

# ALL HALLOWS Healthcare Trust

Week Commencing:

Week 1

NAME: .....

**DIABETIC**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Sausage plait with cranberries</b> <input type="checkbox"/>  <b>Fish pie</b> <input type="checkbox"/>  <span style="color: green;">Cheese and pasta bake with garlic bread</span> <input type="checkbox"/>	<b>Beef Bourguignon</b> <input type="checkbox"/>  <b>Chicken parmesan</b> <input type="checkbox"/>  <span style="color: green;">Quiche</span> <input type="checkbox"/>	<b>Spaghetti Bolognese</b> <input type="checkbox"/>  <b>Bacon steak with honey &amp; mustard sauce</b> <input type="checkbox"/> <span style="color: green;">Salmon Fishcakes</span> <input type="checkbox"/>	<b>Turkey and ham pie</b> <input type="checkbox"/>  <b>Mushroom risotto</b> <input type="checkbox"/> <span style="color: green;">Veggie toad in the hole</span> <input type="checkbox"/>	<b>Chicken in a spicy coconut sauce</b> <input type="checkbox"/> <b>Battered Cod</b> <input type="checkbox"/> <span style="color: green;">Cauliflower and broccoli bake</span> <input type="checkbox"/>	<b>Honey glazed Ham</b> <input type="checkbox"/>  <b>Spinach and ricotta cannelloni</b> <input type="checkbox"/> <span style="color: green;">Cheese omelette</span> <input type="checkbox"/>	<b>Roast Beef and Yorkshire Pudding</b> <input type="checkbox"/> <b>Steamed Haddock with hollandaise sauce</b> <input type="checkbox"/> <span style="color: green;">Nut roast</span> <input type="checkbox"/>
<b>Vegetable of the Day</b> <input type="checkbox"/>  <b>Creamed</b> <input type="checkbox"/>  <b>Chips</b> <input type="checkbox"/>	<b>Vegetable of the Day</b> <input type="checkbox"/>  <b>Creamed</b> <input type="checkbox"/>  <b>New</b> <input type="checkbox"/>	<b>Vegetable of the Day</b> <input type="checkbox"/>  <b>Creamed</b> <input type="checkbox"/>  <b>New</b> <input type="checkbox"/>	<b>Vegetable of the Day</b> <input type="checkbox"/>  <b>Creamed</b> <input type="checkbox"/>  <b>New</b> <input type="checkbox"/>	<b>Vegetable of the Day</b> <input type="checkbox"/> <b>Mushy Peas</b> <input type="checkbox"/>  <b>Creamed</b> <input type="checkbox"/>  <b>Chips</b> <input type="checkbox"/>	<b>Vegetable of the Day</b> <input type="checkbox"/>  <b>Creamed</b> <input type="checkbox"/>  <b>New</b> <input type="checkbox"/>	<b>Vegetable of the Day</b> <input type="checkbox"/>  <b>Creamed</b> <input type="checkbox"/>  <b>Roast</b> <input type="checkbox"/>
<b>Chocolate sponge &amp; white sauce</b> <input type="checkbox"/>  <b>Jelly &amp; Cream</b> <input type="checkbox"/>	<b>Mixed berry crumble with custard</b> <input type="checkbox"/> <b>Strawberry Mousse</b> <input type="checkbox"/>	<b>Bakewell tart and custard</b> <input type="checkbox"/>  <b>peaches and cream</b> <input type="checkbox"/>	<b>Eves pudding and custard</b> <input type="checkbox"/>  <b>Fruit salad and cream</b> <input type="checkbox"/>	<span style="color: blue;">Cherry Pie</span> <input type="checkbox"/>  <b>Jelly and Cream</b> <input type="checkbox"/>	<b>Rice Pudding and Jam</b> <input type="checkbox"/>  <b>Chocolate Mousse</b> <input type="checkbox"/>	<b>Lemon Sponge &amp; Cream</b> <input type="checkbox"/>  <b>Trifle</b> <input type="checkbox"/>

Green = Vegetarian Options

Blue = Options Not Suitable For Diabetics

Alternative meal choices are available on request, please mark on the menu if you would like this option. All menus need to be returned to the driver by Thursday of every week. If you have any concerns regarding the meals please contact Jill Morley 01986 891676:

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## WEEK 2

Week Commencing:

Name .....

