

SOUP OF THE DAY

LUNCH	SUPPER
Monday Carrot & Coriander GF V EC	Monday Tomato GF V ED EC
Tuesday Potato & Leek GF V EC	Tuesday Mushroom GF V ED EC
Wednesday Mushroom GF V ED EC	Wednesday Tomato, Red pepper & Lentil GF V VGN ED EC
Thursday Tomato GF V ED EC	Thursday Vegetable GF V VGN ED EC
Friday Tomato Red Pepper & Lentil GF V VGN ED EC	Friday Creamy Chicken GF ED EC
Saturday Vegetable GF V VGN ED EC	Saturday Carrot & Coriander GF V EC
Sunday Creamy Chicken GF ED EC	Sunday Potato & Leek GF V EC

Please choose a sandwich or salad to accompany your soup

SANDWICHES

- Ham & Cheese on White Bread
- Egg & Cress on Brown Bread
- Tuna Mayonnaise on Brown Bread
- Chicken, Lettuce & Low-Calorie Mayonnaise on White Bread

SALADS

- Ham Salad
- Tuna Salad
- Cheese Salad

Please check with staff for allergen information

JACKET POTATO

With a choice of the following: Cheese or Tuna Mayonnaise

COLD DESSERTS

- Cheese & Biscuits
- Fruit Pot
- Cheesecake
- Fresh Fruit
- Ice Cream
- Trifle
- Orange or Strawberry Jelly
- Mousse

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HOT DESSERT OF THE DAY

LUNCH	SUPPER
Monday Bakewell Tart & Custard V ED EC	Monday Rice Pudding with Apricot GF V EC
Tuesday Mixed Fruit Pie & Custard V ED EC	Tuesday Sponge with Lemon Sauce & Custard GF V ED EC
Wednesday Sticky Toffee Pudding V ED EC	Wednesday Bakewell Tart & Custard V ED EC
Thursday Sponge with Lemon Sauce & Custard GF V ED EC	Thursday Apple Pie & Custard V
Friday Rice Pudding with Apricot GF V EC	Friday Sponge with Lemon Sauce & Custard GF V ED EC
Saturday Apple Pie & Custard V	Saturday Sticky Toffee Pudding V ED EC
Sunday Sponge with Lemon Sauce & Custard GF V ED EC	Sunday Mixed Fruit Pie & Custard V ED EC

MENU



JUICE

Orange Juice

Apple Juice



DIETARY CODES

GF Gluten Free

ED Energy Dense

V Vegetarian

VGN Vegan

EC Easy to Chew

Northumbria Healthcare caters for all your dietary requirements; if there is nothing on the menu which is suitable for your personal dietary needs, please tell a member of ward staff who will arrange for you to receive a suitable meal.

Allergen information has been added for main courses but is available for all meals, please ask ward staff for information should you require it prior to ordering.

MAIN MEALS

Corned Beef Hash

GF•ED

Served with carrots & peas

Minced Beef & Dumpling

EC

Served with mashed potato, carrots & cauliflower

GLUTEN MILK

Puff Pastry Topped Quorn & Mushroom Pie

V•VGN•ED

Served with parsley fried diced potatoes & peas

GLUTEN MILK EGG

Roast Chicken In Gravy

Served with roast potatoes with thyme, carrots, sprouts & a pork chipolata sausage

GLUTEN

Chicken Curry

GF•ED

Served with a mix of yellow rice, red peppers & peas

MUSTARD

Spinach & Ricotta Tortelloni

ED•V•EC

Served with butternut squash, broccoli & cauliflower

GLUTEN MILK EGG CELERY MUSTARD

Fish Bake

GF

Served with carrots & peas

MILK MUSTARD FISH

Meatballs & Pasta

ED•EC

Penne pasta with pork meatballs in a tomato, garlic & basil sauce

GLUTEN

Chilli con Carne

GF

Served with a mix of white rice, peas & sweetcorn

Roast Beef

GF

Served with roast potatoes, carrots, sprouts & gravy

Chicken Goujons

ED

Served with chips & baked beans

GLUTEN

Vegan Curry

V•VGN

Served with yellow basmati rice & onion bhaji

GLUTEN SOYA

Lamb Casserole

GF•ED

Served with fried diced potato peas, swede & carrots

Cauliflower Cheese

GF•ED•V•EC

Served with parsley fried diced potatoes & broccoli

MILK EGG MUSTARD

Cheese & Tomato Omelette

GF•ED•V

Served with fried diced potatoes & mixed vegetables

MILK EGG

Sausage & Mash

Served with peas

GLUTEN MILK

All Day Breakfast

ED

Pork sausages, back bacon & omelette, served with hash browns

GLUTEN MILK EGG

Battered Fish

Served with fried diced potatoes & minted mushy peas

GLUTEN FISH

Chicken in Tomato & Basil Sauce

GF

Served with skin on potato wedges & sliced pepper seasoned with parsley & paprika