

Lunch



Staffordshire
Children's
Hospital at
Royal Stoke

NHS
University Hospitals
of North Midlands
NHS Trust



Monday

Beef cottage pie **EC H**
Chicken goujons
Penne pasta in tomato
& basil sauce **EC H V**
Gravy **V** available

Sides

Potatoes & rice
Mashed potato **EC V**
Chips **V**
Sauté potatoes **V**
White/wholemeal roll
Vegetables & side salad
Baked beans **EC V**
Green beans **H V**
Sweetcorn **H V**
Side salad **H V**

Hot desserts

Served with custard **V**
or vanilla ice cream **V**
Sticky toffee
pudding **EC E V**
Rice pudding **EC V**

See reverse for:
Cold desserts

Tuesday

Chicken and ham pie
with flaky pastry top **H**
Beef bolognese **EC H**
Cauliflower &
broccoli pasta **EC V**
Gravy **V** available

Sides

Potatoes & rice
Mashed potato **EC V**
Chips **V**
Penne pasta **V**
White/wholemeal roll
Vegetables & side salad
Baked beans **EC V**
Peas **H V**
Sliced carrots **EC H V**
Side salad **H V**

Hot desserts

Served with custard **V**
or vanilla ice cream **V**
Jam sponge **EC E V**
Rice pudding **EC V**

See reverse for:
Cold desserts

Wednesday

Chicken korma
Plain omelette **EC V**
Vegetable lasagne **E V**
Gravy **V** available

Sides

Potatoes & rice
Mashed potato **EC V**
Chips **V**
Boiled rice **H V**
White/wholemeal roll
Vegetables & side salad
Baked beans **EC V**
Broccoli **EC H V**
Sweetcorn **H V**
Side salad **H V**

Hot desserts

Served with custard **V**
or vanilla ice cream **V**
Summer fruit
crumble **EC E V**
Rice pudding **EC V**

See reverse for:
Cold desserts

Thursday

Pasta carbonara **E**
Chicken goujons
Vegetarian
cottage pie **H V**
Gravy **V** available

Sides

Potatoes & rice
Mashed potato **EC V**
Chips **V**
Potato wedges **V**
White/wholemeal roll
Vegetables & side salad
Baked beans **EC V**
Green beans **H V**
Sliced carrots **EC H V**
Side salad **H V**

Hot desserts

Served with custard **V**
or vanilla ice cream **V**
Lemon flavoured
sponge **EC E V**
Rice pudding **EC V**

See reverse for:
Cold desserts

Friday

Breaded cod **H**
Sausages in
onion gravy
Tortelloni in tomato
sauce **H V**
Gravy **V** available

Sides

Potatoes & rice
Mashed potato **EC V**
Chips **V**
Penne pasta **V**
White/wholemeal roll
Vegetables & side salad
Baked beans **EC V**
Peas **H V**
Sweetcorn **H V**
Side salad **H V**

Hot desserts

Served with custard **V**
or vanilla ice cream **V**
Chocolate chip
sponge **EC E V**
Rice pudding **EC V**

See reverse for:
Cold desserts

Saturday

Beef lasagne **EC E**
Fish cakes **EC H**
Vegetarian sausage
casserole **V**
Gravy **V** available

Sides

Potatoes & rice
Mashed potato **EC V**
Chips **V**
Sauté potatoes **V**
White/wholemeal roll
Vegetables & side salad
Baked beans **EC V**
Broccoli **EC H V**
Sliced carrots **EC H V**
Side salad **H V**

Hot desserts

Served with custard **V**
or vanilla ice cream **V**
Syrup sponge **EC E V**
Rice pudding **EC V**

See reverse for:
Cold desserts

Sunday

Sliced turkey
in gravy **H**
Chicken Kiev
Macaroni cheese **EC V**
Gravy **V** available

Sides

Potatoes & rice
Mashed potato **EC V**
Chips **V**
Roast potatoes **V**
White/wholemeal roll
Vegetables & side salad
Baked beans **EC V**
Peas **H V**
Sliced carrots **EC H V**
Side salad **H V**

Hot desserts

Served with custard **V**
or vanilla ice cream **V**
Apple pie **E V**
Rice pudding **EC V**

