



Breakfast

Gluten Free cereal, toast and buns are available on request.

MONDAY

- Cereals (see choice below) ●●●
- Sausage ●
- Baked Beans ●●●●
- Scrambled Egg ●●●●
- Toast ●●●
- Roll (& Preserve) ●●●
- Fresh Fruit ●●●●
- Yoghurt ●●●●

FRIDAY

- Cereals (see choice below) ●●●
- Sausage ●
- Tomatoes ●●●●
- Scrambled Egg ●●●●
- Toast ●●●
- Roll (& Preserve) ●●●
- Fresh Fruit ●●●●
- Yoghurt ●●●●

TUESDAY

- Cereals (see choice below) ●●●
- Bacon ●●
- Tomatoes ●●●●
- Scrambled Egg ●●●●
- Toast ●●●
- Roll (& Preserve) ●●●
- Fresh Fruit ●●●●
- Yoghurt ●●●●

SATURDAY

- Cereals (see choice below) ●●●
- Sausage ●
- Baked Beans ●●●●
- Scrambled Egg ●●●●
- Toast ●●●
- Roll (& Preserve) ●●●
- Fresh Fruit ●●●●
- Yoghurt ●●●●

WEDNESDAY

- Cereals (see choice below) ●●●
- Sausage ●
- Baked Beans ●●●●
- Scrambled Egg ●●●●
- Toast ●●●
- Roll (& Preserve) ●●●
- Fresh Fruit ●●●●
- Yoghurt ●●●●

SUNDAY

- Cereals (see choice below) ●●●
- Bacon ●●
- Tomatoes ●●●●
- Scrambled Egg ●●●●
- Toast ●●●
- Roll (& Preserve) ●●●
- Fresh Fruit ●●●●
- Yoghurt ●●●●

THURSDAY

- Cereals (see choice below) ●●●
- Bacon ●●
- Baked Beans ●●●●
- Scrambled Egg ●●●●
- Toast ●●●
- Roll (& Preserve) ●●●
- Fresh Fruit ●●●●
- Yoghurt ●●●●



Choose from the following Cereals:

Branflakes, Cornflakes, Weetabix or Porridge



Lite Bites

A lite bite menu is available 24hrs, 7 days a week offering snacks, sandwiches, salads and jacket potatoes with various fillings. Please ask your nurse for details.



Catering Standards

- Help is available if you need it to read the menu.
- Please remember your family, friends and other visitors are welcome to use the hospital restaurant between 7.30am and 6.00pm, Monday to Friday.
- Any special diets not appearing here will be catered for as requested by the Dietician.
- If you experience any difficulties with the Catering Service please ask your nurse to contact the Catering Management Team.

How To Order Meals

- Choose your meal direct from the trolley.
- Ask the nurse or ward hostess for advice and give your requirements in advance.

Healthy Eating

We encourage you to consider the comments below when choosing your meal:

- Have regular meals
- Eat less fried foods and pastry
- Avoid sugar and sugary foods
- Leave salt until you taste the meal
- Take more high fibre foods
- Have more fresh fruit and vegetables
- You choose healthier foods for a speedier recovery.

Catering Management & Supervisors Team

Tel: 0191-565 6256
exts: 42154, 42035, 42036
Bleep: 51300

This menu has been developed in collaboration with the Nutrition and Dietetics and Speech and Language Therapy Teams and patient representatives.



Facilities Services

working in partnership with



Great Menu Great Choice



A great choice of food freshly made for you

Menu key

- **Suitable for Diabetics**
- **Healthy Choice**
- **Gluten Free**
- **Vegetarian**

Food allergens

Further information regarding food allergens is available upon request: please ask your ward hostess or nurse.

Alternative menus

We understand that everyone has different dietary needs; that's why we offer a wide range of alternative dishes such as Halal, Kosher, Children's, Vegetarian, Gluten Free and Easy to Swallow. Please ask your nurse for details.

Meal times

Breakfast 8.00am – 9.00am
Lunch 12.00pm – 1.00pm
Supper 5.00pm – 6.00pm

The above are standard meal times, however some wards may vary.





Gluten Free soup / pasta / sandwiches / buns and lunch time hot meat baps are available on request.

Gluten Free soup / pasta / sandwiches / buns and lunch time hot meat baps are available on request.

