WARD

BAY

CUBICLE

### MONDAY LUNCH 2

NAME**........................……………**

*Please choose your portion size:*

Small Medium Large

PLEASE TICK YOUR CHOICE

|  |  |  |
| --- | --- | --- |
| STARTERS *please choose one* |  |  |
| Orange Juice GF V ♥ LR |  | **01** |
| Apple Juice GF V ♥ LR |  | **02** |
| Cranberry Juice GF V ♥ LR LK |  | **03** |
|  |  |  |
| MAIN COURSES*please choose one* |  |  |
| Cheese and Ham Omelette GF EC ↑ LR LK |  | **04** |
| Pork and Bean Casserole GF ↑ EC FM |  | **05** |
| Tomato and Bean Cassoulet GF V ♥ FM EC |  | **06** |
| Cold Ham Salad GF ♥ LK |  | **07** |
|  |  | **08** |
| ACCOMPANIMENTS |  |  |
| Mashed Potato GF V ♥ EC FM LR LK |  | **09** |
| Potato Wedges GF V FM ↑ LR |  | **10** |
| Cauliflower Florets GF V ♥ EC FM LK |  | **11** |
| Sliced Green Beans GF V ♥ LK |  | **12** |
| Boiled Rice GF V ♥ LK LR |  | **13** |
| DESSERTS*please choose one* |  |  |
| Chocolate Bread & Butter Pud & Custard V ↑ EC |  | **14** |
| Rice Pudding GF V EC FM LR ♥ |  | **15** |
| Ice Cream GF V ↑ FM EC LR LK  |  | **16** |
| Fruit Jelly GF EC LK |  | **17** |
| Cheese & Biscuits V ↑ LR LK |  | **18** |
| Fresh Fruit GF V ♥ |  | **19** |
| Sugar Free Jelly GF EC LR LK ♥ |  | **20** |

### MONDAY SUPPER 2

WARD

BAY

CUBICLE

NAME**........................……………**

PLEASE TICK YOUR CHOICE

|  |  |  |
| --- | --- | --- |
| SOUP and BREAD ROLL  |  |  |
| Leek and Potato Soup GF V EC ♥  |  | **01** |
| Pea Soup(smooth) GF V EC ↑ FM |  | **02** |
| White roll V LR LK |  | **03** |
| Brown roll V ♥ LK |  | **04** |
|  |  |  |
| *Please choose your salad portion size:* Small Medium Large  |  |  |
|  |  |  |
| SALAD *please choose one* |  |  |
| Ham GF ♥ LK |  | **05** |
| Turkey GF ♥ LK |  | **06** |
| Grated Cheese GF V LK |  | **07** |
| Plain salad GF V ♥ LK |  | **08** |
| Potato Salad GF V EC |  | **09** |
| Cole Slaw GF V  |  | **10** |
| SANDWICHES *please choose one filling**LR if white bread no salad* |  |  |
|  |  |  |  |  White Brown |
| Cheese and Pickle V EC ↑ LK |  | **11** |  | **12** |
| Egg Mayonnaise V EC ↑ LK |  | **13** |  | **14** |
| Ham and Salad ♥ LK |  | **15** |  | **16** |
| Chicken Mayo and Lettuce EC ↑ LK |  | **17** |  | **18** |
| Tuna mayo and Cucumber EC ↑ LK |  | **19** |  | **20** |
| DESSERTS*please choose one* |  |  |
| Vanilla Ice Cream GF V EC ↑ FM LR LK |  | **21** |
| Sugar free Jelly GF EC ♥ LR LK |  | **22** |
| Fruit Jelly GF EC LK |  | **23** |
| Fruit Cocktail GF V ♥ |  | **24** |
| Cheese & biscuits V ↑ LK LR |  | **25** |

