

MENU

WELCOME TO OUR TASTY FOOD

Please choose 1 Main Meal
or Sandwich with a side of
Potato and Vegetables
and a Dessert



NHS

The Dudley Group
NHS Foundation Trust

Please ask the nursing staff if you have any questions regarding
your child's meal and they will contact catering.
If your child needs a special diet please let the ward staff know.

MAIN MEALS

Beef Bolognese with Pasta	EC ♥ DF
Cottage Pie	EC GF ♥
Sliced Roast Chicken in Gravy	GF ♥ DF
Chicken & Vegetable Pie	ED
Pork Sausages	ED DF
Fish Goujons	♥ DF
Chicken Tikka Masala, Dhal & Rice (Halal)	EC ED GF

VEGETARIAN MAIN MEALS

Vegetable Lasagne	EC ED V
Macaroni Cheese	EC V
Lentil & Vegetable Pie	V Ve ♥ DF

JACKET POTATO

with Cheese	EC GF V ♥
with Baked Beans	EC GF V Ve ♥

SIDES

Mashed Potatoes	EC GF V
Oven Chips	GF V Ve DF
Croquette Potatoes	GF V Ve DF
Plain Penne Pasta	V Ve ♥ DF

VEGETABLES

Sliced Carrots	GF V Ve ♥ DF
Garden Peas	GF V Ve ♥ DF
Sweetcorn	GF V Ve ♥ DF
Mixed Vegetables	GF V Ve ♥ DF
Broccoli	GF V Ve ♥ DF
Baked Beans	GF V Ve ♥ DF

SANDWICHES

Selection of Sandwiches (White or Brown)

Chicken Mayonnaise	EC ED
Plain Ham	EC ♥
Cheddar Cheese	EC ED V
Egg Mayonnaise	EC ED V

HOT DESSERT OF THE DAY

with Custard	EC ED V
Mon - Apple Crumble	ED V
Tue - Jam Sponge	EC ED V
Wed - Sticky Toffee Pudding	EC ED V
Thu - Raspberry Pudding	EC ED V
Fri - Lemon Sponge	EC ED V
Sat - Apple Pie	ED V Ve DF
Sun - Chocolate Chip Sponge	EC ED V

or a COLD DESSERT

Rice Pudding Pot	EC ED GF V
Thick & Creamy Yoghurt	EC GF V ♥
Jelly	EC GF V DF
Ice Cream (Strawberry or Vanilla)	EC GF V
Fresh Fruit (Apple, Banana, Pear or Satsuma)	GF V Ve ♥ DF

SNACKS

Fruit bag	GF V Ve ♥ DF	Jelly (Sugar Free)	EC GF V Ve DF
Carrot Sticks	GF V Ve ♥ DF	Small Portion	GF V

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