Lite meal

Main meal

MONDAY

- | | |
|----------------------------------|------------------|
| Cream of Broccoli Soup ●●●● | Fresh Fruit ●●●● |
| Choice of Sandwich filling: ●●●● | Yoghurt ●●●● |
| Hot Roast Turkey Bap ●● | Ice Cream ●● |
| Tuna Mayonnaise ●● | |
| Corned Beef & Tomato ● | |
| Jacket Potato (see choice below) | |
| Snack Pot (see choice below) | |
| Salad (see choice below) | |

TUESDAY

- | | |
|--|------------------|
| Minestrone Soup ●●●● | Fresh Fruit ●●●● |
| Choice of Sandwich filling: ●●●● | Yoghurt ●●●● |
| Cheese & Tomato ●●● | Ice Cream ●● |
| Chicken & Stuffing ●● | |
| Hot Roast Pork Bap with Sage & Onion Stuffing ●● | |
| Jacket Potato (see choice below) | |
| Snack Pot (see choice below) | |
| Salad (see choice below) | |

WEDNESDAY

- | | |
|----------------------------------|------------------|
| Cream of Vegetable Soup ●●●● | Fresh Fruit ●●●● |
| Choice of Sandwich filling: ●●●● | Yoghurt ●●●● |
| Hot Roast Beef Bap ●● | Ice Cream ●● |
| Ham & Pease Pudding ●● | |
| Egg & Cress ●●● | |
| Jacket Potato (see choice below) | |
| Snack Pot (see choice below) | |
| Salad (see choice below) | |

THURSDAY

- | | |
|-------------------------------------|------------------|
| Tomato & Lentil Soup ●●●● | Fresh Fruit ●●●● |
| Choice of Sandwich filling: ●●●● | Yoghurt ●●●● |
| Cheese Savoury ●● | Ice Cream ●● |
| Turkey & Stuffing ●● | |
| Hot Beef Burger & Onion in a Bap ●● | |
| Jacket Potato (see choice below) | |
| Snack Pot (see choice below) | |
| Salad (see choice below) | |

FRIDAY

- | | |
|---|------------------|
| Cream of Vegetable & Tarragon Soup ●●●● | Fresh Fruit ●●●● |
| Choice of Sandwich filling: ●●●● | Yoghurt ●●●● |
| Tuna & Cucumber ●● | Ice Cream ●● |
| Hot Roast Turkey Bap ●● | |
| Cheese & Onion ●●● | |
| Jacket Potato (see choice below) | |
| Snack Pot (see choice below) | |
| Salad (see choice below) | |

SATURDAY

- | | |
|--|------------------|
| Leek & Potato Soup ●●●● | Fresh Fruit ●●●● |
| Choice of Sandwich filling: ●●●● | Yoghurt ●●●● |
| Egg & Cress ●●● | Ice Cream ●● |
| Ham & Tomato ●● | |
| Hot Roast Pork Bap with Sage & Onion Stuffing ●● | |
| Jacket Potato (see choice below) | |
| Snack Pot (see choice below) | |
| Salad (see choice below) | |

SUNDAY

- | | |
|----------------------|------------------|
| Roast Turkey ●●● | Spotted Dick ● |
| Roast Beef ●●● | Custard ●● |
| Minced Beef ●●● | Pear Halves ●●●● |
| Vegetable Kiev ●●● | Fresh Fruit ●●●● |
| Yorkshire Pudding ●● | Yoghurt ●●●● |
| Creamed Turnip ●●●● | Ice Cream ●● |
| Carrots ●●●● | |
| Sprouts ●●●● | |
| Roast Potatoes ●●●● | |
| Creamed Potato ●●●● | |

MONDAY

- | | |
|------------------------------|--------------------------|
| Roast Chicken ●●● | Apple & Blackberry Pie ● |
| Corned Beef & Onion Pastey ● | Custard ●● |
| Quorn Vegetable Lasagne ●●● | Fruit Cocktail ●●●● |
| Shepherds Pie ●● | Fresh Fruit ●●●● |
| Tuna & Tomato Pasta ●● | Yoghurt ●●●● |
| Vegetable Medley ●●●● | Ice Cream ●● |
| Creamed Turnip ●●●● | |
| Creamed Potato ●●●● | |
| Roast Potatoes ●●●● | |
| Salad (see choice below) | |

