

AUTUMN-WINTER MENU

We want to make your stay in hospital as comfortable as possible.
We take pride in our catering service and strive to provide
nutritionally balanced, healthy meals for everyone in our care.



WEEK 1

Options	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Vegetarian	Quorn and bean chilli VHPS	Cauliflower mac and cheese VHS	Vegetable curry and raita S	Creamy mushroom stroganoff VS	Falafel with ratatouille VS	Vegetable Singapore noodles V	Quorn and winter vegetable stew VPS
Meat	Chicken Massaman curry H	Smoked haddock & cheese omelette HP	Sweet and sour chicken	Beef and lentil Bolognese	Chicken Chasseur	Tuna and broccoli pasta bake S	Shin beef and winter vegetable pie
Carbohydrate sides	Rice	Spiced potato wedges	Rice	Pasta	New potatoes	Included in main	Mashed potatoes
Seasonal Vegetables or salad sides	Seasonal vegetables	Seasonal salad	Seasonal vegetables	Seasonal salad	Seasonal salad	Green vegetables	Roasted seasonal vegetables
Dessert Optional custard	Apple and blackberry crumble V	Apple and cinnamon crunch with yoghurt	Coconut and Blueberry Oat Bar	Raspberry and chocolate brownies	Carrot cake	Apple cake	Strawberry cheesecake
Daily evening Soup	Winter vegetable V	Tomato and red pepper V	Cauliflower, broccoli and potato soup V	Curried carrot and butterbean	Butternut squash and lentil	Creamy Irish potato	Parsnip and sweet potato V

WEEK 2

Options	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Vegetarian	Broccoli and Potato frittata S	Broccoli and bean bake SHH	Lentil and plant mince lasagne SV	Butternut squash and lentil dhal SV	Homemade vegan burgers V	Chickpea and vegetable tagine V	Seasonal vegetable casserole SV
Meat	Chicken and lentil filo bake	Lamb hotpot H	Creamy chicken and tomato pasta H	Beef with red berries H	Battered fish S	Cajun salmon with BBQ beans S	Roasted chicken breast P
Carbohydrate sides	New potatoes	Mash	Garlic bread	Rice	Spiced potato wedges	Couscous	Roast potatoes
Seasonal Vegetables or salad sides	Seasonal vegetables	Seasonal salad	Seasonal salad	Seasonal vegetables	Seasonal salad	Seasonal vegetables	Roasted seasonal vegetables
Dessert Optional custard	Coffee cake	Victoria sponge	Blondie	Bread and butter pudding	Blueberry muffins	Berry cheesecake	Steamed sponge pudding
Daily evening Soup	Cauliflower, broccoli and potato V	Curried carrot and butterbean	Winter vegetable V	Tomato and red pepper V	Spiced squash and lentil	Creamy Irish Potato	Parsnip and sweet potato V

WEEK 3

Options	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Vegetarian	Plant mince and lentil Shepherd's pie VS	Winter vegetable curry with Raita SH	Pulled BBQ jackfruit burger	Tofu Massaman curry V	Mushroom and spinach pasta S	Lentil and vegetable casserole SV	Nut roast with gravy
Meat	Salmon and filo bake H	Chicken Dahl with butternut squash HP	Chicken with greens in a pepper sauce S	Beef and beetroot curry P	Baked fish with ratatouille	Chicken, leek and mushroom pie H	Beef & vegetable Stew SHP & Yorkshire pudding
Carbohydrate sides	New potatoes with garlic and herbs	Rice	New potatoes	Rice	Garlic bread	Mashed potatoes	Roasted potatoes
Seasonal Vegetables or salad sides	Seasonal vegetables	Seasonal salad	Seasonal vegetables	Seasonal vegetables	Seasonal salad	Seasonal vegetables	Cauliflower cheese
Dessert Optional custard	Sticky toffee pudding H	Yoghurt with an apple and oat crunch	Rice pudding	Banana bread	Apple crumble V	Bread and butter pudding H	Semolina pudding
Daily evening Soup	Winter vegetable V	Butternut squash and lentil	Curried carrot and butterbean	Creamy Irish potato	Tomato and red pepper V	Parsnip and sweet potato V	Cauliflower, broccoli and potato V

MENU CODE H=HIGH ENERGY; V= VEGAN; S= EASY TO CHEW; P= HIGH PROTEIN.

6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



MAKING MEALTIMES MATTER

LUNCH: 12:00 NOON – 13:00PM SUPPER/DINNER – 18:00 – 19:00PM

IN THE WARD KITCHEN YOU CAN FIND BEVERAGES.

ASK FOR THE DAILY MENU IF YOU CANNOT FIND SOMETHING YOU LIKE ON THE DAY.