

Steamplicity Lunch & Supper Menu Large Print Menu

Here is information on the dietary suitability of dishes on this menu:

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

Higher Energy (E) - These dishes are particularly high in calories and protein.

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

Vegetarian (V) - Suitable for vegetarians

Gluten Free (GF) - Meals suitable for those with Coeliac Disease

Moderate/Lower Sodium (LS) - These meals are suitable for people following a diet low in sodium (salt).

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

Main Courses

NB – Fish dishes may contain small bones

Steamed Salmon served with potatoes and cabbage **GF**

Steamed Cod in Parsley Sauce, mashed potatoes and peas **H GF LS**

Fish and Chips served with mushy peas **E**

Tuna Pasta in a creamy sauce with tuna and peas **E**

Cod and Tomato Sauce topped with tomato and herb sauce and cheese, served with potatoes and courgettes **S GF**

Beef Casserole and Dumpling with broccoli and mashed potatoes

Savoury Minced beef with mashed potatoes, courgettes and mashed carrots and swede **H S GF LS**

Shepherd's Pie with courgettes **H S GF LS**

Savoury Minced Lamb served with mashed potatoes, and mashed carrots and swede **H S GF LS**

Roast Chicken with Stuffing, carrots and roast potatoes **H**

Chicken and Mushroom Fricassee with rice and broccoli **E GF**

Chicken Tikka Masala and rice **E GF**

Chicken and Sweetcorn Potato Topped Pie and carrots **H GF LS**

Sausage and Mash with onion gravy, mashed potatoes and peas **E**

Sliced Roast Pork with roast potatoes, peas and gravy **H GF LS**

Pork Meatballs in Tomato Sauce with yellow rice and peas **E**

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

Vegetarian Cottage Pie with peas (vegan) **H V**

Vegetarian Chilli in a mild chilli sauce with rice (vegan) **H V LS**

Cauliflower and Broccoli Cheese and potatoes **E V GF**

Cheese and Tomato Pasta Optional side salad on request **E S V**

Plain Omelette, sliced potatoes and garden peas **V GF**

Macaroni Cheese Optional side salad on request **E S V**

Cheesy Omelette with sliced potatoes, white sauce and spinach **V GF**

Simple and Light plainer, lighter meals served without vegetables

Cod in Parsley Sauce with mashed potatoes

Plain Omelette with mashed potatoes

Chicken Breast Pieces with white sauce and rice

Chicken Salad **GF LS**

Ham Salad **H GF**

Tuna Salad **GF**

Cheddar Cheese Salad **V GF**

Egg Salad **V GF LS**

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 **V**

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

Desserts

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

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

Apple Crumble with custard **E V**

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

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

Apple and Rhubarb Crumble **H V**

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

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

Traditional English Trifle **S V**

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

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

Rich Chocolate Mousse **S V GF LS**

Cheese and Biscuits **V**

Fresh Fruit or **Tinned Fruit** in Natural Juice **H V GF LS**