

Cold Options

Salads

Chicken Salad GF LS

Ham Salad H GF

Tuna Salad GF

Cheddar Cheese Salad V GF

Egg Salad V GF LS

Sandwich Selection

Served with a side salad

Tuna Mayonnaise Sandwich on Wholemeal Bread

Tinned Salmon and Cucumber Mayonnaise Sandwich on White Bread

Corned Beef Sandwich on White Bread H

Chicken Sandwich on Wholemeal Bread H

Ham and English Mustard Mayonnaise Sandwich on White Bread H

Cheese and Tomato Sandwich on White Bread V

Egg Mayonnaise Sandwich on Wholemeal Bread H V LS

Desserts

Hot Desserts

Served with custard

Goey Chocolate Sponge and Chocolate Sauce E S V

Steamed Raspberry Jam Sponge E S V

Apple Crumble E V

Traditional Sticky Syrup Sponge E S V

Bread and Butter Pudding E V

Rhubarb and Apple Crumble H V

Other Desserts

Ambrosia Rice Pudding or S V GF LS

Ambrosia Rice Pudding Low Fat H S V GF LS

Served hot or cold

Traditional English Trifle S V

Jelly S GF LS

Sugar Free Jelly H S GF LS

Fruit Yoghurt S V GF LS

Diet Fruit Yoghurt H S V GF LS

Rich Chocolate Truffle Mousse S V GF LS

Cheese and Biscuits V

Fresh Fruit or Tinned Fruit in Natural Juice H V GF LS

Ask the Ward Host/Hostess for today's choices

steamplicity

all the taste, all the vitality!

Lunch & Supper Menu

Steamplicity is a system which cooks fresh food to order under steam pressure to retain all the taste and goodness. We consider the enjoyment of your meals very important and we have planned this menu to be well balanced to meet your needs. We strive to ensure Steamplicity remains the very best in hospital food.

Please leave this menu for the next patient. Thank you



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Using this menu

This menu is for your main meals. Breakfast will be served by your ward host, hostess or nurse.

Ordering

The main meal of the day is served at lunchtime. Supper consists of a hot soup, a choice of sandwiches and a selection of cold desserts.

We will ask you on the day what you would like to eat for your lunch.

- First, select a starter.
- Then choose one of the delicious hot meals from Steamplicity or if you prefer, you can choose a salad or a sandwich.
- Then finish off with a delicious dessert from our extensive menu.
- Other menus are available for those requiring Halal, Kosher, Asian Vegetarian or Caribbean meals.

For supper please select soup if you wish and then choose from the list of sandwiches and cold desserts.

A choice of drinks will be offered to accompany your meals and are also provided in between meals and at bedtime.

A selection of snack item such as biscuits or cakes is available between your meals.

Special Diets

If you have a special dietary requirement which the dietitian has told you about, look for the relevant symbol on the menu next to each dish. Many special diets can be accommodated on this menu including healthy choices, higher energy and protein, softer, gluten free and moderate salt. Menus for other special diets are also available.

H Healthy Option. These meals are also suitable for people with diabetes and those requiring less fat.

E Higher Energy. These dishes are particularly high in calories and protein.

S Softer. These meals are easier to chew or which can be easily mashed with a fork.

V Vegetarian. Suitable for vegetarians

GF Gluten Free. Meals suitable for those with Coeliac Disease

LS Moderate/Lower Sodium. These meals are suitable for people following a lower sodium or no added salt diet.

Although dishes do not contain nuts in the ingredients, we cannot guarantee that traces of nuts may not be present. Please ask for our **Allergy Menu** or alert your nurse if you have a nut or other severe food allergy.

Starters

Soup of the Day **S**
White or Brown Roll and Butter or Margarine on request

Fruit Juice **H S V GF LS**
Ask the Ward Host/Hostess for today's choice

Main Courses

Fish
All fish is from sustainable sources
NB – Fish dishes may contain small bones

Poached Salmon **GF**
Delicately steamed salmon fillet served with sliced potatoes in a creamy sauce and freshly steamed cabbage

Steamed Cod in Parsley Sauce **H GF LS**
Steamed cod with parsley sauce, served with creamy mashed potatoes and garden peas

Fish and Chips **E**
Served with mushy peas

Tuna Pasta **E**
Pasta in a creamy sauce with flaked tuna, accompanied by garden peas

Cod with Tomato Sauce **S GF**
Cod topped with a tomato and herb sauce and melted cheese, served with creamy sliced potatoes and steamed courgettes

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 GF LS**
Traditional minced beef in gravy served with creamy mashed potatoes, courgettes and mashed carrot and swede

Lamb

Shepherd's Pie **H S GF LS**
Traditional minced lamb with a potato top served with freshly steamed courgettes

Savoury Minced Lamb **H S GF LS**
Minced lamb, served with creamy mashed potatoes and mashed carrot and swede

Chicken

Roast Chicken with Stuffing **H**
A breast fillet of chicken in a rich gravy served with roast potatoes, freshly steamed carrots and sage and onion stuffing

Chicken and Mushroom Fricassee **E GF**
Tender pieces of chicken breast with mushrooms in a creamy sauce on a bed of yellow rice, served with broccoli

Chicken Tikka Masala and Rice **E GF**
Tender pieces of chicken breast, served with rice and vegetables in a mild Tikka Masala sauce

Chicken and Sweetcorn Potato Pie **H GF LS**
Tender pieces of chicken with sweetcorn in a creamy sauce topped with mashed potato and served with carrots

Pork

Sausage and Mash **E**
Traditional Cumberland sausages with a red onion marmalade and rich gravy, served with mashed potatoes and garden peas

Roast Pork **H GF LS**
Sliced roast pork served with roast potatoes, peas and gravy

Pork Meatballs in Tomato Sauce **E**
Served with yellow rice and peas

All Day Brunch **E**
A Cumberland sausage, mini omelette, baked beans and rosti potatoes

Vegetarian

Vegetarian Cottage Pie **H V**
A delicious bean and vegetable mix with a potato top served with peas (vegan)

Vegetarian Chilli **H V LS**
Beans and vegetables, with a mild chilli sauce served on a bed of rice (vegan)

Cauliflower and Broccoli Cheese **E V GF**
Delicately steamed cauliflower and broccoli florets with a rich cheese sauce topped with melted cheese and served with sliced potatoes

Cheese and Tomato Pasta **E S V**
Pasta with a creamy tomato sauce topped with melted cheese. Optional side salad on request

Plain Omelette **V GF**
A light fluffy omelette, served with potatoes in a cream sauce and garden peas

Macaroni Cheese **E S V**
Pasta in a cheese sauce and topped with melted cheese. Optional side salad on request

Cheesy Omelette and Sliced Potatoes **V GF**
Served on a bed of spinach with a white sauce

Simple and Light Selection

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

Cod in Parsley Sauce (special diet version) **H S GF LS**
With mashed potatoes

Plain Omelette (special diet version) **H S V GF LS**
With mashed potatoes

Chicken Breast Pieces (special diet version) **E GF**
In a white sauce served with plain white rice