**DIET CODE:**

**♥** Healthy Eating **LR**  Lower Fibre

**GF** Gluten Free  **V** Vegetarian

**EC** Easy Chew **↑**  High Calorie

**FM** Forkable Meal LK Low potassium

WARD

BAY

CUBICLE

### TUESDAY LUNCH 2

NAME**........................……………**

*Please choose your portion size:*

Small Medium Large

PLEASE TICK YOUR CHOICE

|  |  |  |
| --- | --- | --- |
| STARTERS *please choose one* |  |  |
| Orange Juice GF V ♥ LR |  | **01** |
| Apple Juice GF V ♥ LR |  | **02** |
| Cranberry Juice GF V ♥ LR LK |  | **03** |
|  |  |  |
| MAIN COURSES*please choose one* |  |  |
| Roast Turkey and Stuffing EC FM LR LK |  | **04** |
| Sausages and Onion Gravy EC ↑ LK |  | **05** |
| Country Vegetable Pie GF V FM EC |  | **06** |
| Tuna Salad GF ♥ LK |  | **07** |
|  |  | **08** |
| ACCOMPANIMENTS |  |  |
| Mashed Potato GF V ♥ EC FM LR LK |  | **09** |
| Roast Potatoes GF V EC FM ↑ LR |  | **10** |
| Brussels Sprouts GF V ♥ EC LK |  | **11** |
| Roast Parsnips GF V ↑ |  | **12** |
|  |  | **13** |
| DESSERTS*please choose one* |  |  |
| Farmhouse Sponge & Custard V ↑ EC FM |  | **14** |
| Rice pudding GF V EC FM LR ♥ |  | **15** |
| Ice cream GF V ↑ FM LR EC LK |  | **16** |
| Fruit jelly GF EC LK |  | **17** |
| Cheese & biscuits V ↑ LR LK |  | **18** |
| Fresh fruit GF V ♥ |  | **19** |
| Sugar Free Jelly GF EC LR LK ♥ |  | **20** |

WARD

BAY

CUBICLE

### TUESDAY SUPPER 2

NAME**........................……………**

PLEASE TICK YOUR CHOICE

|  |  |  |
| --- | --- | --- |
| SOUP and BREAD ROLL  |  |  |
| Sweet Corn Chowder GF V ↑ |  | **01** |
|  Carrot Soup(smooth) GF V EC ♥ FM LK |  | **02** |
| White roll V LR LK |  | **03** |
| Brown roll V ♥ LK |  | **04** |
|  |  |  |
| *Please choose your salad portion size:* Small Medium Large  |  |  |
|  |  |  |
| SALAD *please choose one* |  |  |
| Ham GF ♥ LK |  | **05** |
| Turkey GF ♥ LK |  | **06** |
| Grated Cheese GF V LK |  | **07** |
| Plain salad GF V ♥ LK  |  | **08** |
| Potato Salad GF V EC |  | **09** |
| Cole Slaw GF V  |  | **10** |
| SANDWICHES *please choose one filling**LR if white bread no salad* |  |  |
|  |  |  |  |  White Brown |
| Cheese and Pickle V EC ↑ LK |  | **11** |  | **12** |
| Egg Mayonnaise V EC ↑ LK |  | **13** |  | **14** |
| Ham and Salad ♥ LK  |  | **15** |  | **16** |
| Chicken Mayo and Lettuce EC ↑ LK |  | **17** |  | **18** |
| Tuna mayo and Cucumber EC ↑ LK |  | **19** |  | **20** |
| DESSERTS*please choose one* |  |  |
| Vanilla Ice Cream GF V EC ↑ FM LR LK |  | **21** |
| Sugar free Jelly GF EC ♥ LR LK |  | **22** |
| Fruit Jelly GF EC LK |  | **23** |
| Fruit Cocktail GF V ♥ |  | **24** |
| Cheese & biscuits V ↑ LR LK |  | **25** |

