
MAIN MENU



MAY 2023 (WEEK 1 AND 2)



OUR CARBON REDUCTION PLEDGE

The NHS has pledged to become the world's first carbon net-zero national health system by 2040. Mitie are proud to support St George's Hospital with our Plan Zero initiative.

Our new carbon reduction menu is designed not only to provide tasty, nutritious dishes but also to do our bit to help tackle the worldwide problem of climate change. This menu has been curated to reflect a growing demand to be more environmentally sympathetic. Reducing impact on the world around us and to protect the planet for future generations.

Our dedicated team of Dietitians have worked closely with Mitie and our supplier Apetito, to create a delicious menu filled with popular choices that are most importantly nutritionally balanced for you, our patients to aid in the best recovery possible. Whilst also considerate to the environmental impact.

Our new hot
main meal
options across
lunch and
supper have an

11%

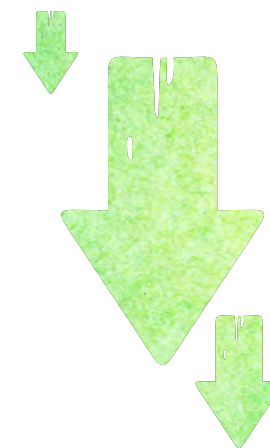
lower carbon
footprint than
our previous
menu...



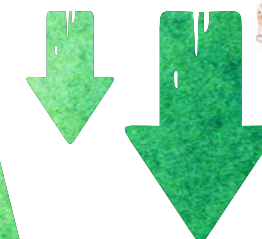
The dietetic team have kept patient favourites on the menu! There is a variety of food on offer catering for meat-based meals and also vegetarian or plant based. The menu has been compiled whilst carefully maintaining compliance with core energy and protein targets for both nutritionally well and nutritionally vulnerable patients.



OUR CARBON REDUCTION PLEDGE



We estimate that
this will reduce
our carbon
footprint
by over...



... per
year!



This saves an amount of carbon equivalent to
planting over 140 TREES every year or sending
over 3 BILLION text messages!

WHAT YOU CAN EXPECT FROM THE NEW MENU

Beef and lamb dishes have the largest carbon footprint on the menu, so whilst we haven't removed these options from the menu, we have reduced their frequency a little. However, they will still feature on 13 days out of a 14 day cycle for at least one meal per day. Our dietitians have sought other nutritious protein sources such as chicken, pork, lentils and soya.

LOOK OUT FOR

New to the menu is a Plant based Shepherds Pie, lentils, carrot, onion and swede in a tomato, garlic and herb sauce, topped with potato, sweet potato and carrot mash and a parsley crumb. Rich in protein and a healthy, low carbon option to it's lamb counterpart.

Our new menu – supporting both your recovery and that of our planet.



WELCOME TO ST GEORGE'S HOSPITAL MENU

Food and drinks are an important part of your treatment.

While you are unwell you may need more energy and protein to help your recovery.

This menu offers you a choice of meals and snacks. If you have any questions about the food or the meals do not meet your requirements please ask your mealtime host. We hope you enjoy your meals.

CHOICE

Please select your meal choice from this menu and your ward host will come and take your order. They will ask what size portion you would like- normal or large.

Let us you know if you will be off the ward at the mealtime and we can offer alternatives.

SPECIAL DIETS

Please tell us if you are on a special diet.

This menu includes;

GF Gluten Free – Meals have no gluten containing ingredients.

E Energy Dense – These are suitable for patients with a poor appetite or increased energy requirements.

★ Easy to Chew – These dishes are easy to cut and do not require much chewing. Modified texture menus are available if you have swallowing difficulties.

V Vegetarian – These meals do not contain meat.

V Vegan – These meals do not contain meat or animal by-product.

♥ Healthier Choice – Meals have less fat and desserts have a lower sugar content.

We also have special diet alternative menus and these include:-

Allergy Aware

- Main meals free from all 14 main allergens.

Modified Texture

Vegan

Cultural & Religious

Renal

Chyle Leak

Finger Food

Please ask your host for a copy.



MEAL TIMES

- Early morning drink
- Breakfast 7.30-8.30am
- Mid morning drink and snack
- Lunch 12.00-1.00pm
- Afternoon drink and snack
- Supper 5.00-6.00pm
- Bedtime drink and snack

Meal times may vary dependent on the ward.

