Friday

# FRIDAY

## Lunch

Battered Fish
Cod coated in a traditional crispy batter
Chicken and Mushroom Pie HE HP
Diced chicken & mushrooms slow cooked in a light cream sauce topped with pastry
Sweet Potato, Courgette and Feta Cheese S V ♥
Sweet Potato and Courgette with a tangy mayo sauce topped with feta and pickled beetroot

Egg Salad V ♥
Served with Bread Roll

Creamy Mashed Potato HE S V
Chips HE VG
Garden Peas HP S VG ♥
Baked Beans HP S VG ♥

## Dessert

Plum Crumble HE HP V
Tiramisu S V
Custard S V
Yoghurt S V
Ice Cream S V
Fruit in Juice ♥

## Supper

Pea and Mint Soup HE HP V
Served with a choice of Sandwich

Fish Pie HE HP S
Fillets of Cod in a creamy white sauce topped with creamy mashed potato
Caponata Couscous HE S V ♥
Tomato based Sicilian style meal with couscous

Creamy Mashed Potato HE S V
Herby Diced Potatoes HE S VG
Garden Peas HP S VG ♥
Diced Swede S VG ♥

## Dessert

Bakewell Tart HE HP V
Fruit Cake HE HP S V

Custard S V
Yoghurt S V
Ice Cream S V
Fresh Fruit ♥

# SATURDAY

## Lunch

Butter Chicken HP ♥
A buttery Indian spiced sauce with tender pieces of chicken breast
Chicken and Broccoli in Parsley Sauce HP
Tender Chicken in a light fresh butter parsley sauce
Potato Topped Vegetable Pie HE HP S V ♥
A Veggie medley with a potato top

Cheese Salad V
Served with Bread Roll

Creamy Mashed Potato HES V
Boiled Rice HE S VG
Sweetcorn S VG ♥
Green Beans S VG ♥

## Dessert

Apple and Vanilla Crumble HE HP V
Chocolate Cake HE S HP V
Custard S V
Yoghurt S V
Ice Cream S V
Fruit in Juice ♥

## Supper

Tomato and Lentil Soup HE HP V
Served with a choice of Sandwich

Tukey, Sweet Potato and Feta Cheese HP S ♥
Minced Turkey with Sweet Potato and Feta Cheese
Creamy Vegetable with Pasta HE S V
Creamy vegetable sauce with herbs and vegetables served over penne pasta

Creamy Mashed Potato HE S V
Herby Diced Potatoes HE S VG
Mixed Vegetables S VG ♥
Green Beans S VG ♥

## Dessert

Vanilla Sponge HE HP S V G
Strawberry Cheesecake S V ♥

Custard S V
Yoghurt S V
Ice Cream S V
Fresh Fruit ♥

# SUNDAY

## Lunch

Lemon and Thyme Roast Chicken HP ♥
Roasted chicken breast in lemon and thyme creamy sauce
Cowboy Casserole
Baked beans, chopped pork sausages, pancetta, onions in a tomato, parsley and mix spice sauce
Mushroom and Lentil Bolognaise HE S VG
Mushroom and lentil in a traditional bolognaise sauce

Tuna Salad
Served with Bread Roll

Creamy Mashed Potato HE S V
Roast Potatoes S VG
Broccoli S VG ♥
Carrots S VG ♥

## Dessert

Sticky Toffee Pudding HE S HP V
Blackcurrant Cheesecake S V
Custard S V
Yoghurt S V
Ice Cream S V
Fruit in Juice ♥

## Supper

Parsnip and Pear Soup HE V
Served with a choice of Sandwich

Salmon and Broccoli Bake HE HP S
Salmon and Broccoli in a Creamy Sauce with Potato
Potato and Cauliflower Masala S VG ♥
Mildly spicy Indian sauce with cauliflower and potato

Creamy Mashed Potato HE S V
Colcannon HE HP S V
Braised Red Cabbage S VG ♥
Garden Peas HP S VG ♥

## Dessert

Mango and Passionfruit Crumble HE HP V
Orange Jelly S VG ♥
Not suitable with thickened Fluids

Custard S V
Yoghurt S V
Ice Cream S V
Fresh Fruit ♥

**Menu**

Please choose from the menu when the trolley arrives, we will endeavour to give you're your first choice. If you require a special diet and nothing is suitable on the normal menu please speak to a nurse or dietician

**Ward Beverage Service**

A selection of hot and cold drinks and fruit juice is available with each meal and throughout the day with snack

**Faith and Ethnic Meals**

In addition to the main menu there is a range of meals available which can be ordered through the ward staff.

**Catering Department**

If you would like to comment on any aspect of the Catering Service then please contact the Catering Department.

Key to Dietary Icons

♥ Healthier Choice
HE Higher Energy
V Suitable for Vegetarians
VG Suitable for Vegans
S Softer Option
HP Higher Protein

All menu items are suitable for people with Diabetes, taken in moderation. For healthier choices look for the heart symbol.