**DIET CODE:**

**♥** Healthy Eating **LR**  Lower Fibre

**GF** Gluten Free  **V** Vegetarian

**EC** Easy Chew  **↑**  High Calorie

**FM** Forkable Meal LK Low potassium

WARD

BAY

CUBICLE

### WEDNESDAY LUNCH 2

NAME**........................……………**

*Please choose your portion size:*

Small Medium Large

PLEASE TICK YOUR CHOICE

|  |  |  |
| --- | --- | --- |
| STARTERS *please choose one* |  |  |
| Orange juice GF V ♥ LR |  | **01** |
| Apple juice GF V ♥ LR |  | **02** |
| Cranberry juice GF V ♥ LR LK |  | **03** |
|  |  |  |
| MAIN COURSES*please choose one* |  |  |
| Pork Goulash GF EC ↑ LR  |  | **04** |
| Fisherman’s Pie GF EC FM LK |  | **05** |
| Vegetable Cannelloni V EC ↑ FM |  | **06** |
| Cold Roast Turkey Salad GF ♥ LK |  | **07** |
|  |  | **08** |
| ACCOMPANIMENTS |  |  |
| Mashed Potato GF V ♥ EC FM LR LK |  | **09** |
| Diced Herb Potatoes GF V ♥ EC FM LR |  | **10** |
| Creamed Cabbage GF V EC ↑ LK |  | **11** |
| Garden Peas GF V ♥ LK |  | **12** |
|  |  | **13** |
| DESSERTS*please choose one* |  |  |
| Sticky Toffee Pudding & Custard V ↑ EC FM LR  |  | **14** |
| Rice Pudding GF V EC FM LR ♥ |  | **15** |
| Ice Cream GF V ↑ FM EC LR LK |  | **16** |
| Fruit jelly GF EC LK |  | **17** |
| Cheese & Biscuits V ↑ LR LK  |  | **18** |
| Fresh Fruit GF V ♥ |  | **19** |
| Sugar Free Jelly GF EC LR LK ♥ |  |  **20** |

WARD

BAY

CUBICLE

### WEDNESDAY SUPPER 2

NAME**........................……………**

PLEASE TICK YOUR CHOICE

|  |  |  |
| --- | --- | --- |
| SOUP and BREAD ROLL  |  |  |
| Country Vegetable Soup GF V ♥ EC |  | **01** |
| Lentil soup(smooth) GF V EC ↑  |  | **02** |
| White roll V LR LK |  | **03** |
| Brown roll V ♥ LK |  | **04** |
|  |  |  |
| *Please choose your salad portion size:* Small Medium Large  |  |  |
|  |  |  |
| SALAD *please choose one* |  |  |
| Ham GF ♥ LK |  | **05** |
| Turkey GF ♥ LK |  | **06** |
| Grated Cheese GF V LK |  | **07** |
| Plain salad GF V ♥ LK |  | **08** |
| Potato Salad GF V EC |  | **09** |
| Cole Slaw GF V  |  | **10** |
| SANDWICHES *please choose one filling**LR if white bread no salad* |  |  |
|  |  |  |  |  White Brown |
| Cheese and Pickle V EC ↑ LK |  | **11** |  | **12** |
| Egg Mayonnaise V EC ↑ LK |  | **13** |  | **14** |
| Ham and Salad ♥ LK  |  | **15** |  | **16** |
| Chicken Mayo and Lettuce EC ↑ LK |  | **17** |  | **18** |
| Tuna mayo and Cucumber EC ↑ LK |  | **19** |  | **20** |
| DESSERTS*please choose one* |  |  |
| Vanilla Ice Cream GF V EC ↑ FM LR LK |  | **21** |
| Sugar free Jelly GF EC ♥ LR LK |  | **22** |
| Fruit Jelly GF EC LK |  | **23** |
| Fruit Cocktail GF V ♥ |  | **24** |
| Cheese & biscuits V ↑ LR LK |  | **25** |