DRINKS

Drinks are important to keep you hydrated. We offer a selection of hot and cold drinks including tea and coffee. Please ask if you would prefer decaffeinated.

We also offer a selection of fruit and herbal teas, hot or cold milk, hot chocolate, malted milk drinks, squash and water.

If you miss a drink, please ask a member of ward staff to get you one.

You have a water jug beside your bed. Please have glasses of water throughout the day unless advised by your medical team.

SNACKS

Snacks will be offered with your drinks throughout the day. These will include;

Selection of biscuits and cakes

Fresh Fruit

Yoghurts

Snacks are available for those on special diets, please ask your host.

Special 'diabetic menus' are not required when you are unwell in hospital as you are likely to require more calories & protein to recover. If blood glucose levels are high, doctors & diabetes nurses will consider increasing diabetes medication. Nutrition should not be restricted whilst you are unwell. Options with a heart code on the menu can be encouraged if patients are NOT at risk of malnutrition.

ASK THE DIETITIAN...

For any patient catering or menu related queries scan this QR code to email the Mitie dietetic team, who will respond to your email within 48 hours.



If you don't have access to QR scanning, then the email address is dietitian@mitie.com.



BREAKFAST MENU

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

CEREAL & MILK

Ready Brek
Corn Flakes
Rice Krispies



Weetabix
Bran Flakes



Available Milks - please ask
Skimmed
Semi Skimmed



Whole
Soya
Oat



BREAD OR TOAST

Served with Butter or Spread and a selection of Jams, Marmalade and Honey.

Wholemeal Bread or White Bread (toast available on request)

Butter
Sunflower Spread
Assorted Jams



Marmalade
Honey



JUICES

Orange Juice
Apple Juice



YOGHURT

Thick & Creamy Yoghurt
Natural Yoghurt
Alpro Soya Yoghurt



FRUIT

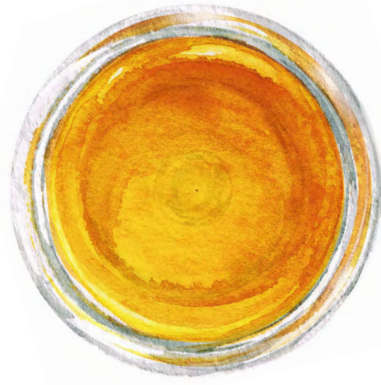
Available throughout the day.
Apple
Satsuma
Banana



BEVERAGES

Available throughout the day, along with sugar and sweetener.

Coffee
Decaffeinated Coffee
Tea
Decaffeinated Tea
Drinking Chocolate
Green Tea
Peppermint Herbal Tea
Chamomile Tea
Malted Milk
Fruit Cordial (No added sugar)



AVAILABLE DAILY

SALADS

Mixed Leaves with Cucumber and Cherry Tomatoes

Please choose a side (potatoes) from the main options of the day.

Cheese Salad



Chicken Salad



Egg Salad



Avocado, Sweet Potato
& Tomato Salad



JACKET POTATOES

Plain



With Cheese Portion



With Tuna Mayonnaise



With Beans



CONDIMENTS

Salt
Pepper
Vinegar
Tomato Sauce
Salad Cream
Brown Sauce
Mayonnaise
Tartar Sauce

SANDWICHES

(available on white or brown bread)

Just Ham

Just Cheese



Tuna Mayonnaise



Egg Mayonnaise



Chicken Mayonnaise



Humous & Chickpea



LUNCH ONLY SOUP & SANDWICH

Please choose a sandwich from the list above

Cream of Chicken Soup



Tomato Soup





MAIN MENU

WEEK 1



MONDAY LUNCH

MAIN COURSES

Fish Pie
Vienna Pork Steak in Sauce
Plant Based Shepherd's Pie



HOT DESSERTS

Summer Fruit Crumble
Chef's Rice Pudding
Custard



SIDES & VEGETABLES

Mashed Potato
Boiled Potatoes
Vegetable Medley
Broccoli
Gravy



COLD DESSERTS

Strawberry Trifle
Raspberry Dessert
Ginger Cake
Thick & Creamy Yoghurt
Fruit Cocktail
Selection of Fresh Fruit
Cheese & Crackers



MONDAY SUPPER

MAIN COURSES

Chicken Stew with Dumpling
Cottage Pie
Penne Pasta in Tomato & Basil Sauce



HOT DESSERTS

Stewed Apple
Semolina
Custard



SIDES & VEGETABLES

Mashed Potato
Croquette Potatoes
Sweetcorn
Cauliflower
Gravy



COLD DESSERTS

Strawberry Trifle
Raspberry Dessert
Ginger Cake
Thick & Creamy Yoghurt
Fruit Cocktail
Selection of Fresh Fruit
Cheese & Crackers



Available Daily: jacket potato, sandwiches & salads – please see page 7 for choices.