**DIABETIC**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Sweet and Sour Chicken & Rice <input type="checkbox"/>  Cottage Pie <input type="checkbox"/>  <b>Stuffed Peppers</b> <input type="checkbox"/>	Chicken with smoked bacon & thyme <input type="checkbox"/>  Cornish Pastie <input type="checkbox"/>  <b>Tuna &amp; pasta bake &amp; garlic bread</b> <input type="checkbox"/>	Chilli con carne & rice <input type="checkbox"/>  Pork steaks <input type="checkbox"/>  <b>Cod Mornay</b> <input type="checkbox"/>	Chicken Chasseur Cumberland sausage with Sauté Potato Ham or Egg Salad <input type="checkbox"/>  <input type="checkbox"/>	<b>Fried Scampi</b> <input type="checkbox"/>  Pork Goulash <input type="checkbox"/>  <b>Cheese and onion pie</b> <input type="checkbox"/>	Chicken and mushroom pie <input type="checkbox"/>  cheese and ham omelette <input type="checkbox"/>  <b>Broccoli and pasta bake</b> <input type="checkbox"/>	Roast Pork & Apple Sauce <input type="checkbox"/>  Cod Fishcakes <input type="checkbox"/>  <b>Cauliflower cheese</b> <input type="checkbox"/>
Vegetable of the Day <input type="checkbox"/>  Creamed <input type="checkbox"/>  New <input type="checkbox"/>	Vegetable of the Day <input type="checkbox"/>  Creamed <input type="checkbox"/>  New <input type="checkbox"/>	Vegetable of the Day <input type="checkbox"/>  Creamed <input type="checkbox"/>  New <input type="checkbox"/>	Vegetable of the Day <input type="checkbox"/>  Creamed <input type="checkbox"/>  Sauté potatoes <input type="checkbox"/>	Vegetable of the Day <input type="checkbox"/>  Mushy peas <input type="checkbox"/>  Creamed <input type="checkbox"/>  Chips <input type="checkbox"/>	Vegetable of the Day <input type="checkbox"/>  Creamed <input type="checkbox"/>  New <input type="checkbox"/>	Vegetable of the Day <input type="checkbox"/>  Creamed <input type="checkbox"/>  Roast <input type="checkbox"/>
Marble cake and cream <input type="checkbox"/> Jelly and cream <input type="checkbox"/>	<b>Lemon drizzle</b> And cream <input type="checkbox"/> <b>Fruit and custard</b> <input type="checkbox"/>	Eaton mess <input type="checkbox"/>  Chocolate Mousse. <input type="checkbox"/>	<b>Apple &amp; caramel filo tart</b> <input type="checkbox"/>  Pears and cream <input type="checkbox"/>	<b>Syrup sponge</b> <input type="checkbox"/>  Rhubarb and custard <input type="checkbox"/>	Apple, sultana & cinnamon crumble <input type="checkbox"/> <b>Fresh fruit salad &amp; cream</b> <input type="checkbox"/>	Bread and butter pudding <input type="checkbox"/>  <b>Cheesecake</b> <input type="checkbox"/>

