WARD

BAY

CUBICLE

### MONDAY LUNCH 1

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* |  |  |
| Plain Omelette GF V ♥ EC FM LR,LK |  | **04** |
| Beef Lasagne EC FM ↑  |  | **05** |
| Vegetable Tagine with Couscous V ♥ EC FM |  | **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** |
| Peas and Carrots GF V ♥ LK |  | **11** |
| French Beans GF V ♥ EC LK |  | **12** |
|  |  | **13** |
|  |  |  |
| DESSERTS*please choose one* |  |  |
| Jam Sponge and Custard V EC FM ↑ LR 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

### MONDAY SUPPER 1

NAME**........................……………**

PLEASE TICK YOUR CHOICE

|  |  |  |
| --- | --- | --- |
| SOUP and BREAD ROLL  |  |  |
| Leek & Potato soup GF V EC FM ♥ |  | **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 ↑ 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

### TUESDAY LUNCH 1

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 Pork and stuffing EC FM LR LK ↑ |  | **04** |
| Chicken Casserole GF EC ♥ FM |  | **05** |
| Vegetable curry GF V ↑ EC FM |  | **06** |
| Tuna salad GF ♥ FM LK |  | **07** |
|  |  | **08** |
|  |  |  |
|  |  |  |
|  |  |  |
| ACCOMPANIMENTS |  |  |
| Mashed Potato GF V ♥ EC FM LR LK |  | **09** |
| Lyonnais Potatoes GF V ↑ EC FM LR |  | **10** |
| Braised Red Cabbage GF V ♥ LK |  | **11** |
| Broccoli Florets GF V ♥ EC FM LK |  | **12** |
| Patna Rice GF V ♥ LR LK |  | **13** |
|  |  |  |
| DESSERTS*please choose one* |  |  |
| Pear & Chocolate 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** |
|  |  |  |

### TUESDAY SUPPER 1

WARD

BAY

CUBICLE

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 1

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* |  |  |
| Beef Casserole GF EC ♥ FM |  | **04** |
| Salmon Fillet, Wine Sauce GF ↑ EC FM LR LK |  | **05** |
| Macaroni Cheese V EC FM LR |  | **06** |
| Cold Roast Turkey GF ♥ LR LK |  | **07** |
|  |  | **08** |
|  |  |  |
|  |  |  |
|  |  |  |
| ACCOMPANIMENTS |  |  |
| Mashed Potato GF V ♥ EC FM LR LK |  | **09** |
| Parsley Potatoes GF V ♥ EC FM LR LK |  | **10** |
| Sliced Carrots GF V ♥ EC LK |  | **11** |
| Vegetable Medley GF V ♥ FM EC |  | **12** |
|  |  | **13** |
|  |  |  |
| DESSERTS*please choose one* |  |  |
| Syrup Sponge & Custard V ↑ EC FM LR LK |  | **14** |
| Rice pudding GF V EC LR FM ♥ |  | **15** |
| Ice Cream GF V ↑ EC FM 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 1

NAME**........................……………**

PLEASE TICK YOUR CHOICE

|  |  |  |
| --- | --- | --- |
| SOUP and BREAD ROLL  |  |  |
| Country Vegetable soup GF V ♥ EC |  | **01** |
| Lentil soup(smooth) GF V HE 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 1

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* |  |  |
| Bacon Loin and Madeira sauce GF ↑ LK |  | **04** |
| Chilli con Carne GF EC FM |  | **05** |
| Butternut Squash, Parsnip Gratin V EC ♥ FM |  | **06** |
| Cottage Cheese & Pineapple Salad GF V ♥ LK |  | **07** |
|  |  | **08** |
|  |  |  |
|  |  |  |
|  |  |  |
| ACCOMPANIMENTS |  |  |
| Mashed Potato GF V ♥ EC FM LR LK |  | **09** |
| Sauté Potatoes GF V EC ↑ LR  |  | **10** |
| Cauliflower Cheese GF V ↑ EC FM |  | **11** |
| Brussels Sprouts GF V ♥ LK |  | **12** |
| Patna rice GF V ♥ LR LK |  | **13** |
|  |  |  |
| DESSERTS*please choose one* |  |  |
| Apple Sponge and Custard V ↑ EC FM LK |  | **14** |
| Rice Pudding GF V EC FM LR ♥ |  | **15** |
| Ice cream GF V ↑ EC FM 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

### THURSDAY SUPPER 1

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 1

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 ↑ LR EC LK |  | **04** |
| Liver and Bacon Casserole GF |  | **05** |
| Vegetable Stroganoff GF V EC ♥ FM |  | **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** |
| Baby Carrots GF V ♥ EC FM LK |  | **12** |
|  |  | **13** |
|  |  |  |
| DESSERTS*please choose one* |  |  |
| Ginger Sponge and custard V ↑ EC FM LR LK |  | **14** |
| Rice Pudding GF V EC FM LR ♥ |  | **15** |
| Ice Cream GF V EC FM ↑ 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

### FRIDAY SUPPER 1

NAME**........................……………**

PLEASE TICK YOUR CHOICE

|  |  |  |
| --- | --- | --- |
| SOUP and BREAD ROLL  |  |  |
| Butterbean and 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 HE 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

### SATURDAY LUNCH 1

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* |  |  |
| Cottage Pie GF ♥ EC FM LR LK |  | **04** |
| Mild Chicken Curry GF ↑ EC FM |  | **05** |
| Leek and Cheese Crumble V ↑ |  | **06** |
| Cheese Salad GF V LK |  | **07** |
|  |  | **08** |
|  |  |  |
|  |  |  |
|  |  |  |
| ACCOMPANIMENTS |  |  |
| Mashed Potato GF V ♥ EC FM LR LK |  | **09** |
| Boulangere Potatoes GF V ♥ EC FM LR |  | **10** |
| French Beans GF V ♥ LK  |  | **11** |
| Baton Swede GF V ♥ EC FM LK |  | **12** |
| Patna Rice GF V ♥ LK |  | **13** |
|  |  |  |
| DESSERTS*please choose one* |  |  |
| Bread & Butter Pudding & 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 1

NAME**........................……………**

PLEASE TICK YOUR CHOICE

|  |  |  |
| --- | --- | --- |
| SOUP and BREAD ROLL  |  |  |
| Vegetable Broth GF V ♥ |  | **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  |  | **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 1

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 Beef and Yorkshire Pudding ↑ LR LK |  | **04** |
| Sweet and Sour Chicken GF ♥ EC |  | **05** |
| Roast Vegetables with Pasta V ↑ EC FM |  | **06** |
| Egg Mayonnaise Salad GF V LK |  | **07** |
|  |  | **08** |
|  |  |  |
|  |  |  |
|  |  |  |
| ACCOMPANIMENTS |  |  |
| Mashed Potato GF V ♥ EC FM LR LK |  | **09** |
| Roast Potatoes GF V EC FM ↑ LR |  | **10** |
| Savoy Cabbage GF V ♥ LK |  | **11** |
| Carrot and Swede GF V ♥ EC FM LK |  | **12** |
| Patna rice GF V ♥ LR LK |  | **13** |
|  |  |  |
| DESSERTS*please choose one* |  |  |
| Pear & Berry 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

### SUNDAY SUPPER 1

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