Please ask your ward host if you would like to change your portion size.

Have you asked about our cultural menu?



TUESDAY LUNCH

MAIN COURSES

Pasta Carbonara
Baked Chicken & Vegetable Pie
Vegetarian Cottage Pie



HOT DESSERTS

Chocolate Chip Sponge
Clotted Cream Rice Pudding
Custard



SIDES & VEGETABLES

Mashed Potato
Sauté Potatoes
Cut Green Beans
Spring Vegetable Medley
Gravy



COLD DESSERTS

Strawberry Trifle
Raspberry Dessert
Ginger Cake
Thick & Creamy Yoghurt
Fruit Cocktail
Selection of Fresh Fruit
Cheese & Crackers



TUESDAY SUPPER

MAIN COURSES

Beef Lasagne
Chicken Chasseur
Macaroni Cheese



HOT DESSERTS

Mixed Fruit Pie
Rice Pudding with Nutmeg
Custard



SIDES & VEGETABLES

Mashed Potato
Oven Chips
Peas
Mashed Root Vegetables
Gravy



COLD DESSERTS

Strawberry Trifle
Raspberry Dessert
Ginger Cake
Thick & Creamy Yoghurt
Fruit Cocktail
Selection of Fresh Fruit
Cheese & Crackers



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Have you asked about our cultural menu?



WEDNESDAY LUNCH

MAIN COURSES

Cheese & Onion Pie
Sweet & Sour Chicken
Vegetable Tikka Masala



HOT DESSERTS

Rhubarb Crumble
Clotted Cream Rice Pudding
Custard



SIDES & VEGETABLES

Mashed Potato
White Rice
Peas
Sliced Carrots
Gravy



COLD DESSERTS

Strawberry Trifle
Raspberry Dessert
Ginger Cake
Thick & Creamy Yoghurt
Fruit Cocktail
Selection of Fresh Fruit
Cheese & Crackers



WEDNESDAY SUPPER

MAIN COURSES

Fishcake
Pork Meatballs in Tomato & Herb Sauce
Potato Cheese & Leek Bake



HOT DESSERTS

Pineapple Sponge
Chef's Rice Pudding
Custard



SIDES & VEGETABLES

Mashed Potato
Sauté Potatoes
Cauliflower
Broccoli
Gravy



COLD DESSERTS

Strawberry Trifle
Raspberry Dessert
Ginger Cake
Thick & Creamy Yoghurt
Fruit Cocktail
Selection of Fresh Fruit
Cheese & Crackers



Available Daily: jacket potato, sandwiches & salads – please see page 7 for choices.

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Have you asked about our cultural menu?





THURSDAY LUNCH

MAIN COURSES

Chicken Kiev
Salmon Crumble
Lentil Bolognese



HOT DESSERTS

Raspberry Pudding
Semolina Pudding
Custard



SIDES & VEGETABLES

Mashed Potato
Potato Wedges
Cut Green Beans
Sweetcorn
Gravy



COLD DESSERTS

Strawberry Trifle
Raspberry Dessert
Ginger Cake
Thick & Creamy Yoghurt
Fruit Cocktail
Selection of Fresh Fruit
Cheese & Crackers



THURSDAY SUPPER

MAIN COURSES

Shepherds Pie
Chicken & Ham Pie with Flaky Pastry Top
Cheese & Onion Quiche



HOT DESSERTS

Stewed Apple
Rice Pudding with Nutmeg
Custard



SIDES & VEGETABLES

Mashed Potato
Roast Potatoes
Sliced Carrots
Vegetable Medley
Gravy



COLD DESSERTS

Strawberry Trifle
Raspberry Dessert
Ginger Cake
Thick & Creamy Yoghurt
Fruit Cocktail
Selection of Fresh Fruit
Cheese & Crackers



Available Daily: jacket potato, sandwiches & salads – please see page 7 for choices.
Please ask your ward host if you would like to change your portion size.
Have you asked about our cultural menu?



