

Ward 27 Menu



Please note: you can choose any combination of snack/main meal when the chefs are working

Breakfast

Cereals — Cornflakes **V**, Rice crispies **V**, Coco pops **V**, Weetabix **V S**, Ready brek **V S**

Buttered toast with marmite, jam, marmalade or chocolate spread **V**

Croissants with jam, butter or chocolate spread **V**

Bacon or sausage / vegan sausage **V** cob /sandwiches

English breakfast—a choice of what you would like from bacon, sausage/vegan sausage **V**, beans **V**, hash browns **V**, scrambled egg **V S**, mushrooms **V** and toast **V**

Snacks

Crisps — Quavers, Skips, Wotsits **V** Pom Bears **GF V**

Popcorn — Coconut & Vanilla or Fiery Worcester sauce & sun Dried Tomato **GF V**

Tortilla chips with salsa sauce & cheese **V**

Chocolate — Kitkat **V**, Milky bar **GF V**, Milky bar buttons **GF V**, Magic stars **GF**


Biscuits — bourbons, custard creams, jam rings, digestive biscuit, chocolate chip shortbread **V**

Malt loaf **V**

Flapjack **V**

Philadelphia **GF V** & bread sticks **V** / veg sticks **GF V**

Fruit pots — mandarin or peach & pear in juice **LS GF V** 

Fresh fruit — apple, banana, orange **LS GF V** 

Drinks **LS GF V**

Fruit Juices—orange, pineapple, apple

Fruit smoothies

Nesquick milkshakes— chocolate, strawberry


Milk

Cordial— orange, blackcurrant

The Chef's can also make milkshakes including flavoured ice cream and full fat milk if you need a high calorie diet

They can offer several flavours of fruit smoothies, please ask for the smoothie menu **E**

NUTRITIONAL SYMBOLS

-  **Healthier Option.** Contains less fat /sugar
- E High Energy.** These dishes are particularly high in calories
- S Softer.** These meals are easier to chew and can be easily mashed with a fork.
- V Vegetarian.** Suitable for vegetarians
- GF Gluten Free.** These meals are tested to ensure they are suitable for people with coeliac disease
- LS Moderate/Lower Salt.** These meals are suitable for people following a diet lower in sodium (salt)

Main Meals

Plain buttered pasta **LS** (add cheese **E**) **V**

Tomato and Cheese Pasta **V**

Hot dog / vegetarian hot dog **GF V**

Chicken nuggets (halal) / Quorn vegan nuggets **V**

Spaghetti bolognese

Meatballs and pasta shapes

Sausages / vegan sausage **LS V**

Roast chicken **LS GF**  Quorn chicken **LS V GF** 

Cottage pie **S**

Pukka pies — chicken & mushroom, steak, cheese & onion **E**

Cheese & Tomato Pizza **V**

Vegetable Lasagne **V**

Fish fingers / vegan fishless fingers **LS V**

Battered fish

Scampi

Steamed fish **LS GF S** 

Beef burger (halal) / Quorn burger (with cheese) **V**

'Meat free' chicken burger **GF V**

Side Dishes

Curly fries **V**

Chips / cheesy chips **V**

Mashed Potato / Cheesy mash potato **LS V S**

Roast potato **V**

Yorkshire pudding

Jacket Potato **LS V S** 

Rice **LS GF V** 

Desserts

Jam sponge with ice cream or custard **VS**

Date and treacle sponge with ice cream or custard **VS**

Chocolate sponge with ice cream or custard **VS**

Custard **LS GF V**

Apple crumble with ice cream or custard **V**

Pancakes with lemon juice, sugar, jam or chocolate spread **LS V**

Light Bites

Bread roll and butter/sunflower spread **V**

Pot noodle— chicken & mushroom or beef & tomato **V**

Heinz soup—tomato, **V** vegetable **V** or chicken

Omelette—cheese **V** and/or ham **S**

Toasted sandwiches with a choice of cheese **V** ham or tomatoes

On toast—cheese, baked beans, spaghetti, egg **V**

Jacket potato with a choice of fillings:

Cheddar cheese **GF V**

Baked beans **GF V**

Tuna mayonnaise **LS GF S**

Coleslaw **LS GF V**

Salad—Lettuce, Tomato & Cucumber with a pot of coleslaw served with:-

Cheddar cheese **GF V**

Sliced Ham

Hard boiled egg **LS GF V**


Plain Tuna / or Tuna Mayonnaise **LS GF S**

Garlic bread /Cheesy garlic bread **V**

Onion rings **V**

Baked beans **GF V**

Peas / sweet corn **LS GF V** 

Mixed veg /carrots **LS GF V** 

Broccoli /cauliflower **LS GF V** 

Side Salad **LS**  **GF V**

Yogurt Muller fruit corner **LS GF V**


Muller yogurt/Muller Light **LS GF**

Muller rice **LS GF V**

Strawberry mousse **GF S**

Chocolate mousse **GF S**

Ambrosia custard pot, chocolate custard pot **LS GF V**

Jelly — sugar free strawberry **LS GF S** 

***Please avoid salad if neutropenic, all of the other food products on this menu are suitable**
***If you need halal foods please let nursing staff know and they can provide an alternative menu**
*** If you need a high calorie diet please ask for extra cheese with your meals and ensure you have a pudding after your lunch and evening meal and small snacks and milkshakes throughout the day**