



Children's Menu

Northumbria Healthcare **NHS**
NHS Foundation Trust

Children's Menu



Dietary information

Dishes suitable for patients following the most common therapeutic diets are coded for ease of identification

GF	Gluten Free	ED	Energy Dense
VE	Vegan	V	Vegetarian
DF	Made without Milk or Milk Derivatives		

All dietary information is accurate at time of publication, always check the lid for the most up to date information.

Main Meals

Beef Hotpot

Rich beef mince meat cooked with a variety of roast vegetables and topped with potato
GF •DF

Beef Stroganoff

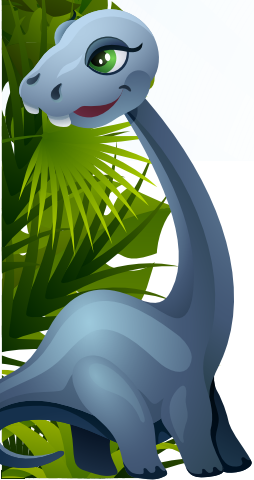
Juicy beef cooked with mushrooms in a cream and white wine sauce, with white rice
GF •ED

Corned Beef Hash

A delicate dish made with corned beef, onions, peas and topped with diced potatoes
GF •ED •DF

Spaghetti Bolognaise

An Italian classic, cooked to perfection in a tomato sauce with diced vegetables



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Chicken Goujons

Crispy Chicken Goujons coated in breadcrumbs, served with Peas and chips

ED •DF

Chicken & Broccoli Bake

Chicken cooked in a creamy sauce with broccoli and onion, topped with diced potatoes

GF

Pasta Carbonara

Cooked with chicken and ham in a creamy carbonara sauce with mushrooms

ED

Cumberland Sausage & Mashed Potato

Cumberland pork sausage in gravy with mashed potato, carrots and peas

GF •ED

Fish Hotpot

Smoked haddock and hoki in a creamy sauce with onion, parsley and spices

GF •ED

Fisherman's Pie

Smoked haddock and hoki cooked in a creamy sauce topped with mashed potato

GF •ED

Cheese & Potato Bake

Broccoli in a cheese sauce with onions, topped with diced potatoes

GF •ED •V

Macaroni Cheese

Penne Pasta cooked in a thick cheese sauce

ED •V

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Desserts

Monday

Sticky Toffee Pudding

Tuesday

Syrup Sponge

Wednesday

Apple Crumble

Thursday

Rhubarb Crumble

Friday

Rice Pudding

Saturday

Somerset Apple Cake

Sunday

Plum & Cherry Crumble

All available with Custard GF • V

Cold Desserts

Cheesecake

Orange or Strawberry jelly

Yoghurt V

Fresh Fruit V • VE

Trifle

Fruit pot

Ice Cream V

Cheese & Biscuits V