**DIET CODE:**

**♥** Healthy Eating **LR**  Lower Fibre

**GF** Gluten Free  **V** Vegetarian

**EC** Easy Chew  **↑**  High Calorie

**FM** Forkable Meal LK Low potassium

WARD

BAY

CUBICLE

### THURSDAY LUNCH 2

NAME**........................……………**

*Please choose your portion size:*

Small Medium Large

PLEASE TICK YOUR CHOICE

|  |  |  |
| --- | --- | --- |
| STARTERS *please choose one* |  |  |
| Orange Juice GF V ♥ LR |  | **01** |
| Apple Juice GF V ♥ LR |  | **02** |
| Cranberry Juice GF V ♥ LR LK |  | **03** |
|  |  |  |
| MAIN COURSES*please choose one* |  |  |
| Chicken Chasseur GF ♥ EC FM LK |  | **04** |
| Pasta Bolognaise EC ↑ FM LR  |  | **05** |
| Vegetable Chilli GF V ♥ EC FM |  | **06** |
| Cottage Cheese & Pineapple Salad GF V ♥ LK |  | **07** |
|  |  | **08** |
| ACCOMPANIMENTS |  |  |
| Mashed Potato GF V ♥ EC FM LR LK |  | **09** |
| Jacket Potato GF V ♥ |  | **10** |
| Mashed Carrot & Swede GF V ♥ EC FM LK |  | **11** |
| Broccoli Cheese GF V EC FM ↑ LK |  | **12** |
| Patna Rice GF V LR LK |  | **13** |
| DESSERTS*please choose one* |  |  |
| Summer Fruit Crumble & Custard V ↑ EC |  | **14** |
| Rice Pudding GF V EC FM LR ♥ |  | **15** |
| Ice Cream GF V ↑ FM LR EC LK |  | **16** |
| Fruit Jelly GF EC LK |  | **17** |
| Cheese & Biscuits V ↑ LR LK |  | **18** |
| Fresh Fruit GF V ♥ |  | **19** |
| Sugar Free Jelly GF EC LR LK ♥ |  |  **20** |

WARD

BAY

CUBICLE

### THURSDAY SUPPER 2

NAME**........................……………**

PLEASE TICK YOUR CHOICE

|  |  |  |
| --- | --- | --- |
| SOUP and BREAD ROLL  |  |  |
| Chunky Vegetable Mulligatawny GF V ♥ |  | **01** |
| Root Vegetable Soup(smooth) GF V EC ↑ |  | **02** |
| White roll V LR LK |  | **03** |
| Brown roll V ♥ LK |  | **04** |
|  |  |  |
| *Please choose your salad portion size:* Small Medium Large  |  |  |
|  |  |  |
| SALAD *please choose one* |  |  |
| Ham GF ♥ LK |  | **05** |
| Turkey GF ♥ LK |  | **06** |
| Grated Cheese GF V LK |  | **07** |
| Plain salad GF V ♥ LK |  | **08** |
| Potato Salad GF V EC |  | **09** |
| Cole Slaw GF V  |  | **10** |
| SANDWICHES *please choose one filling**LR if white bread no salad* |  |  |
|  |  |  |  |  White Brown |
| Cheese and Pickle V EC ↑ LK |  | **11** |  | **12** |
| Egg Mayonnaise V EC ↑ LK |  | **13** |  | **14** |
| Ham and Salad ♥ LK |  | **15** |  | **16** |
| Chicken Mayo and Lettuce EC ↑ LK |  | **17** |  | **18** |
| Tuna mayo and Cucumber EC ↑ LK |  | **19** |  | **20** |
| DESSERTS*please choose one* |  |  |
| Vanilla Ice Cream GF V EC ↑ FM LR LK |  | **21** |
| Sugar free Jelly GF EC ♥ LR LK |  | **22** |
| Fruit Jelly GF EC LK |  | **23** |
| Fruit Cocktail GF V ♥ |  | **24** |
| Cheese & Biscuits V ↑ LR LK |  | **25** |

