

ITU WARD MENU

Please choose a hot main, salad or sandwich followed by dessert.

MAIN COURSE

Roast Beef



Slices of roasted British beef slathered in our thick rich gravy, served with golden roast potatoes and a vibrant medley of carrots and sprouts.

Sausage & Mash

Juicy pork sausages in a rich warming gravy, served with creamy mashed potato and peas.

Battered Fish and Mushy Peas



Served with fried diced potatoes, and minted mushy peas.

Quorn & Vegetable Casserole



Quorn pieces and haricot beans in a herby tomato vegetable sauce, served with mashed potato and peas.

Mushroom Stroganoff



Chestnut mushrooms and white mushrooms in a creamy paprika sauce with long grain white rice, peas and parsley.

Sweet Potato & Bean Chilli



Sweet potato, red kidney beans and haricot beans in a mild tomato and chilli sauce, served with white rice seasoned with coriander.

Macaroni Cheese



Served with a mixture of broccoli, peas, carrots and sweetcorn.

Cottage Pie



Minced beef and lentils topped with mashed potato. Served with seasoned carrots and swede.

Fish Pie



Salmon, smoked haddock in a creamy sauce, topped with mashed potato. Served with broccoli and butternut squash.

Salmon & Broccoli Pasta Bake



Salmon and broccoli in a rich, creamy Cheddar cheese sauce.

SALADS

Cheese Salad



Chicken Salad



Egg Salad



Avocado, Sweet Potato & Tomato Salad



SANDWICHES

Available on white or brown bread.

Just Ham



Just Cheese



Tuna Mayonnaise



Egg Mayonnaise



Chicken Mayonnaise



Humous & Chickpea

DESSERTS

Sticky Toffee Pudding & Custard



Vanilla Sponge with Summer Fruit Sauce



Rice Pudding



Raspberry Trifle



Thick & Creamy Yoghurt



Fruit Cocktail



Cheese & Crackers



Selection of Fresh Fruit



NUTRITIONAL & ALLERGEN INFORMATION

Please scan this QR code to access the full nutritional and allergen information for our menus.

This menu is made for multiple patient use.

**Please clean thoroughly with Clinell wipes
between patients.**

This has been approved by NHS IPC forum.

**If damaged or stained please dispose of
and contact helpdesk for replacements.**



PATIENT FEEDBACK

Patients are invited to share their experience by scanning the QR code provided. Simply use your smartphone camera to access a short feedback survey, where you can quickly and securely tell us about your meal service.

Your input helps us understand what we're doing well and where we can improve, ensuring we continue to provide the best possible care.