

HEALTH BOARD - LUNCH MENU WEEK ONE

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STARTER	ORANGE JUICE	ORANGE JUICE	ORANGE JUICE	ORANGE JUICE	ORANGE JUICE	ORANGE JUICE	ORANGE JUICE
TRADITIONAL DISH CHOICE ONE	ROAST BEEF SERVED WITH A YORKSHIRE PUDDING	ROAST TURKEY AND SEASONING	ROAST CHICKEN BREAST AND SEASONING	ROAST PORK & APPLE SAUCE	CHICKEN & VEGETABLE PIE	BATTERED FISH	STEAK & VEGETABLE PIE
CHOICE TWO	VEGETABLE NUT ROAST	VEGETARIAN KORMA & BOILED RICE	CAULIFLOWER CHEESE	BEEF GOULASH	CHICKPEA AND SPINACH CURRY WITH WHOLEMEAL RICE	GAMMON HAM & PARSLEY SAUCE	SALMON & BROCCOLI BAKE
LIGHTER CHOICE 1	JACKET POTATO WITH TUNA MAYONNAISE	JACKET POTATO WITH CHEDDAR CHEESE	JACKET POTATO WITH CHILLI CON CARNE	JACKET POTATO WITH VEGAN CHILLI	JACKET POTATO WITH BAKED BEANS	JACKET POTATO & CHEESE	JACKET POTATO WITH COTTAGE CHEESE
LIGHTER CHOICE 2	PLOUGHMANS LUNCH SALAD	HAM SALAD	PLOUGHMANS LUNCH SALAD	COTTAGE CHEESE SALAD	PLOUGHMANS LUNCH SALAD	GREEK SALAD	ROAST CHICKEN SALAD
REGULAR EASY TO CHEW	MINCED BEEF AND CREAMED POTATO	MINCED TURKEY AND CREAMED POTATO	CAULIFLOWER CHEESE	MINCED PORK AND CREAMED POTATO	MINCED BEEF AND CREAMED POTATO	POACHED FISH AND CREAMED POTATO	SALMON & BROCCOLI BAKE
POTATO 1	CREAMED POTATOES	CREAMED POTATOES	CREAMED POTATOES	CREAMED POTATOES	CREAMED POTATOES	CREAMED POTATOES	CREAMED POTATOES
POTATO 2	ROAST POTATOES	BOILED POTATOES	JACKET POTATO	ROAST POTATOES	CROQUETTE POTATO	CHIPPED POTATOES	CROQUETTE POTATO
VEGETABLE 1	SPROUTS	GREEN BEANS	BROCCOLI	MIXED VEGETABLES	GREEN BEANS	PEAS	MIXED VEGETABLES
VEGETABLE 2	CARROTS	ROAST PARSNIPS	CARROTS	RED CABBAGE AND APPLE	CARROTS	SWEETCORN	GREEN BEANS
SAUCE	GRAVY	GRAVY	GRAVY	GRAVY	GRAVY	PARSELY SAUCE	GRAVY
SWEET 1	BREAD AND BUTTER PUDDING	RED FRUIT TART	LEMON CURD SPONGE	APPLE CRUMBLE	PEAR & APRICOT PIE	CHOCOLATE SPONGE	RED FRUIT CRUMBLE
SAUCE	CUSTARD	CUSTARD	CUSTARD	CUSTARD	CREAM	CUSTARD	CUSTARD
SWEET 2	TINNED PEACHES	YOGURT	FRUIT POT	CHEESE AND CRACKERS	MANDARAIN IN JUICE	YOGURT	PEAR & PEACH FRUIT POT
SWEET 3	SELECTION OF FRESH FRUIT (BANANA, APPLE, PEAR AND ORANGE)	SELECTION OF FRESH FRUIT (BANANA, APPLE, PEAR AND ORANGE)	SELECTION OF FRESH FRUIT (BANANA, APPLE, PEAR AND ORANGE)	SELECTION OF FRESH FRUIT (BANANA, APPLE, PEAR AND ORANGE)	SELECTION OF FRESH FRUIT (BANANA, APPLE, PEAR AND ORANGE)	SELECTION OF FRESH FRUIT (BANANA, APPLE, PEAR AND ORANGE)	SELECTION OF FRESH FRUIT (BANANA, APPLE, PEAR AND ORANGE)

IF YOU REQUIRE A HALAL DISH OR AN ALTERNATIVE CHOICE PLEASE LET YOU WARD HOST/HOUSTESS KNOW
PLEASE NOTE THAT SOME OF OUR PRODUCTS MAY CONTAIN NUTS, NUT OIL AND/OR NUT DERIVATIVES.
SHOULD YOU HAVE A QUERY RELATING TO ANY PRODUCT AND/OR ALLERGENS PLEASE INFORM THE WARD HOST/ESS OR A MEMBER OF WARD NURSING STAFF.