TUESDAY

- | | |
|---------------------------------|--------------------|
| Roast Beef ●●● | Chocolate Sponge ● |
| Steak Pie ● | Custard ●● |
| Cannelloni Verde ●●● | Mandarin ●●●● |
| Chicken Casserole ●●● | Oranges ●●●● |
| Chicken Tikka & Patna Rice ●●●● | Fresh Fruit ●●●● |
| Carrots ●●●● | Yoghurt ●●●● |
| Peas ●●●● | Ice Cream ●● |
| Herby Diced Potatoes ●●● | |
| Creamed Potato ●●●● | |
| Salad (see choice below) | |

WEDNESDAY

- | | |
|---|---------------------|
| Beef Casserole ●●● | Rhubarb Crumble ● |
| Roast Pork ●●● | Custard ●● |
| Fish Pie ●●● | Sliced Peaches ●●●● |
| Cheese & Tomato Omelette ●●● | Fresh Fruit ●●●● |
| Jacket Potato filled with Corned Beef & Onion ●●● | Yoghurt ●●●● |
| Green Beans ●●●● | Ice Cream ●● |
| Carrots ●●●● | |
| Jacket Wedges ●●●● | |
| Creamed Potato ●●●● | |
| Salad (see choice below) | |

THURSDAY

- | | |
|-----------------------------|-------------------|
| Minted Lamb Casserole ●●● | Mixed Fruit Jam ● |
| Cheese, Leek & Egg Flan ●● | Sponge ●● |
| Savoury Bean Casserole ●●●● | Custard ●● |
| Roast Turkey ●●● | Pear Halves ●●●● |
| Cottage Pie ●● | Fresh Fruit ●●●● |
| Vegetable Medley ●●●● | Yoghurt ●●●● |
| Creamed Potato ●●●● | Ice Cream ●● |
| Roast Potatoes ●●●● | |
| Salad (see choice below) | |

FRIDAY

- | | |
|---|---------------------|
| Roast Pork ●●● | Apple Crumble ● |
| Corned Beef Hash ●● | Custard ●● |
| Battered Fish ● | Fruit Cocktail ●●●● |
| Quorn Chilli Con Carne with Patna Rice ●●●● | Fresh Fruit ●●●● |
| Cod in Parsley Sauce ●●● | Yoghurt ●●●● |
| Peas ●●●● | Ice Cream ●● |
| Cauliflower ●●●● | |
| Chipped Potatoes ●●●● | |
| Creamed Potato ●●●● | |
| Salad (see choice below) | |

SATURDAY

- | | |
|--------------------------|------------------|
| Chicken Hot Pot ●●● | Lemon Sponge ● |
| Mince Pie ● | Custard ●● |
| Beef Lasagne ●●● | Apricot ●●●● |
| Macaroni Cheese ●●● | Fresh Fruit ●●●● |
| Roast Chicken ●●● | Yoghurt ●●●● |
| Creamed Turnip ●●●● | Ice Cream ●● |
| Broccoli ●●●● | |
| Tossed Salad ●●●● | |
| Creamed Potato ●●●● | |
| Herby Diced Potatoes ●●● | |
| Salad (see choice below) | |

SUNDAY

- | | |
|-------------------------------------|------------------|
| Carrot & Coriander ●●●● | Fresh Fruit ●●●● |
| Choice of Sandwich filling: ●●●● | Yoghurt ●●●● |
| Hot Beef Burger & Onion in a Bap ●● | Ice Cream ●● |
| Egg Mayonnaise ●● | |
| Ham & Pease Pudding ●● | |
| Jacket Potato (see choice opposite) | |
| Snack Pot (see choice opposite) | |
| Salad (see choice opposite) | |

Choose from the following

Jacket Potato fillings:

- Baked Beans, Chilli Con Carne, Vegetable Bolognaise, Cheese, Tuna or Cottage Cheese

Snack Pots:

- Chicken Tikka, Vegetable Pasta Bolognaise or Chilli Con Carne

Salads:

- Cheese or Egg ●●●●
- Tuna, Ham, Chicken, Beef or Turkey ●●●●

Finger Food Menu

Finger food plate (sandwich, chicken goujons, sausage roll, pork pie, cheese).

Fish fingers, sausage roll, hot dogs, chips, chicken goujons.