FRIDAY LUNCH

MAIN COURSES

Breaded Cod
Corned Beef Hash
Bean Chilli



HOT DESSERTS

Lemon Flavour Sponge
Chef's Rice Pudding
Custard



SIDES & VEGETABLES

Mashed Potato
Oven Chips
Baked Beans
Peas
Gravy



COLD DESSERTS

Strawberry Trifle
Raspberry Dessert
Ginger Cake
Thick & Creamy Yoghurt
Fruit Cocktail
Selection of Fresh Fruit
Cheese & Crackers



FRIDAY SUPPER

MAIN COURSES

Chicken Breast in Tomato & Basil Sauce
Vegetable Quiche
Macaroni Cheese



HOT DESSERTS

Chocolate Chip Sponge
Semolina
Custard



SIDES & VEGETABLES

Mashed Potato
Baby Potatoes
Cauliflower
Spring Vegetable Medley
Gravy



COLD DESSERTS

Strawberry Trifle
Raspberry Dessert
Ginger Cake
Thick & Creamy Yoghurt
Fruit Cocktail
Selection of Fresh Fruit
Cheese & Crackers



Available Daily: jacket potato, sandwiches & salads – please see page 7 for choices.
Please ask your ward host if you would like to change your portion size.
Have you asked about our cultural menu?

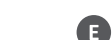




SATURDAY LUNCH

MAIN COURSES

Coronation Chicken
Baked Steak & Mushroom Pie
Cauliflower Cheese



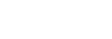
HOT DESSERTS

Apple Pie
Rice Pudding with Nutmeg
Custard



SIDES & VEGETABLES

Mashed Potato
Potato Wedges
Mashed Swede
Broccoli
Gravy



COLD DESSERTS

Strawberry Trifle
Raspberry Dessert
Ginger Cake
Thick & Creamy Yoghurt
Fruit Cocktail
Selection of Fresh Fruit
Cheese & Crackers



SATURDAY SUPPER

MAIN COURSES

Sausages in Onion Gravy
Chicken Curry
Vegetable Lasagne



HOT DESSERTS

Jam Sponge
Clotted Cream Rice Pudding
Custard



SIDES & VEGETABLES

Mashed Potato
Vegetable Rice
Mixed Vegetables
Sweetcorn
Gravy



COLD DESSERTS

Strawberry Trifle
Raspberry Dessert
Ginger Cake
Thick & Creamy Yoghurt
Fruit Cocktail
Selection of Fresh Fruit
Cheese & Crackers



Available Daily: jacket potato, sandwiches & salads – please see page 7 for choices.

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Have you asked about our cultural menu?



SUNDAY LUNCH

MAIN COURSES

Roast Beef in Gravy
Roast Chicken Breast in Gravy
Cheese & Onion Pie



HOT DESSERTS

Apricot Crumble
Chef's Rice Pudding
Custard



SIDES & VEGETABLES

Mashed Potato
Roast Potatoes
Cut Green Beans
Mashed Root Vegetables
Gravy



COLD DESSERTS

Strawberry Trifle
Raspberry Dessert
Ginger Cake
Thick & Creamy Yoghurt
Fruit Cocktail
Selection of Fresh Fruit
Cheese & Crackers



SUNDAY SUPPER

MAIN COURSES

Sausage Casserole
Fish in Cheese Sauce
Plant Based Shepherd's Pie



HOT DESSERTS

Sticky Toffee Pudding
Rice Pudding with Nutmeg
Custard



SIDES & VEGETABLES

Mashed Potato
Croquette Potatoes
Mixed Vegetables
Baked Beans
Gravy



COLD DESSERTS

Strawberry Trifle
Raspberry Dessert
Ginger Cake
Thick & Creamy Yoghurt
Fruit Cocktail
Selection of Fresh Fruit
Cheese & Crackers



Available Daily: jacket potato, sandwiches & salads – please see page 7 for choices.

Please ask your ward host if you would like to change your portion size.

Have you asked about our cultural menu?





