vegan)

Baked Beans Portion ♥ V GF EC N P (vegan)



Accompaniments

Additional menu choice to accompany any meal

Mini Naan  

Natural Yoghurt     

Crusty White Roll    (vegan)

Crusty Brown Roll   (vegan)

Sliced White Bap    (vegan)

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

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

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 Cumble
(V) (N) (vegan) (↑) (with custard)

Plain Custard (EC) (V) (N)

Rice Pudding (EC) (V) (GF) (N)

Cold Desserts

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