See reverse for:
Cold desserts

Appetisers

Orange juice **V**
Apple juice **V**

Jacket potatoes

Served with butter / spread

Cheese **V** Tuna **H** Baked beans **V**

Sandwiches

Served on white or wholemeal

Cheese **V** Ham Egg **V** Tuna **H**

Salads

Served with mixed lettuce, tomato, cucumber, coleslaw

Cheese **V** Ham Tuna **H**

Teatime



Staffordshire
Children's
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Royal Stoke

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of North Midlands
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Monday

Chicken & pasta with
tomato & herbs **H**

Fish cakes **EC H**

Vegetarian
cottage pie **H V**

Gravy **V** available

See reverse for:
Jacket potatoes
Sandwiches
Salads

Sides

Potatoes & rice

Mashed potato **EC V**

Chips **V**

Potato wedges **V**

Vegetables & side salad

Baked beans **EC V**

Broccoli **EC H V**

Sliced carrots **EC H V**

Side salad **H V**

Hot dessert

Rice pudding **EC V**

Tuesday

Beef lasagne **EC E**

Chicken Kiev

Vegetarian tikka
masala **EC H V**

Gravy **V** available

See reverse for:
Jacket potatoes
Sandwiches
Salads

Sides

Potatoes & rice

Mashed potato **EC V**

Chips **V**

Boiled rice **H V**

Vegetables & side salad

Baked beans **EC V**

Green beans **H V**

Sweetcorn **H V**

Side salad **H V**

Hot dessert

Rice pudding **EC V**

Wednesday

Tuna pasta bake **H**

Sausages in
onion gravy

Lentil bolognese **EC H V**

Gravy **V** available

See reverse for:
Jacket potatoes
Sandwiches
Salads

Sides

Potatoes & rice

Mashed potato **EC V**

Chips **V**

Penne pasta **V**

Vegetables & side salad

Baked beans **EC V**

Peas **H V**

Sliced carrots **EC H V**

Side salad **H V**

Hot dessert

Rice pudding **EC V**

Thursday

Sweet & sour chicken **H**

Minced beef hotpot **EC H**

Macaroni cheese **EC V**

Gravy **V** available

See reverse for:
Jacket potatoes
Sandwiches
Salads

Sides

Potatoes & rice

Mashed potato **EC V**

Chips **V**

Boiled rice **H V**

Vegetables & side salad

Baked beans **EC V**

Broccoli **EC H V**

Sweetcorn **H V**

Side salad **H V**

Hot dessert

Rice pudding **EC V**

Friday

Chicken tikka
masala **H**

Fish goujons **H**

Baked vegetable
pie **E V**

Gravy **V** available

See reverse for:
Jacket potatoes
Sandwiches
Salads

Sides

Potatoes & rice

Mashed potato **EC V**

Chips **V**

Boiled rice **H V**

Vegetables & side salad

Baked beans **EC V**

Peas **H V**

Sliced carrots **EC H V**

Side salad **H V**

Hot dessert

Rice pudding **EC V**

Saturday

Potato topped
chicken pie **EC E**

Lamb burgers
in gravy **EC**

Cauliflower, spinach
& lentil curry **H V**

Gravy **V** available

See reverse for:
Jacket potatoes
Sandwiches
Salads

Sides

Potatoes & rice

Mashed potato **EC V**

Chips **V**

Boiled rice **H V**

Penne pasta **V**

Vegetables & side salad

Baked beans **EC V**

Peas **H V**

Sweetcorn **H V**

Side salad **H V**

Hot dessert

Rice pudding **EC V**

Sunday

Roast beef in gravy **H**

Plain omelette **EC V**

Creamy vegetable
cheese bake **EC E V**

Gravy **V** available

See reverse for:
Jacket potatoes
Sandwiches
Salads

Sides

Potatoes & rice

Mashed potato **EC V**

Chips **V**

Roast potatoes **V**

Vegetables & side salad

Baked beans **EC V**

Green beans **H V**

Sweetcorn **H V**

Side salad **H V**

Hot dessert

Rice pudding **EC V**

Appetisers

Tomato soup **EC E V**

White/wholemeal roll

Orange juice **V**

Apple juice **V**

Cold desserts

Vanilla ice cream **V**

Banana **H V**

Thick & creamy yogurt **V**

Chocolate dessert **V**

Grape & apple bag **H V**

Peaches & pears in
natural juice **H V**

Dairytea & biscuits **V**

EC EASY TO CHEW

H HEALTHIER EATING

E HIGH ENERGY

V VEGETARIAN