

| Royal Cornwall Hospitals NHS Trust  |           |           | Royal Cornwall Hospitals NHS Trust  |  |           |
|---|-----------|-----------|---|--|-----------|
| Patient Menu Card - Monday Lunch Week 1.  |           |           | Patient Menu Card - Monday Evening Meal Week 1.   |  |           |
| NAME: _____   |           |           | NAME: _____   |  |           |
| WARD: _____ ROOM: _____ BED: _____  |           |           | WARD: _____ ROOM: _____ BED: _____  |  |           |
| HOSPITAL: _____   |           |           | HOSPITAL: _____   |  |           |
| <b>DIET KEY:</b><br><b>Higher Protein P †</b><br><b>Healthier H ♥</b> <b>Higher Energy E †</b><br><b>Easy to Chew Level 7 ★</b> <b>Vegetarian V</b> |           |           | <b>DIET KEY:</b><br><b>Higher Protein P †</b><br><b>Healthier H ♥</b> <b>Higher Energy E †</b><br><b>Easy to Chew Level 7 ★</b> <b>Vegetarian V</b> |  |           |
| Please Tick Portion Size:      Standard (    )      Large (    )  |           |           | Please Tick Portion Size:      Standard (    )      Large (    )  |  |           |
| The Trust is committed to ensuring meal times are uninterrupted   |           |           | The Trust is committed to ensuring meal times are uninterrupted   |  |           |
| Starter: Please Tick <input type="checkbox"/> One Choice from the Menu  |           | Diet Code | Tick <input type="checkbox"/>   | Starter: Please Tick <input type="checkbox"/> One Choice from the Menu       |           |
|   |           |           |   | <b>Cream of Tomato &amp; Basil Soup with Wholemeal or White Roll</b>         | ★ V       |
| <b>Fruit Juice</b>  | V         |           |   |  |           |
| Main Course: Please Tick <input type="checkbox"/> One Choice from the Menu  |           | Diet Code | Tick <input type="checkbox"/>   | Main Course: Please Tick <input type="checkbox"/> One Choice from the Menu   |           |
| <b>Beef &amp; Ale Casserole</b>   | P† H♥     |           |   | <b>Pork &amp; Apple Cobbler</b>  | P† H♥     |
| <b>Chicken &amp; Black Bean Sauce</b>   | P† ★ H♥   |           |   | <b>Smoked Haddock Gratin</b>   | P† H♥     |
| <b>Tomato &amp; Sweet Onion Pasta</b>   | V P† ★    |           |   | <b>Sweet &amp; Sour Vegetables</b>   | V P† ★    |
| <b>Egg Mayo &amp; Cress Sandwich Wholemeal</b>  | V P† E† ★ |           |   | <b>Cheese &amp; Pickle Sandwich Wholemeal</b>                                | V P† E† ★ |
| <b>Egg Mayo &amp; Cress Sandwich White</b>  | V P† E† ★ |           |   | <b>Cheese &amp; Pickle Sandwich White</b>                                    | V P† E† ★ |
| <b>Turkey Sandwich Wholemeal</b>  | P†        |           |   | <b>Ham &amp; Mustard Sandwich Wholemeal</b>                                  | P† E†     |
| <b>Turkey Sandwich White</b>  | P†        |           |   | <b>Ham &amp; Mustard Sandwich White</b>                                      | P† E†     |
| <b>Cottage Cheese &amp; Pineapple Salad</b>   | V P† H♥   |           |   |  |           |
| <b>Smoked Mackerel Salad</b>  | P† E†     |           |   |  |           |
| Carb: Please Tick <input type="checkbox"/> One Choice from the Menu   |           | Diet Code | Tick <input type="checkbox"/>   | Carb: Please Tick <input type="checkbox"/> One Choice from the Menu          |           |
| <b>Garlic Bread</b>   |           |           |   | <b>Saute Potatoes</b>  | V         |
| <b>Baby Potatoes</b>  | V H♥      |           |   | <b>Creamed Potatoes</b>  | V P† E† ★ |
| <b>Creamed Potatoes</b>   | V P† E† ★ |           |   | <b>White Rice</b>  | V H♥ E† ★ |
| <b>White Rice</b>   | V H♥ E† ★ |           |   |  |           |
| Veg: Please Tick <input type="checkbox"/> Choice from the Menu - One or Both  |           | Diet Code | Tick <input type="checkbox"/>   | Veg: Please Tick <input type="checkbox"/> Choice from the Menu - One or Both |           |
| <b>Baton Carrots</b>  | H♥ ★ V    |           |   | <b>Mashed Carrot &amp; Swede</b>   | V ★       |
| <b>Green Beans</b>  | H♥ ★ V    |           |   | <b>Peas</b>  | ★ V P† H♥ |
| Dessert: Please Tick <input type="checkbox"/> One Choice from the Menu  |           | Diet Code | Tick <input type="checkbox"/>   | Dessert: Please Tick <input type="checkbox"/> One Choice from the Menu       |           |
| <b>Apple &amp; Plum Crumble with or without Custard</b>   | V P† E†   |           |   | <b>Jam Sponge with or without Custard</b>                                    | V E†      |
| <b>Custard</b>  | V ★       |           |   | <b>Custard</b>   | V ★       |
| <b>Rice Pudding</b>   | V P† ★    |           |   | <b>Ground Rice Pudding</b>   | V P† ★    |
| <b>Cheese &amp; Biscuits</b>  | V P†      |           |   | <b>Cheese &amp; Biscuits</b>   | V P†      |
| <b>Thick &amp; Creamy Yoghurt</b>   | H♥ ★ V    |           |   | <b>Ice Cream</b>   | V ★       |
|   |           |           |   |  |           |
| <b>Banana</b>   | H♥ ★ V    |           |   | <b>Apple</b>   | H♥ V      |
| <b>Orange</b>   | H♥ V      |           |   | <b>Pear</b>  | H♥ V      |
| <b>Pears In Natural Juice</b>   | H♥ V      |           |   | <b>Peaches In Natural Juice</b>  | H♥ ★ V    |