

ALLERGY AWARE MENU

There are gluten free options on the Main Menu, please ask Ward Staff for a copy.
Nutrition and allergen information is available at Ward Level, please speak with Ward Staff.

BREAKFAST

A Continental Breakfast is served each day, please choose from cereal, bread, fruit and yoghurts.

Gluten Free Porridge Oats

Crisp Puffed Rice

Gluten Free Bread

Jam

Marmalade

Honey

AVAILABLE MILKS - PLEASE ASK

Semi-Skimmed Milk

Whole Milk

Soya Milk

Oat Milk

LUNCH & SUPPER

Please choose a Hot Main and Dessert.

Please note the hot main meals are free from all 14 main allergens, therefore do not contain Gluten, Milk, Egg, Fish, Tree Nuts, Peanuts, Celery, Soya, Lupin, Mustard, Sesame, Mollusc, Crustacea or Sulphites.

Chicken, Bacon & Thyme Hotpot
Served with mashed carrot & swede, broccoli, green beans and peas.

Roast Chicken in Gravy
Steam roast chicken in gravy with roast potatoes, mashed carrot and peas.

Chilli Con Carne
Minced beef, kidney beans and peppers in a chilli tomato sauce with vegetable rice.

Lamb Tagine
Lamb, mixed peppers, root vegetables and sultanas in a spiced tomato sauce, with yellow rice, carrots, green beans and peas.

Pork in Gravy
Pork in gravy with roast potatoes, carrots and peas.

Spicy Bean Casserole
Mixed beans and peppers in a spicy tomato sauce, with potato wedges, broccoli, peas and sweetcorn.

Provençale Vegetable Bake
Courgette, haricot beans and peppers in tomato sauce topped with sauté potatoes, with green beans, peas and broccoli.



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JACKET POTATO

Plain with Butter or Vegan Spread

Grated Cheddar Cheese

Tuna Mayonnaise

Baked Beans

DESSERTS

Stewed Apple & Custard

Plum & Cherry Crumble

Rice Pudding (hot)

Fresh Fruit
- Apple, Banana, Satsuma

Jelly
- Strawberry or Orange

Thick & Creamy Yoghurt

Fresh Fruit Bags

SNACKS

You will be offered snacks between meals.

Carrot Sticks

Milkshake
- Strawberry or Chocolate

Cheese & Crackers

Vanilla Ice Cream

Crisps

Fresh Fruit

Fresh Fruit Bags