MAIN MENU

WEEK 2



MONDAY LUNCH

MAIN COURSES

Pasta in Tomato & Basil Sauce



Sausage Casserole



Cheese & Mushroom Omelette



HOT DESSERTS

Summer Fruit Crumble



Clotted Cream Rice Pudding



Custard



SIDES & VEGETABLES

Mashed Potato



Oven Chips



Mixed Vegetables



Baked Beans



Gravy



COLD DESSERTS

Raspberry Trifle



Apricot & Peach Dessert



Ginger Cake



Thick & Creamy Yoghurt



Fruit Cocktail



Selection of Fresh Fruit



Cheese & Crackers



MONDAY SUPPER

MAIN COURSES

Salmon Crumble



Sweet & Sour Chicken



Cauliflower & Broccoli Pasta



HOT DESSERTS

Stewed Apple



Chef's Rice Pudding



Custard



SIDES & VEGETABLES

Mashed Potato



White Rice



Vegetable Medley



Cauliflower



Gravy



COLD DESSERTS

Raspberry Trifle



Apricot & Peach Dessert



Ginger Cake



Thick & Creamy Yoghurt



Fruit Cocktail



Selection of Fresh Fruit



Cheese & Crackers



Available Daily: jacket potato, sandwiches & salads – please see page 7 for choices.

Please ask your ward host if you would like to change your portion size.

Have you asked about our cultural menu?



TUESDAY LUNCH

MAIN COURSES

Savoury Minced Beef
Chicken Stew with Dumpling
Tortelloni in Tomato & Basil Sauce



HOT DESSERTS

Chocolate Chip Sponge
Semolina Pudding
Custard



SIDES & VEGETABLES

Mashed Potato
Croquette Potatoes
Vegetable Medley
Sweetcorn
Gravy



COLD DESSERTS

Raspberry Trifle
Apricot & Peach Dessert
Ginger Cake
Thick & Creamy Yoghurt
Fruit Cocktail
Selection of Fresh Fruit
Cheese & Crackers



TUESDAY SUPPER

MAIN COURSES

Tuna Pasta Bake
Chicken Chasseur
Cauliflower Cheese



HOT DESSERTS

Mixed Fruit Pie
Clotted Cream Rice Pudding
Custard



SIDES & VEGETABLES

Mashed Potato
Sauté Potato
Mixed Vegetables
Broccoli
Gravy



COLD DESSERTS

Raspberry Trifle
Apricot & Peach Dessert
Ginger Cake
Thick & Creamy Yoghurt
Fruit Cocktail
Selection of Fresh Fruit
Cheese & Crackers



Available Daily: jacket potato, sandwiches & salads – please see page 7 for choices.

Please ask your ward host if you would like to change your portion size.

Have you asked about our cultural menu?



WEDNESDAY LUNCH

MAIN COURSES

Chicken Curry
Baked Steak & Mushroom Pie
Vegetarian Cottage Pie



HOT DESSERTS

Rhubarb Crumble
Rice Pudding with Nutmeg
Custard



SIDES & VEGETABLES

Mashed Potato
Vegetable Rice
Peas
Cauliflower
Gravy



COLD DESSERTS

Raspberry Trifle
Apricot & Peach Dessert
Ginger Cake
Thick & Creamy Yoghurt
Fruit Cocktail
Selection of Fresh Fruit
Cheese & Crackers



WEDNESDAY SUPPER

MAIN COURSES

Beef Casserole
Pork Meatballs in Tomato & Herb Sauce
Baked Vegetable Pie



HOT DESSERTS

Pineapple Sponge
Clotted Cream Rice Pudding
Custard



SIDES & VEGETABLES

Mashed Potato
Potato Wedges
Spring Vegetable Medley
Sliced Carrots
Gravy



COLD DESSERTS

Raspberry Trifle
Apricot & Peach Dessert
Ginger Cake
Thick & Creamy Yoghurt
Fruit Cocktail
Selection of Fresh Fruit
Cheese & Crackers



Available Daily: jacket potato, sandwiches & salads – please see page 7 for choices.

Please ask your ward host if you would like to change your portion size.

Have you asked about our cultural menu?