**Allergen Advice**—If you require any allergen advice please ask a member of staff

Saturday / Sunday

MEALS ARE SERVED AT THE FOLLOWING TIMES:

| | |
|---|---|
| Breakfast | 07:30 - 08:15 |
| Lunch | 12:30 - 13:30 |
| Supper | 17:00 - 18:00 |

WEEK 01



# menu

Ashford and St. Peter's Hospitals
Goodness
Nutrition for you

# MONDAY

## Lunch

Steak and Mushroom Stroganoff HP
Beef, Mushroom & creamy paprika sauce with pasta
Chicken Korma HP
Diced Chicken slow cooked in a Korma sauce
Butternut and Chickpea Pasta HE S V ♥
Butternut Squash sauce with pasta and chickpea

Cheese Salad V
Served with Bread Roll

Creamy Mashed Potato HE S V
Boiled Rice HE S VG
Garden Peas HP S ♥
Carrots S ♥

## Dessert

Jam and Coconut Sponge HE HP V
Fruit Cake HE HP V

Custard S V
Yoghurt S V
Ice Cream S V
Fruit in Juice ♥

## Supper

White Onion Soup HE V
Served with a choice of Sandwich

Beef and Potato Pie HE HP S
Diced beef in a rich beef sauce topped with pastry
Moroccan Chickpea Tagine with Couscous S V ♥
Tomato and Aubergine with Apricot and couscous

Creamy Mashed Potato HE S V
Sauté Potatoes HE S VG
Carrots S ♥
Cauliflower S ♥

## Dessert

Raspberry and Coconut Sponge HE HP S V
Chocolate Trifle S V

Custard S V
Yoghurt S V
Ice Cream S V
Fresh Fruit ♥

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# TUESDAY

## Lunch

Chilli Con Carne HP ♥
Lean minced and diced braised beef in a tomato and chilli sauce with kidney beans
Chicken Pasta Bake HE HP
Chicken in a tomato sauce with penne pasta
Vegan Cottage Pie S VG
A lentil base topped with mashed potato

Egg Salad V ♥
Served with Bread Roll

Creamy Mashed Potato HE S V
Boiled Rice HE S VG
Green Beans S ♥
Mixed Vegetables S ♥

## Dessert

Chocolate Sponge HE HP S V
Strawberry Trifle V S ♥

Custard S V
Yoghurt S V
Ice Cream S V
Fruit in Juice ♥

## Supper

Chunky Vegetable Soup HE HP V
Served with a choice of Sandwich

Lemon and Coriander Cream Chicken HP
Chicken in a lemon and coriander creamy sauce
Tofu Tikka Masala HE S VG ♥
Traditional Tikka Masala Sauce with Tasty Tofu

Creamy Mashed Potato HE S V
Boiled Rice HE S VG
Broccoli S ♥
Mixed Vegetables S ♥

## Dessert

Cherry Pie HE HP V
Ginger Cake HE HP S V

Custard S V
Yoghurt S V
Ice Cream S V
Fresh Fruit ♥

**Faith and Ethnic Meals**

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**Catering Department**

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Monday / Tuesday

# WEDNESDAY

## Lunch

Cherry Tomato and Basil Tuscan Chicken HP
Tomato and oregano based chicken dish
Salmon in Creamy Vegetable Sauce HP S ♥
Salmon in a creamy rich sauce with vegetables
Cauliflower Mac and Cheese HE HP S V
Creamy, mac and cheese with tender cauliflower and a golden, cheesy crust.

Tuna Salad
Served with Bread Roll

Creamy Mashed Potato HE S V
Boiled Rice HE S VG
Diced Swede S ♥
Broccoli S ♥

## Dessert

Sultana Sponge HE HP S V
Chocolate Trifle S V

Custard S V
Yoghurt S V
Ice Cream S V
Fruit in Juice ♥

## Supper

Chunky Leek and Potato Soup HE HP V
Served with a choice of Sandwich

Turkey Taco Rice HP S
A Mexican taco flavoured turkey and herby rice
Falafel and Aubergine Tomato Bake HE S V ♥
Tasty falafel balls in a tomato and aubergine ragu.

Creamy Mashed Potato HE S V
Sauté Potatoes HE S VG
Cauliflower S ♥
Green Beans S ♥

## Dessert

Toffee Sponge HE HP S VG
Strawberry Jelly S VG
Not suitable with thickened Fluids

Custard S V
Yoghurt S V
Ice Cream S V
Fresh Fruit ♥

Five—a—day—Choose Vegetables for lunch, fruit for pudding and fruit juice with all meals

Increase Fibre—Try to eat more wholemeal bread sandwiches and wholegrain breakfast cereals, such as Weetabix or Bran Flakes

Reduce Fat—Choose Healthier Choice ♥

# THURSDAY

## Lunch

Beef Casserole HP
A warming beef and sweet potato casserole
Turkey Escallop in Mushroom Sauce HE HP ♥
Breaded Turkey Steaks with a Mushroom sauce
Pumpkin and Sage Pot Pie S V
Pumpkin and squash with Quorn in a creamy sage sauce topped with a pie top.

Chicken Salad ♥
Served with Bread Roll

Creamy Mashed Potato HE S V
Sauté Potatoes HE S VG
Braised Red Cabbage S ♥
Carrots S ♥

## Dessert

Fruit of Forest Crumble HE HP V
Orange Jelly VG ♥
Not suitable for thickened fluids
Custard S V
Yoghurt S V
Ice Cream S V
Fruit in Juice ♥

## Supper

Chunky Potato and Watercress Soup HE V
Served with a choice of Sandwich

Beef Bourguignons HE
Beef stew cooked with thyme, mushrooms and carrots, drenched in fresh organic cranberry juice
Vegetable Lasagne S V ♥
Layers of pasta , tomato and vegetables sauce topped with a creamy cheese sauce

Creamy Mashed Potato HE S V
Boiled Potatoes S VG ♥
Carrots S ♥
Butternut Squash and Cranberry S

## Dessert

Apple Pie HE HP V
Lemon Sponge HE HP S V

Custard S V
Yoghurt S V
Ice Cream S V
Fresh Fruit ♥

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Wednesday / Thursday