Friday

FRIDAY

Lunch

Cottage Pie HE HP S
Minced Beef with a mash potato top
Lemon Butter White Fish S
White fish fillets with a buttery lemon sauce
Vegetable Lasagne S V ♥
Layers of pasta , tomato and vegetables sauce topped with a creamy cheese sauce

Egg Salad V ♥
Served with Bread Roll

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

Dessert

Cherry Pie HE HP V
Strawberry Cheesecake S 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

Chicken Casserole HP
Chicken in a rich gravy with winter vegetables
Caponata Couscous HE S V ♥
Tomato based Sicilian style meal with couscous

Creamy Mashed Potato HE S V
Boiled Potatoes S VG
Carrots S VG ♥
Green Beans S VG ♥

Dessert

Lemon Sponge HE HP S V
Strawberry Cheesecake S V ♥

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

SATURDAY

Lunch

Steak and Mushroom Pie HE HP
Steak & Mushroom pie with a pastry pie top
Tukey, Sweet Potato and Feta Cheese HP S ♥
Minced Turkey with Sweet Potato and Feta Cheese
Miso Mushroom with Pak Choi VG
Asian Style Mushrooms & Pak Choy with Edamame and Miso seasoning

Cheese Salad V
Served with Bread Roll

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

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 Vegetable Soup HE HP V
Served with a choice of Sandwich

Tuna Pasta HE HP S
Penne pasta with tuna, onion and button mushrooms in a creamy cheddar cheese sauce
Potato Topped Vegetable Pie HE HP V ♥
A veggie medley with a potato topping

Creamy Mashed Potato HE S V
Herby Diced Potatoes HE S VG
Butternut Squash & Cranberry S VG
Garden Peas HP S VG ♥

Dessert

Fruit of forest 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 ♥

SUNDAY

Lunch

Turkey Escallop with Mushroom Sauce HE HP ♥
Breaded Turkey Steaks with a Mushroom sauce
Beef In Gravy HP
Slices of Roast Beef in a succulent gravy
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
Roast Potatoes S VG
Braised Red Cabbage S VG ♥
Garden Peas HP S VG ♥

Dessert

Chocolate and Cherry Crumble HE HP V
Ginger Cake HE HP S 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

Chicken, Mushroom and Thyme Pasta HE HP S ♥
A Creamy Pasta infused with thyme and served with steamed chicken
Quorn Roast HP V
Roast Quorn Fillets with a vegetarian Gravy

Creamy Mashed Potato HE S V
Sauté Potatoes HE S VG
Broccoli S VG ♥
Mixed Vegetables S VG ♥

Dessert

Bakewell Tart HE HP V
Strawberry Trifle S V ♥

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 - 18:0

WEEK 02



menu

Ashford and St. Peter's Hospitals Goodness

Nutrition for you

MONDAY

Lunch

Beef Lasagne HE HP S
Layered Packed Beef Ragu with White Sauce
Chicken with Quinoa and Pineapple HP
Quinoa and pineapple medley with diced chicken
Tofu Tikka Masala S VG ♥
Traditional Tikka Masala Sauce with Tasty Tofu

Egg Salad V ♥
Served with Bread Roll

Creamy Mashed Potato HE S V
Boiled Rice HE S VG
Broccoli S VG ♥
Carrots S VG ♥

Dessert

Fruit of Forest Crumble HE HP V
Fruit Cake HE HP S V

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

Minced Lamb and Potato Bake HE HP S
Minced lamb in a red currant, thyme & mint stew
Butternut and Chickpea Pasta HE S V ♥
Roasted Butternut sauce with pasta and chickpea

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

Dessert

Pineapple Sponge S V
Strawberry Jelly S VG ♥
Not suitable with thickened Fluids
Custard S V
Yoghurt S V
Ice Cream S V
Fresh Fruit ♥

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TUESDAY

Lunch

Lamb Mince and Creamy Peas HP S ♥
Succulent mince lamb with fresh crushed creamy peas
Chicken and Broccoli Bake HE HP
Chicken and broccoli in a bechamel & cheddar sauce topped with sauté potatoes
Quorn Shepherds Pie HP S V
A delicious Quorn mince topped with Mash Potato

Cheese Salad V
Served with Bread Roll

Creamy Mashed Potato HE S V
Boiled Potatoes S VG ♥
Garden Peas HP S VG ♥
Mixed Vegetables S VG ♥

Dessert

Bakewell Tart HE HP V
Blackcurrant Cheesecake 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

Chilli Con Carne HP ♥
Lean minced and diced braised beef in a tomato and chilli sauce with kidney beans

Macaroni Cheese HE S V
a classic rich cheese sauce with macaroni pasta

Creamy Mashed Potato HE S V
Boiled Rice HE S VG
Sweetcorn S VG ♥
Carrots S VG ♥

Dessert

Chocolate and Cherry Crumble 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

Potato Topped Chicken Pie HP S ♥
Chicken and vegetables in savoury sauce, topped with golden buttery mashed potatoes
Salmon with Dill and Mustard Sauce HE HP S
Salmon with a beautiful tasty lemon and dill sauce
Quorn Katsu Curry V
Quorn in a Japanese curry sauce with vegetables

Tuna Salad
Served with Bread Roll

Creamy Mashed Potato HE S V
Boiled Rice HE S VG
Diced Swede S VG ♥
Butternut Squash & Cranberry S VG

Dessert

Apple Pie HE HP V
Chocolate Trifle 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

Shepherds Pie HE S
Minced lamb, onions, carrots and celery in a rich lamb gravy topped with a buttery mash potato
Moroccan Chickpea Tagine S V ♥
Tomato and Aubergine with Apricot and couscous

Creamy Mashed Potato HE S V
Jacket Wedges HE S VG
Cauliflower S VG ♥
Broccoli S VG ♥

Dessert

Raspberry and Coconut Sponge HE HP S V
Tiramisu S V ♥

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

Pork and Mushroom Casserole HP ♥
Diced Pork and Mushroom in a creamy sauce
Chicken and bacon Carbonara HE HP
Spaghetti with a creamy sauce with bacon and chicken
Vegetable Moussaka HE S V
Vegetables in a tomato sauce with aubergines and potatoes topped with a bechamel sauce

Chicken Salad ♥
Served with Bread Roll

Creamy Mashed Potato HE S V
Pasta S V
Green Beans S VG ♥
Carrots S VG ♥

Dessert

Sticky Toffee Pudding HE HP S V
Orange Jelly S VG ♥
Not suitable for thickened fluids
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

Fish Pie with Potato and Herb Crumb HE HP S
Fish in creamy sauce, topped with herby mashed potato and a golden, crunchy crumb.
Potato and Cauliflower Masala S VG ♥
Mildly spicy Indian sauce with cauliflower and potato

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

Dessert

Mango and Passionfruit Crumble HE HP V
Chocolate Cake HE HP S V

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

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Wednesday / Thursday