

Cold Options

Salads

Chicken Salad **H** **GF** **LS**

Ham Salad **H** **GF**

Tuna Salad **H** **GF**

Cheddar Cheese Salad **V** **GF**

Egg Salad **H** **V** **GF** **LS**

Sandwich Selection

A delicious range of freshly cut sandwiches served with a side salad

Tuna Mayonnaise Sandwich on Wholemeal Bread

Tinned Salmon and Cucumber Mayonnaise Sandwich on White Bread

Corned Beef Sandwich on White Bread **H**

Chicken Sandwich on Wholemeal Bread **H**

Ham and English Mustard Mayonnaise Sandwich on White Bread **H**

Cheese and Tomato Sandwich on White Bread **H** **V**

Egg Mayonnaise Sandwich on Wholemeal Bread **H** **V** **LS**

Desserts

Goey Chocolate Sponge and Chocolate Sauce **E** **S** **V**
Served with custard

Steamed Raspberry Jam Sponge **E** **S** **V**
Served with custard

Apple Crumble **E** **V**
Served with custard

Traditional Sticky Syrup Sponge **E** **S** **V**
Served with custard

Bread and Butter Pudding **E** **V**
Served with custard

Ambrosia Rice Pudding **S** **V** **GF** **LS**
Served hot or cold

Low Fat Ambrosia Rice Pudding **H** **S** **V** **GF** **LS**
Served hot or cold

Traditional English Trifle **S** **V**

Jelly **S** **GF** **LS**

Sugar Free Jelly **H** **S** **GF** **LS**

Fruit Yoghurt **S** **V** **GF** **LS**

Diet Fruit Yoghurt **H** **S** **V** **GF** **LS**

Rich Chocolate Truffle Mousse **S** **V** **GF** **LS**

Cheese and Biscuits **V**

Fresh Fruit or Tinned Fruit in Natural Juice **H** **V** **GF** **LS**
Ask the Ward Host/Hostess for today's choices

steamplicity

all the taste, all the vitality!

Steamplicity Lunch & Supper Menu

We hope you enjoy your meals whilst you are here. We consider nutrition and enjoyment of your food extremely important and so we have planned this menu to be well balanced to meet your needs. We strive to ensure Steamplicity remains the very best in hospital food. Your views are always appreciated so do ask to speak to the catering manager with any comments.


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Using this menu

- This menu is for your lunch and supper meals. Breakfast will be served on your ward by your ward host, hostess or nurse.
- For your lunch and supper, first select a **starter**. Then choose a **main course** from one of the 24 delicious hot Steamplicity meals using the freshest ingredients and cooked to order. If you prefer, you may choose from the **sandwich and salad selection**. You may then select a **dessert**. There are several choices suitable for vegetarians on the menu.
- Other menus are available for Halal, Kosher and Asian Vegetarian meals. African Caribbean meals may also be available so please ask if you require this.
- Many conditions needing a special diet can be accommodated on this menu including healthy choices, higher energy, soft, gluten free and lower salt but if you have any other dietary requirements, please ask a member of the team.
- Snacks are also provided in between your meals and a choice of hot and cold drinks are served throughout the day.

If you have a special diet listed below which the dietitian has told you about, look for the relevant symbol on the menu next to each dish. Other menus for certain special diets are also available.

H Healthy Option. These meals are also suitable for people with diabetes and those requiring less fat.

E Higher Energy. These dishes are particularly high in calories.

S Softer. These meals are easier to chew or which can be easily mashed with a fork.

V Vegetarian. Suitable for vegetarians

GF Gluten Free. Meals suitable for those with Coeliac Disease

LS Moderate/Lower Sodium. These meals are suitable for people following a lower sodium or no added salt diet.

Although dishes do not contain nuts in the ingredients, we cannot guarantee that traces of nuts may not be present. Please ask for our "Allergy Menu" or alert your nurse if you have a nut or other severe food allergy.

Starters

- Soup of the Day** **S**
White or Brown Roll and Butter or Margarine on request
- Fruit Juice** **H S V GF LS**
Ask the Ward Host/Hostess for today's choice

Main Courses

Fish
All fish is from sustainable sources
NB – Fish dishes may contain small bones

Poached Salmon **GF**
Delicately steamed salmon fillet served with sliced potatoes in a creamy sauce and freshly steamed cabbage

Steamed Cod in Parsley Sauce **H S GF**
Steamed cod with parsley sauce, served with creamy mashed potatoes and garden peas

Fish Pie **S GF**
Tasty chunks of white fish and salmon with a potato pie top served with freshly steamed carrots

Hot Smoked Salmon Pasta **E S**
Pasta in a creamy sauce with hot-smoked salmon pieces, accompanied by garden peas

Cod Provencal **S GF**
Cod steak topped with a cheesy tomato and herb sauce and melted cheese, served with creamy sliced potatoes and steamed finely cut courgettes

Beef

Beef Casserole **H GF**
Tender chunks of beef in a rich gravy served with steamed carrots and mashed potatoes

Pasta Bolognese **E LS**
Tasty minced beef with a tomato and herb sauce served with penne pasta and a garnish of mixed peppers and sweetcorn

Roast Beef **H**
Sliced roast beef, roast potatoes and broccoli in a rich gravy

Savoury Minced Beef **S GF LS**
Traditional minced beef in gravy served with creamy mashed potatoes and finely cut carrots and courgettes

Lamb

Shepherd's Pie **H S GF**
Traditional minced lamb with a potato top served with freshly steamed finely cut swede and carrot

Savoury Minced Lamb **H S GF**
Minced lamb, served with creamy mashed potatoes and finely cut carrots and courgettes

Chicken

Roast Chicken with Stuffing **H LS**
A breast fillet of chicken in a rich gravy served with roast potatoes, freshly steamed broccoli and sage and onion stuffing

Chicken Leek and Mushroom Fricassee **E GF LS**
Tender pieces of chicken breast with leeks and mushrooms in a creamy sauce on a bed of yellow rice, served with carrots

Chicken Korma and Rice **E GF**
Tender pieces of chicken breast, served with rice and vegetables in a mild creamy curry sauce

Pork

Cumberland Sausage and Creamed Potatoes **E**
Traditional Cumberland sausages with a red onion marmalade and rich gravy, served with mashed potatoes and garden peas

Cheese and Ham Omelette **GF**
A light omelette filled with ham and cheese served with potatoes in a cream sauce and garden peas

Brunch Style

All Day Brunch **E**
A Cumberland sausage, mini omelette, baked beans and rosti potatoes

Vegetarian Brunch **E V**
A vegetarian version of this favourite dish with a mini cheese omelette, baked beans and rosti potatoes

Vegetarian

Bean Cottage Pie **H S V**
A delicious bean and vegetable mix with a potato top with freshly steamed finely cut carrots and courgettes (vegan)

Bean, Lentil and Vegetable Chilli **H V GF**
Beans and vegetables, with a mild chilli sauce served on a bed of rice and mixed peppers (vegan)

Cauliflower Cheese **E V GF**
Delicately steamed cauliflower florets with a rich cheese sauce topped with melted cheese and served with sliced potatoes

Cheese and Tomato Pasta **E S V**
Pasta with a creamy tomato sauce topped with melted cheese. Optional side salad on request

Plain Omelette **V GF LS**
A light fluffy omelette, served with rosti potatoes and garden peas

Macaroni Cheese **E S V**
Pasta in a cheese sauce and topped with melted cheese. Optional side salad on request