



WEEK 2

Sunday Lunch



= Leading Chef Dish ▲ = Diabetic

♥ = Healthy Option ◆ = Low Fat V = Vegetarian

- | | | | | | | | |
|----|--------------------------|---|----|---|---|---|---|
| 1 | <input type="checkbox"/> | Homemade Vegetable Soup | | ◆ | ♥ | ▲ | |
| 2 | <input type="checkbox"/> | Roast Beef | or | ◆ | ♥ | ▲ | |
| 3 | <input type="checkbox"/> | Lamb Casserole | or | ◆ | ♥ | ▲ | |
| 4 | <input type="checkbox"/> | Minced Beef & Potato | or | | ♥ | ▲ | |
| 5 | <input type="checkbox"/> | Vegetable Chilli | or | V | ◆ | ♥ | ▲ |
| 6 | <input type="checkbox"/> | Egg & Cress Teacake with Salad | | V | ◆ | ♥ | ▲ |
| 7 | <input type="checkbox"/> | Gravy | | | | | |
| 8 | <input type="checkbox"/> | Baton Carrots | | ◆ | ♥ | ▲ | |
| 9 | <input type="checkbox"/> | Garden Peas | | ◆ | ♥ | ▲ | |
| 10 | <input type="checkbox"/> | Yorkshire Pudding | | | | ▲ | |
| 11 | <input type="checkbox"/> | Roast Potatoes | | | | ▲ | |
| 12 | <input type="checkbox"/> | Boiled Potatoes | or | ◆ | ♥ | ▲ | |
| 13 | <input type="checkbox"/> | Boiled Rice | | ◆ | ♥ | ▲ | |
| 14 | <input type="checkbox"/> | | | | | | |
| 15 | <input type="checkbox"/> | Syrup Sponge Pudding | | | | | |
| 16 | <input type="checkbox"/> | Custard | or | ◆ | ♥ | | |
| 17 | <input type="checkbox"/> | Tapioca Pudding | or | ◆ | ♥ | | |
| 18 | <input type="checkbox"/> | Mandarin Orange in Juice | or | ◆ | ♥ | ▲ | |
| 19 | <input type="checkbox"/> | Low Fat Fruit Yoghurt | or | ◆ | ♥ | ▲ | |
| 20 | <input type="checkbox"/> | Sugar Free Tapioca Pudding | | ◆ | ♥ | ▲ | |
| 21 | <input type="checkbox"/> | Please tick box for assistance with eating | | | | | |
| 22 | <input type="checkbox"/> | Large Portion | | | | | |
| 23 | <input type="checkbox"/> | Small Portion | | | | | |

Ward: _____ Name: _____



WEEK 2

Sunday Supper



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- | | | | | | | | |
|----|--------------------------|---|----|---|---|---|---|
| 1 | <input type="checkbox"/> | Lentil Soup | | | ◆ | ♥ | ▲ |
| 2 | <input type="checkbox"/> | | | | | | |
| 3 | <input type="checkbox"/> | Jacket Potato & Chilli Beef | or | | | ♥ | ▲ |
| 4 | <input type="checkbox"/> | Chicken Fricasse | or | ◆ | ♥ | ▲ | |
| 5 | <input type="checkbox"/> | Cheese & Onion Quiche | or | V | | | ▲ |
| 6 | <input type="checkbox"/> | Ham Salad | or | | ◆ | ♥ | ▲ |
| 7 | <input type="checkbox"/> | Cottage Cheese Salad | or | V | ◆ | ♥ | ▲ |
| 8 | <input type="checkbox"/> | Wholemeal Chicken Sandwich | | | ◆ | ♥ | ▲ |
| 9 | <input type="checkbox"/> | Gravy | | | | | |
| 10 | <input type="checkbox"/> | | | | | | |
| 11 | <input type="checkbox"/> | Mixed Vegetables | | | ◆ | ♥ | ▲ |
| 12 | <input type="checkbox"/> | Mashed Potato | | | ◆ | ♥ | ▲ |
| 13 | <input type="checkbox"/> | | | | | | |
| 14 | <input type="checkbox"/> | | | | | | |
| 15 | <input type="checkbox"/> | | | | | | |
| 16 | <input type="checkbox"/> | Cheese & Biscuits | or | | | | ▲ |
| 17 | <input type="checkbox"/> | Ice Cream | or | | ◆ | ♥ | ▲ |
| 18 | <input type="checkbox"/> | Pineapple in Juice | or | | ◆ | ♥ | ▲ |
| 19 | <input type="checkbox"/> | Low Fat Fruit Yoghurt | or | | ◆ | ♥ | ▲ |
| 20 | <input type="checkbox"/> | Sugar Free Fruit Jelly | | | ◆ | ♥ | ▲ |
| 21 | <input type="checkbox"/> | Please tick box for assistance with eating | | | | | |
| 22 | <input type="checkbox"/> | Large Portion | | | | | |
| 23 | <input type="checkbox"/> | Small Portion | | | | | |

Ward: _____ Name: _____