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**WEEK 3**

**Week Commencing:**

**NAME:** .....

**DIABETIC**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Beef lasagne <input type="checkbox"/> Sausage in onion gravy <input type="checkbox"/> Cheese and onion quiche <input type="checkbox"/>	steak pie <input type="checkbox"/> Cornish Plaice with lemon capers <input type="checkbox"/> Jacket potatoes <input type="checkbox"/>	Pork with provencal sauce <input type="checkbox"/> Leek and Ham Pie <input type="checkbox"/> Tuna Salad <input type="checkbox"/>	Salmon with hollandaise sauce <input type="checkbox"/> Beef & black bean sauce <input type="checkbox"/> Cheese & onion pastry <input type="checkbox"/>	Battered Haddock <input type="checkbox"/> Chicken & Mushroom stroganoff <input type="checkbox"/> Vegetarian toad in the hole. <input type="checkbox"/>	Sausage & butterbean Casserole <input type="checkbox"/> Pasta bolognaise with garlic bread <input type="checkbox"/> Mushroom omelette <input type="checkbox"/>	Roast Chicken & Stuffing <input type="checkbox"/> Breaded white fish <input type="checkbox"/> Vegetarian cottage pie with sweet potato mash <input type="checkbox"/>
Vegetable of the Day <input type="checkbox"/> Creamed <input type="checkbox"/> Chips <input type="checkbox"/>	Vegetable of the Day <input type="checkbox"/> Creamed <input type="checkbox"/> New <input type="checkbox"/>	Vegetable of the Day <input type="checkbox"/> Creamed <input type="checkbox"/> New <input type="checkbox"/>	Vegetable of the Day <input type="checkbox"/> Creamed <input type="checkbox"/> New <input type="checkbox"/>	Vegetable of the Day <input type="checkbox"/> Creamed <input type="checkbox"/> Chips <input type="checkbox"/> Rice <input type="checkbox"/>	Vegetable of the Day <input type="checkbox"/> Creamed <input type="checkbox"/> New <input type="checkbox"/>	Vegetable of the Day <input type="checkbox"/> Creamed <input type="checkbox"/> Roast <input type="checkbox"/>
Chocolate almond and pear tart <input type="checkbox"/> Lemon Posset <input type="checkbox"/>	Vanilla sponge and custard <input type="checkbox"/> Peach Flan <input type="checkbox"/>	Pineapple upside down cake <input type="checkbox"/> Raspberry Mousse <input type="checkbox"/>	Apple cinnamon sultana filo tart with cream. <input type="checkbox"/> Butterstoch Mousse <input type="checkbox"/>	Banoffe Tart <input type="checkbox"/> mandarin jelly <input type="checkbox"/>	Plum crumble & Custard <input type="checkbox"/> Strawberry cheesecake <input type="checkbox"/>	Egg custard tart and custard <input type="checkbox"/> Black forest Gateaux <input type="checkbox"/>

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## Healthcare Trust

Week Commencing:

WEEK 4

NAME: .....

**DIABETIC**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday	Sunday
Minced Beef & onion pie <input type="checkbox"/> Haddock & mozzarella fish cakes <input type="checkbox"/> Mushroom pasta with cream cheese <input type="checkbox"/>	Gammon & Parsley <input type="checkbox"/> Chicken Kiev <input type="checkbox"/> Mediterranean Frittata <input type="checkbox"/>	Pork Casserole <input type="checkbox"/> Scampi <input type="checkbox"/> Macaroni Cheese <input type="checkbox"/>	Lamb Tagine <input type="checkbox"/> Turkey and ham pie <input type="checkbox"/> Cheese & Potato pie <input type="checkbox"/>	Chicken & leeks in a cheese sauce <input type="checkbox"/> Battered Cod <input type="checkbox"/> Cauliflower Cheese <input type="checkbox"/>	Chicken tikka masala & rice <input type="checkbox"/> Minced beef hotpot <input type="checkbox"/> Pasta Carbonara With Garlic bread <input type="checkbox"/>	Roast Turkey with cranberry sauce <input type="checkbox"/> Salmon <input type="checkbox"/> Nut Roast <input type="checkbox"/>
Vegetable of the Day <input type="checkbox"/> Creamed <input type="checkbox"/> New <input type="checkbox"/>	Vegetable of the Day <input type="checkbox"/> Creamed <input type="checkbox"/> New <input type="checkbox"/>	Vegetable of the Day <input type="checkbox"/> Creamed <input type="checkbox"/> Chips <input type="checkbox"/>	Vegetable of the Day <input type="checkbox"/> Creamed <input type="checkbox"/> New <input type="checkbox"/>	Vegetable of the Day <input type="checkbox"/> Mushy peas <input type="checkbox"/> Creamed <input type="checkbox"/> Chips <input type="checkbox"/>	Vegetable of the Day <input type="checkbox"/> Creamed <input type="checkbox"/> Rice <input type="checkbox"/>	Vegetable of the Day <input type="checkbox"/> Creamed <input type="checkbox"/> Roast <input type="checkbox"/>
Steamed Jam sponge and custard <input type="checkbox"/> Fruit Jelly and cream <input type="checkbox"/>	Sticky Toffee Pudding and Custard <input type="checkbox"/> Fruit Flan and cream <input type="checkbox"/>	Chocolate crunch & cream <input type="checkbox"/> Crème brulee <input type="checkbox"/>	Mixed spice sponge and custard <input type="checkbox"/> Eaton mess <input type="checkbox"/>	Spotted dick & custard <input type="checkbox"/> Peach Melba <input type="checkbox"/>	Lemon meringue pie and cream <input type="checkbox"/> Banana Custard <input type="checkbox"/>	Treacle Tart & Custard <input type="checkbox"/> Strawberry trifle <input type="checkbox"/>

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