**DIET CODE:**

**♥** Healthy Eating **LR**  Lower Fibre

**GF** Gluten Free  **V** Vegetarian

**EC** Easy Chew ↑ High Calorie

**FM** Forkable Meal LK Low potassium

WARD

BAY

CUBICLE

### FRIDAY LUNCH 2

NAME**........................……………**

*Please choose your portion size:*

Small Medium Large

PLEASE TICK YOUR CHOICE

|  |  |  |
| --- | --- | --- |
| STARTERS *please choose one* |  |  |
| Orange Juice GF V ♥ LR |  | **01** |
| Apple Juice GF V ♥ LR |  | **02** |
| Cranberry Juice GF V ♥ LR LK |  | **03** |
|  |  |  |
| MAIN COURSES*please choose one* |  |  |
| Battered Fillet of Cod ↑ EC LR LK |  | **04** |
| Turkey, Apple and Potato Casserole GF FM EC ♥ |  | **05** |
| Mixed Bean & Vegetable Hot Pot V ♥ FM EC GF |  | **06** |
| Smoked Mackerel Salad GF ♥ FM LK |  | **07** |
|  |  | **08** |
| ACCOMPANIMENTS |  |  |
| Mashed Potato GF V ♥ EC FM LR LK |  | **09** |
| Chipped Potatoes GF V FM ↑ LR |  | **10** |
| Garden Peas GF V ♥ LK |  | **11** |
| Baton Carrots GF V ♥ EC FM LK |  | **12** |
|  |  | **13** |
| DESSERTS*please choose one* |  |  |
| Rhubarb Crumble & Custard V ↑ EC |  | **14** |
| Rice Pudding GF V EC FM LR ♥ |  | **15** |
| Ice Cream GF V ↑ FM LR EC LK |  | **16** |
| Fruit Jelly GF EC LK |  | **17** |
| Cheese & Biscuits V ↑ LR LK |  | **18** |
| Fresh fruit GF V ♥ |  | **19** |
| Sugar Free Jelly GF EC LR LK ♥ |  |  **20** |

WARD

BAY

CUBICLE

### FRIDAY SUPPER 2

NAME**........................……………**

PLEASE TICK YOUR CHOICE

|  |  |  |
| --- | --- | --- |
| SOUP and BREAD ROLL  |  |  |
| Butter Bean & Tomato Soup GF V ↑ |  | **01** |
| Vegetable Soup(smooth) GF V EC ♥ |  | **02** |
| White roll V LR LK |  | **03** |
| Brown roll V ♥ LK |  | **04** |
|  |  |  |
| *Please choose your salad portion size:* Small Medium Large  |  |  |
|  |  |  |
| SALAD *please choose one* |  |  |
| Ham GF ♥ LK |  | **05** |
| Turkey GF ♥ LK |  | **06** |
| Grated Cheese GF V LK |  | **07** |
| Plain salad GF V ♥ LK  |  | **08** |
| Potato Salad GF V EC |  | **09** |
| Cole Slaw GF V  |  | **10** |
| SANDWICHES *please choose one filling LR if white bread no salad* |  |  |
|  |  |  |  |  White Brown |
| Cheese and Pickle V EC ↑ LK |  | **11** |  | **12** |
| Egg Mayonnaise V EC ↑ LK |  | **13** |  | **14** |
| Ham and Salad ♥ LK |  | **15** |  | **16** |
| Chicken Mayo and Lettuce EC ↑ LK |  | **17** |  | **18** |
| Tuna mayo and Cucumber EC ↑ LK |  | **19** |  | **20** |
| DESSERTS*please choose one* |  |  |
| Vanilla Ice Cream GF V EC ↑ FM LR LK |  | **21** |
| Sugar free Jelly GF EC ♥ LR LK |  | **22** |
| Fruit Jelly GF EC LK |  | **23** |
| Fruit Cocktail GF V ♥ |  | **24** |
| Cheese & biscuits V HC ↑ LK |  | **25** |