03/08/2022

HEALTH BOARD – SUPPER MENU WEEK ONE

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STARTER	VEGETABLE SOUP	POTATO & WATERCRESS SOUP	TOMATO SOUP	LEEK & POTATO SOUP	PARSNIP & ROSEMARY SOUP	CARROT & CORIANDER SOUP	APPLE & CAULIFLOWER SOUP
CHOICE ONE	CHEESE & POTATO PIE	BEEF HOT POT	BREADED COD FILLET	CREAMY CHICKEN CURRY & BOILED RICE	CHILLI CON CARNE BOILED RICE	CORNERED BEEF PIE	SAUSAGES IN ONION GRAVY
CHOICE TWO	OVEN BAKED PORK SAUSAGE	VEGETABLE LASAGNE	MOROCCAN CHICKPEA STEW	VEGAN BURGER WITH ONION GRAVY	LEEK, POTATO & CHEESE BAKE	VEGAN SAUSAGE CASSEROLE	VEGGIE PASTA BOLOGNAISE
CHOICE THREE	VEGETABLE SOUP AND CHICKEN & MAYONNAISE SANDWICH	POTATO & WATERCRESS SOUP AND CHEESE AND SPRING ONION SANDWICH	TOMATO SOUP AND EGG MAYONNAISE	LEEK & POTATO SOUP AND HAM & CHEESE SANDWICH	PARSNIP & ROSEMARY SOUP AND TUNA MAYONNAISE SANDWICH	CARROT & CORIANDER SOUP AND CHEESE SANDWICH	APPLE & CAULIFLOWER SOUP AND EGG MAYONNAISE SANDWICH
LIGHTER CHOICE	JACKET POTATO & BAKED BEANS	CORNERED BEEF SALAD	JACKET POTATO & BAKED BEANS	VEGETABLE QUICHE SALAD	HAM SALAD	TURKEY SALAD	JACKET POTATO WITH TUNA & SWEETCORN
REGULAR EASY TO CHEW	CHEESE & POTATO PIE	MINCED HAM AND CREAMED POTATO	FISH AND PARSLEY SAUCE	CHEESE OMELETTE WITH CREAMED POTATO & SPAGHETTI	MINCED HAM AND CREAMED POTATO	SAVOURY MINCED BEEF AND CREAMED POTATO	VEGGIE BOLOGNAISE
POTATO 1	OVEN CHIPS	BOILED POTATO	CROQUETTE POTATO	HERB DICED	BOILED POTATO	BOILED POTATO	HERB DICED
POTATO 2	CREAMED POTATOES	CREAMED POTATOES	CREAMED POTATOES	CREAMED POTATOES	CREAMED POTATOES	CREAMED POTATOES	CREAMED POTATOES
VEGETABLE 1	BAKED BEANS	PEAS	MUSHY PEAS	BROCCOLI	PEAS	BROCCOLI	PEAS
VEGETABLE 2	PEAS	CARROTS	SWEETCORN	BAKED BEANS	MIXED VEGETABLES	GREEN BEANS	CARROTS
SAUCE		GRAVY	TOMATO/TARTARE SCE				GRAVY
SWEET 1	APPLE TART WITH CREAM	RHUBARB CRUMBLE & CUSTARD	RICE PUDDING	JAM & COCONUT SPONGE & CUSTARD	SYRUP SPONGE	ORANGE AND CHOCOLATE BREAD & BUTTER PUDDING WITH CREAM	APPLE & SULTANA TART & CUSTARD
SWEET 2	BLACK FOREST GATEAU	EGG CUSTARD TART	APPLE AND RASPBERRY FILLED DOUGHNUT	ORANGE JELLY POT	CHOCOLATE MOUSSE	PASTEL DE NATA	BLACKCURRANT CHEESECAKE
SWEET 3	SELECTION OF FRESH FRUIT (BANANA, APPLE, PEAR AND ORANGE)	SELECTION OF FRESH FRUIT (BANANA, APPLE, PEAR AND ORANGE)	SELECTION OF FRESH FRUIT (BANANA, APPLE, PEAR AND ORANGE)	SELECTION OF FRESH FRUIT (BANANA, APPLE, PEAR AND ORANGE)	SELECTION OF FRESH FRUIT (BANANA, APPLE, PEAR AND ORANGE)	SELECTION OF FRESH FRUIT (BANANA, APPLE, PEAR AND ORANGE)	SELECTION OF FRESH FRUIT (BANANA, APPLE, PEAR AND ORANGE)

IF YOU REQUIRE A HALAL DISH OR AN ALTERNATIVE CHOICE PLEASE LET YOU WARD HOST/HOSTESS KNOW
PLEASE NOTE THAT SOME OF OUR PRODUCTS MAY CONTAIN NUTS, NUT OIL AND/OR NUT DERIVATIVES.
SHOULD YOU HAVE A QUERY RELATING TO ANY PRODUCT AND/OR ALLERGENS PLEASE INFORM THE WARD HOST/ESS OR A MEMBER OF WARD NURSING STAFF.

03/08/2022