THURSDAY LUNCH

MAIN COURSES

Vienna Pork Steak in Sauce
Minced Beef Hotpot
Bean Chilli



HOT DESSERTS

Raspberry Pudding
Chef's Rice Pudding
Custard



SIDES & VEGETABLES

Mashed Potato
Baby Potatoes
Sweetcorn
Cut Green Beans
Gravy



COLD DESSERTS

Raspberry Trifle
Apricot & Peach Dessert
Ginger Cake
Thick & Creamy Yoghurt
Fruit Cocktail
Selection of Fresh Fruit
Cheese & Crackers



THURSDAY SUPPER

MAIN COURSES

Chicken Breast in Tomato & Basil Sauce
Cheese & Onion Quiche
Plain Omelette



HOT DESSERTS

Stewed Apple
Semolina
Custard



SIDES & VEGETABLES

Mashed Potato
Sauté Potato
Mixed Vegetables
Sliced Carrots
Gravy



COLD DESSERTS

Raspberry Trifle
Apricot & Peach Dessert
Ginger Cake
Thick & Creamy Yoghurt
Fruit Cocktail
Selection of Fresh Fruit
Cheese & Crackers



Available Daily: jacket potato, sandwiches & salads – please see page 7 for choices.

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Have you asked about our cultural menu?

FRIDAY LUNCH

MAIN COURSES

Breaded Cod
Coronation Chicken
Vegetable Quiche



HOT DESSERTS

Lemon Flavour Sponge
Rice Pudding With Nutmeg
Custard



SIDES & VEGETABLES

Mashed Potato
Oven Chips
Mushy Peas
Garden Peas
Gravy



COLD DESSERTS

Raspberry Trifle
Apricot & Peach Dessert
Ginger Cake
Thick & Creamy Yoghurt
Fruit Cocktail
Selection of Fresh Fruit
Cheese & Crackers



FRIDAY SUPPER

MAIN COURSES

Cottage Pie
Chicken & Ham Pie with Flaky Pastry Top
Potato, Cheese & Leek Bake



HOT DESSERTS

Chocolate Chip Sponge
Semolina
Custard



SIDES & VEGETABLES

Mashed Potato
Roast Potatoes
Cauliflower
Broccoli
Gravy



COLD DESSERTS

Raspberry Trifle
Apricot & Peach Dessert
Ginger Cake
Thick & Creamy Yoghurt
Fruit Cocktail
Selection of Fresh Fruit
Cheese & Crackers



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Have you asked about our cultural menu?





SATURDAY LUNCH

MAIN COURSES

Beef Bolognese with Pasta
Potato Topped Chicken Pie
Vegetable Lasagne



HOT DESSERTS

Apple Pie
Clotted Cream Rice Pudding
Custard



SIDES & VEGETABLES

Mashed Potato
Potato Wedges
Carrots
Cut Green Beans
Gravy



COLD DESSERTS

Raspberry Trifle
Apricot & Peach Dessert
Ginger Cake
Thick & Creamy Yoghurt
Fruit Cocktail
Selection of Fresh Fruit
Cheese & Crackers



SATURDAY SUPPER

MAIN COURSES

Salmon & Broccoli Bake
Baked Steak & Mushroom Pie
Lentil Bolognese



HOT DESSERTS

Jam Sponge
Chef's Rice Pudding
Custard



SIDES & VEGETABLES

Mashed Potato
Baby Potatoes
Vegetable Medley
Mashed Swede
Gravy



COLD DESSERTS

Raspberry Trifle
Apricot & Peach Dessert
Ginger Cake
Thick & Creamy Yoghurt
Fruit Cocktail
Selection of Fresh Fruit
Cheese & Crackers



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Have you asked about our cultural menu?



SUNDAY LUNCH

MAIN COURSES

Steak Pie with Flaky Pastry Top
Roast Chicken Breast in Gravy
Macaroni Cheese



HOT DESSERTS

Apricot Crumble
Rice Pudding With Nutmeg
Custard



SIDES & VEGETABLES

Mashed Potato
Roast Potatoes
Broccoli
Mashed Root Vegetables
Gravy



COLD DESSERTS

Raspberry Trifle
Apricot & Peach Dessert
Ginger Cake
Thick & Creamy Yoghurt
Fruit Cocktail
Selection of Fresh Fruit
Cheese & Crackers



SUNDAY SUPPER

MAIN COURSES

Corned Beef Hash
Fishcake
Tortelloni in Tomato & Basil Sauce



HOT DESSERTS

Sticky Toffee Pudding
Semolina
Custard



SIDES & VEGETABLES

Mashed Potato
Boiled Potatoes
Peas
Baked Beans
Gravy



COLD DESSERTS

Raspberry Trifle
Apricot & Peach Dessert
Ginger Cake
Thick & Creamy Yoghurt
Fruit Cocktail
Selection of Fresh Fruit
Cheese & Crackers



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