**DIET CODE:**

**♥** Healthy Eating **LR**  Lower Fibre

**GF** Gluten Free  **V** Vegetarian

**EC** Easy Chew  ↑ High Calorie

**FM Forkable meal** LK Low potassium

WARD

BAY

CUBICLE

### SATURDAY LUNCH 2

NAME**........................……………**

*Please choose your portion size:*

Small Medium Large

PLEASE TICK YOUR CHOICE

|  |  |  |
| --- | --- | --- |
| STARTERS *please choose one* |  |  |
| Orange Juice GF V ♥ LR |  | **01** |
| Apple Juice GF V ♥ LR |  | **02** |
| Cranberry Juice GF V ♥ LR LK |  | **03** |
|  |  |  |
| MAIN COURSES*please choose one* |  |  |
| Steak and Vegetable Pie ♥ LK |  | **04** |
| Mild Chicken Curry GF ↑ EC FM LR |  | **05** |
| Vegetable Quiche V ↑ FM LK |  | **06** |
| Cheese Salad GF V LK |  | **07** |
|  |  | **08** |
| ACCOMPANIMENTS |  |  |
| Mashed Potato GF V ♥ EC FM LR LK |  | **09** |
| Diced Herb Potatoes GF V ♥ EC FM LR |  | **10** |
| Broccoli Florets GF V ♥ EC FM LK |  | **11** |
| Vegetable Medley GF V ♥ FM EC |  | **12** |
| Patna Rice GF V ♥ LR LK |  | **13** |
| DESSERTS*please choose one* |  |  |
| Sultana Sponge and Custard V ↑ EC |  | **14** |
| Rice Pudding GF V EC FM LR ♥ |  | **15** |
| Ice Cream GF V ↑ FM LR EC LK |  | **16** |
| Fruit Jelly GF EC LK |  | **17** |
| Cheese & Biscuits V ↑ LR LK |  | **18** |
| Fresh Fruit GF V ♥ |  | **19** |
| Sugar Free Jelly GF EC LR LK ♥ |  |  **20** |

WARD

BAY

CUBICLE

### SATURDAY SUPPER 2

NAME**........................……………**

PLEASE TICK YOUR CHOICE

|  |  |  |
| --- | --- | --- |
| SOUP and BREAD ROLL  |  |  |
| Vegetable Broth GF V ♥ LK |  | **01** |
| Tomato Soup(smooth) GF V EC ↑ |  | **02** |
| White roll V LR LK |  | **03** |
| Brown roll V ♥ LK |  | **04** |
|  |  |  |
| *Please choose your salad portion size:* Small Medium Large  |  |  |
|  |  |  |
| SALAD *please choose one* |  |  |
| Ham GF ♥ LK |  | **05** |
| Turkey GF ♥ LK |  | **06** |
| Grated Cheese GF V LK |  | **07** |
| Plain salad GF V ♥ LK |  | **08** |
| Potato Salad GF V EC |  | **09** |
| Cole Slaw GF V  |  | **10** |
| SANDWICHES *please choose one filling**LR if white bread no salad* |  |  |
|  |  |  |  |  White Brown |
| Cheese and Pickle V EC ↑ LK |  | **11** |  | **12** |
| Egg Mayonnaise V EC ↑ LK |  | **13** |  | **14** |
| Ham and Salad ♥ LK |  | **15** |  | **16** |
| Chicken Mayo and Lettuce EC ↑ LK |  | **17** |  | **18** |
| Tuna mayo and Cucumber EC ↑ LK |  | **19** |  | **20** |
| DESSERTS*please choose one* |  |  |
| Vanilla Ice Cream GF V EC ↑ FM LR LK |  | **21** |
| Sugar free Jelly GF EC ♥ LR LK |  | **22** |
| Fruit Jelly GF EC LK |  | **23** |
| Fruit Cocktail GF V ♥ |  | **24** |
| Cheese & biscuits V ↑ LR LK |  | **25** |

