



TUH Patient Main Regular Menu

revised Oct 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Veg Soup 2,7,10	Mushroom Soup 2,10	Leek & Pot Soup 2,10	Carrot/Orange Soup 2,10	Veg Soup 2,7,10	Mushroom Soup 2,10	Veg Soup 2,7,10
Lunch Option	Lunch Option	Lunch Option	Lunch Option	Lunch Option	Lunch Option	Lunch Option
Beef Pie 1,2,3,5 Breaded Cod 1,2,3,4 Tartare Sauce 3,8 Veg Burger 1(oat),5	Irish Stew 7,10 Roast Chicken Salmon/Cream Sauce 2,4 Veg Quiche 1,2,3	Loin of Pork Roast Chicken Cod/White Wine Sauce 2,4,10 Veg Lasagne 1,2,7,10*	Roast Chicken Salmon 4 Hollandaise Sauce 2,3 Pasta Bake 1,2,5,8,10,13	Roast Beef Bake Cod Mornay 2,4 Pasta Bake 1,2,5,8,10,13	Loin of Bacon Parsley Sauce 2 Salmon/WH Wine Sauce 2,4,10 Veg Curry/Rice 8,9,10	Roast Turkey Stuffing 1,2 Cod/Cream Sauce 2,4 Tomato & Bean Casserole 13
Gravy 2,5 Mixed Veg 7 Cauliflower Cheese 2 Cream Potato 2,10	Gravy 2,5 Peas Baton Carrots Cream Potato 2,10	Gravy 2,5 Cabbage Carrot/Swede Mix Boiled Potatoes	Gravy 2,5 Mixed Veg 7 SL Green Beans Cream Potato 2,10	Gravy 2,5 Broccoli Carrots Cream potato 2,10	Gravy 2,5 Cabbage Turnips Boiled Potatoes	Gravy 2,5 Brussel Sprouts Mixed veg 7 Cream Potato 2,10
Rice Pudding 2 Jelly/Ice Cream 2 Diabetic Jelly Yoghurt 2 Pineapple Up'down 1,3 Custard 2,3 Orange	Rice Pudding 2 Jelly/Ice Cream 2 Diabetic Jelly Yoghurt 2 Apple Crum 1,2,14 (walnut) Custard 2,3 Orange	Rice Pudding 2 Jelly/Ice Cream 2 Diabetic Jelly Yoghurt 2 Pear Sponge 1,3 Custard 2,3 Orange	Rice Pudding 2 Jelly/Ice Cream 2 Diabetic Jelly Yoghurt 2 Bakewell 1,2,3,14 (almond) Custard 2,3 Orange	Rice Pudding 2 Jelly/Ice Cream 2 Diabetic Jelly Yoghurt 2 Lemon Cheesecake 1,2 Custard 2,3 Orange	Rice Pudding 2 Jelly/Ice Cream 2 Diabetic Jelly Yoghurt 2 Trifle/Cream 1,2,3 Custard 2,3 Orange	Rice Pudding 2 Jelly/Ice Cream 2 Diabetic Jelly Yoghurt 2 Apple Tart 1,2,3 Custard 2,3 Orange
Tea Option	Tea Option	Tea Option	Tea Option	Tea Option	Tea Option	Tea Option
Mini Grill 1 Tom/Bean Casserole 13 Cheese Omelette 2,3 Wedges 1 Ham Salad 3,8 Egg Sand/BR 1,2,3,5 Banana	Shepherds Pie 2,10 Croquette Potatoes 1,2 Plain Omelette 2,3 Veg Bun^Bgr/Cheese 1,2 And Coleslaw 3,8 Ham Sandwich/WH 1,2,5 Banana	Beef Lasagne 1,2,10* Wedges 1 Ham/Ch Omelette 2,3 Veg Quiche 1,2,3 Chicken Salad 3,8 Salad Sand/WH 2,3,5 Banana	Chk/M'room Pie 1,2,3,10 Croquette Potatoes 1,2 Veg Lasagne 1,2,7,10* Plain Omelette 2,3 Egg Sand/BR 1,2,3,5 Banana	Mini Grill 1 Wedges 1 Veg Stir Fry/Rice 1,5,9 Ham/Cheese Omelette 2,3 Chicken Sand/WH 1,2,5 Banana	Chicken Curry 1 / rice Pasta Bake 1,2,5,8,10,13 Wedges 1 Cheese Omelette 2,3 Salad Sand/WH 2,3,5 Banana	Beef Lasagne 1,2,10* Veg Curry/Rice 8,9,10 Wedges 1 Plain Omelette 2,3 Beef Salad 3,8 Beef Salad 3,8 Ham Sand/White 1,2,5 Banana

^may contain sesame

*may contain **3,8,13**

Breakfast served between 7am-9:30am (options offered at bedside), Mid-Morning Soup or Beverage 11am-11:30am (options offered at bedside), Lunch served 12pm-1:30pm (orders taken on tablet previous day), Evening meal 5pm-6:30pm (orders taken on tablet previous day)

Allergens: **1** wheat **2** milk **3** egg **4** fish **5** soya **6** peanut **7** celery **8** mustard **9** sesame **10** sulphites **11** crustacean **12** mollusc **13** lupin **14** tree nuts