

Starters

Soup of the Day **S**

White or Brown Roll and Butter or Margarine on request

Fruit Juice **H S V NGCI LS**

Ask the Ward Host/Hostess for today's choice

Fish

All fish is from sustainable sources

NB – Fish dishes may contain small bones



Poached Salmon **NGCI LS**

Delicately steamed salmon fillet served with sliced potatoes in a creamy sauce and freshly steamed cabbage

Steamed Fish in Parsley Sauce **H NGCI LS**

Steamed white fish with parsley sauce, served with mashed potatoes and garden peas

NEW Steamed Fish in Parsley Sauce – softer version **S NGCI**

Steamed white fish with parsley sauce, served with creamy mashed potatoes and carrot and swede mash

Fish and Chips **E**

Served with mushy peas

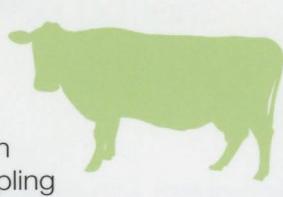
Salmon with Mediterranean Rice **H NGCI LS**

Tender pieces of salmon in a tomato sauce with rice, onions and peppers

Beef

Beef Casserole and Dumpling

Tender chunks of beef in a rich gravy served with steamed broccoli, mashed potatoes and a dumpling



Savoury Minced Beef **H S NGCI**

Traditional minced beef in gravy served with creamy mashed potatoes and mashed carrot and swede

Traditional Beef Lasagne **E S LS**

Traditional Italian style layered pasta dish served with courgettes tossed in basil oil

Roast Beef **H**

Sliced roast beef served with Yorkshire pudding, roast potatoes, mashed carrot and swede, broccoli and gravy

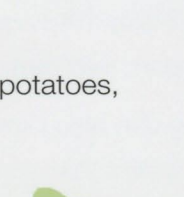
NEW Chilli con Carne **E NGCI LS**

Served with rice

Lamb

Shepherd's Pie **H S NGCI LS**

Traditional minced lamb with a potato top served with freshly steamed diced carrots and courgettes



Savoury Minced Lamb **H S NGCI LS**

Minced lamb, served with boiled potatoes and mashed carrot and swede

Pork

Sausage and Mash **E**

Traditional Cumberland sausages with a red onion gravy, served with mashed potatoes, diced carrots and garden peas



All Day Breakfast **E**

Not breakfast but a main meal version of a typical cooked breakfast containing a Cumberland sausage, mini omelette, mushrooms, baked beans and rosti potatoes

Chicken

Roast Chicken with Stuffing **H**

Breast fillet of chicken in a rich gravy served with roast potatoes, mashed carrot and swede, broccoli and sage and onion stuffing



Chicken Tikka Masala and Rice **E NGCI LS**

Tender pieces of chicken tikka masala on a bed of yellow rice

Chicken, Broccoli and Mushroom Pasta **E**

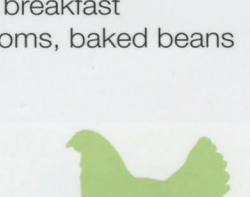
Breast of chicken pieces, broccoli, mushrooms and pasta in a creamy herb sauce with a hint of garlic

NEW Chicken and Mushroom Pie **E**

A delicious chicken and mushroom suet pastry pie served with chips and mushy peas

NEW Sweet and Sour Chicken **H LS**

Served with rice



Vegetarian

Five Bean Chilli **H V NGCI**

Chunky five bean chilli served with yellow rice **(vegan)**

Cauliflower and Broccoli Cheese **E V NGCI**

Delicately steamed cauliflower and broccoli florets with a rich cheese sauce with melted cheese and served with sliced potatoes

Pasta with Tomato and Basil Sauce **E S V LS**

Pasta with a rich tomato and basil sauce with mature cheddar cheese. Optional side salad on request

Plain Omelette **V NGCI**

A light fluffy omelette, served with sliced potato gratin, diced carrots and garden peas

IMPROVED Macaroni Cheese **E S V**

Pasta in a cheese sauce with mature cheddar cheese

Optional side salad on request

NEW Vegetable Cassoulet **H V NGCI LS**

Mixed bean, vegetable and lentil stew served with boiled potatoes, broccoli and peas **(vegan)**

Cheesy Omelette and Spinach **E V NGCI**

A folded omelette with spinach, a hint of onion, mature cheddar sauce and potato gratin

Jacket Potato

A plain jacket potato served with your choice of filling:

Grated Cheddar Cheese **E S V NGCI**

Cottage Cheese **H S V NGCI**

Tuna Mayonnaise **E S NGCI**

Plain Tuna **H S NGCI**

NEW Baked Beans **H V NGCI**

Optional side salad or coleslaw on request

Small, Simple and Light Selection

These special dietary meals that are served without vegetables offer a plainer, lighter meal option.

Plain Omelette **H S V NGCI LS**

(special diet version) with mashed potatoes

Chicken Pasta **E LS**

(special diet version) chicken pieces with pasta in a white sauce

Salads

Chicken Salad **NGCI LS**

Ham Salad **H NGCI**

Tuna Salad **NGCI**

Cheddar Cheese Salad **V NGCI**

Egg Salad **V NGCI LS**

Sandwich Selection

Served with a side salad

Tuna Mayonnaise Sandwich **LS**

on Wholemeal Bread

Tinned Salmon and Cucumber Mayonnaise Sandwich **LS**

on White Bread

Corned Beef and Tomato Sandwich **H**

on White Bread

Chicken and Iceberg Lettuce Sandwich **H LS**

on Wholemeal Bread

Ham and English Mustard Mayonnaise Sandwich **H**

on White Bread

Cheese and Tomato Sandwich **V**

on White Bread

Egg Mayonnaise Sandwich **V**

on extra thick Wholemeal Bread

NB: A small selection of sandwiches made with gluten free bread is available from the diet bay.

Hot Desserts

Served with custard

Goey Chocolate Sponge and Chocolate Sauce **E S V LS**

Steamed Raspberry Jam Sponge **E S V LS**

Apple Crumble **E V LS**

Traditional Syrup Sponge **E S V**

Sticky Toffee Pudding **E V**

Rhubarb and Apple Crumble **H V LS**

Other Desserts

Fresh Fruit or Tinned Fruit in Natural Juice **H V NGCI LS**

Ask the Ward Host/Hostess for today's choices

Ambrosia Rice Pudding **S V NGCI LS** or

Ambrosia Rice Pudding (Low Fat) **H S V NGCI LS**

Served hot or cold

Plain Custard **H E S V NGCI LS**

Ambrosia Chocolate Custard Pot **S V NGCI LS**

Traditional English Trifle **S V**

Jelly **S NGCI LS**

Sugar Free Jelly **H S NGCI LS**

Fruit Yoghurt **S V NGCI LS**

Diet Fruit Yoghurt **H S NGCI LS**

Cheese and Biscuits **V**