**DIET CODE:**

♥ Healthy Eating **LR**  Lower Fibre

**GF** Gluten Free  **V** Vegetarian

**EC** Easy Chew  **↑**  High Calorie

**FM** Forkable Meal LK Low potassium

WARD

BAY

CUBICLE

### SUNDAY LUNCH 2

NAME**........................……………**

*Please choose your portion size:*

Small Medium Large

PLEASE TICK YOUR CHOICE

|  |  |  |
| --- | --- | --- |
| STARTERS *please choose one* |  |  |
| Orange Juice GF V ♥ LR |  | **01** |
| Apple Juice GF V ♥ LR |  | **02** |
| Cranberry Juice GF V ♥ LR LK |  | **03** |
|  |  |  |
| MAIN COURSES*please choose one* |  |  |
| Roast Chicken and Stuffing EC FM ♥ LR LK |  | **04** |
| Faggots in Onion Gravy EC FM ↑ LR |  | **05** |
| Vegetable Lasagne V EC FM |  | **06** |
| Egg Mayonnaise Salad V EC GF LK |  | **07** |
|  |  | **08** |
| ACCOMPANIMENTS |  |  |
| Mashed Potato GF V ♥ EC FM LR LK |  | **09** |
| Roast Potatoes GF V ↑ EC FM LR |  | **10** |
| Cauliflower Cheese GF V ↑ EC FM LK |  | **11** |
| Brussels Sprouts GF V ♥ LK |  | **12** |
|  |  | **13** |
| DESSERTS*please choose one* |  |  |
| Apple Crumble & Custard V ↑ EC LK |  | **14** |
| Rice Pudding GF V EC FM LR ♥ |  | **15** |
| Ice Cream GF V ↑ FM LR EC LK |  | **16** |
| Fruit Jelly GF EC LK |  | **17** |
| Cheese & Biscuits V ↑ LR LK |  | **18** |
| Fresh Fruit GF V ♥ |  | **19** |
| Sugar Free Jelly GF EC LR LK ♥ |  |  **20** |

WARD

BAY

CUBICLE

### SUNDAY SUPPER 2

NAME**........................……………**

PLEASE TICK YOUR CHOICE

|  |  |  |
| --- | --- | --- |
| SOUP and BREAD ROLL  |  |  |
| Chick Pea and Lentil Soup GF V ↑ |  | **01** |
| Carrot and Coconut Soup(smooth) GF V EC ♥ |  | **02** |
| White roll V LR LK |  | **03** |
| Brown roll V ♥ LK |  | **04** |
|  |  |  |
| *Please choose your salad portion size:* Small Medium Large  |  |  |
|  |  |  |
| SALAD *please choose one* |  |  |
| Ham GF ♥ LK |  | **05** |
| Turkey GF ♥ LK |  | **06** |
| Grated Cheese GF V LK |  | **07** |
| Plain salad GF V ♥ LK  |  | **08** |
| Potato Salad GF V EC |  | **09** |
| Cole Slaw GF V  |  | **10** |
| SANDWICHES *please choose one filling**LR if white bread no salad* |  |  |
|  |  |  |  |  White Brown |
| Cheese and Pickle V EC ↑ LK |  | **11** |  | **12** |
| Egg Mayonnaise V EC ↑ LK |  | **13** |  | **14** |
| Ham and Salad ♥ LK |  | **15** |  | **16** |
| Chicken Mayo and Lettuce EC ↑ LK |  | **17** |  | **18** |
| Tuna mayo and Cucumber EC ↑ LK |  | **19** |  | **20** |
| DESSERTS*please choose one* |  |  |
| Vanilla Ice Cream GF V EC ↑ FM LR LK |  | **21** |
| Sugar free Jelly GF EC ♥ LR LK |  | **22** |
| Fruit Jelly GF EC LK |  | **23** |
| Fruit Cocktail GF V ♥ |  | **24** |
| Cheese & biscuits V ↑ LR LK |  | **25** |

 **DIET CODE:**

♥ Healthy Eating **LR**  Lower Fibre

**GF** Gluten Free  **V** Vegetarian

**EC** Easy Chew  **↑**  High Calorie

**FM** Forkable Meal LK Low potassium