

# BREAKFAST

*Our food is freshly cooked every day by our kitchens.  
If you have dietary requirements, please let one of the team know  
so we can ensure the menu meets your needs.*

*Name and room number:*

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*Please tick which options you would like:*

## CEREAL AND YOGHURT

- |  |  |
|--|--|
| <input type="checkbox"/> Alpen           | <input type="checkbox"/> Corn Flakes       |
| <input type="checkbox"/> Bran Flakes     | <input type="checkbox"/> Rice Krispies     |
| <input type="checkbox"/> Special K       | <input type="checkbox"/> Weetabix          |
| <input type="checkbox"/> Fruit and Fibre | <input type="checkbox"/> Choice of yoghurt |
| <input type="checkbox"/> Porridge        |  |

## TOAST, BREAD AND PASTRIES

- |  |  |
|--|--|
| <input type="checkbox"/> White toast     | <input type="checkbox"/> Crumpet       |
| <input type="checkbox"/> Wholemeal toast | <input type="checkbox"/> Croissant     |
| <input type="checkbox"/> Breakfast roll  | <input type="checkbox"/> Danish pastry |

## FULL ENGLISH BREAKFAST

- |  |   |
|--|---|
| <input type="checkbox"/> Fried egg     | <input type="checkbox"/> Baked beans    |
| <input type="checkbox"/> Scrambled egg | <input type="checkbox"/> Sausage        |
| <input type="checkbox"/> Poached egg   | <input type="checkbox"/> Bacon          |
| <input type="checkbox"/> Hash brown    | <input type="checkbox"/> Grilled tomato |
| <input type="checkbox"/> Mushrooms     |   |

## DRINKS

- |  |  |
|--|--|
| <input type="checkbox"/> Orange juice    | <input type="checkbox"/> Tea           |
| <input type="checkbox"/> Apple juice     | <input type="checkbox"/> Coffee        |
| <input type="checkbox"/> Pineapple juice | <input type="checkbox"/> Hot chocolate |

## FRUIT

- |  |   |
|--|---|
| <input type="checkbox"/> Fresh fruit platter | <input type="checkbox"/> Selection of whole<br>fruits i.e. banana,<br>apple, orange |
| <input type="checkbox"/> Sliced melon        |   |

*Special Requests:*

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# MENU

## LIGHT BITES

### STARTERS

Choose from a selection of starters below;

Lunch	Evening	
<input type="checkbox"/>	<input type="checkbox"/>	Fruit juice of choice
<input type="checkbox"/>	<input type="checkbox"/>	Prawn cocktail
<input type="checkbox"/>	<input type="checkbox"/>	Soup of the day served with a fresh bread roll
<input type="checkbox"/>	<input type="checkbox"/>	Melon
<input type="checkbox"/>	<input type="checkbox"/>	Grapefruit

### SALADS

Mixed leaves, tomato, carrot, onion and cucumber served with a bread roll and your choice of;

Lunch	Evening	
<input type="checkbox"/>	<input type="checkbox"/>	Salmon
<input type="checkbox"/>	<input type="checkbox"/>	Prawn cocktail
<input type="checkbox"/>	<input type="checkbox"/>	Tuna
<input type="checkbox"/>	<input type="checkbox"/>	Sliced turkey
<input type="checkbox"/>	<input type="checkbox"/>	Sliced ham
<input type="checkbox"/>	<input type="checkbox"/>	Cheese

### SANDWICHES AND JACKETS

Choose your bread, or if you would prefer a jacket potato;

Lunch	Evening	
<input type="checkbox"/>	<input type="checkbox"/>	White bread
<input type="checkbox"/>	<input type="checkbox"/>	Wholemeal bread
<input type="checkbox"/>	<input type="checkbox"/>	Fresh baguette
<input type="checkbox"/>	<input type="checkbox"/>	Jacket potato

With your choice of filling

Lunch	Evening	
<input type="checkbox"/>	<input type="checkbox"/>	Cheddar cheese
<input type="checkbox"/>	<input type="checkbox"/>	Egg mayonnaise
<input type="checkbox"/>	<input type="checkbox"/>	BLT
<input type="checkbox"/>	<input type="checkbox"/>	Sliced ham
<input type="checkbox"/>	<input type="checkbox"/>	Sliced turkey
<input type="checkbox"/>	<input type="checkbox"/>	Tuna mayonnaise
<input type="checkbox"/>	<input type="checkbox"/>	Prawn cocktail
<input type="checkbox"/>	<input type="checkbox"/>	Salad

If you have an allergy or dietary requirement, please let one of the team know. Allergen information is available on request. Light bites and larger meals are available at both lunch and evening meal.

# MENU

## LARGER MEALS

Lunch Evening

- Sirloin steak**  
Served with chips, salad and choice of sauce  
 peppercorn  bearnaise  hollandaise
- Pan fried chicken breast**  
Served on tagliatelle, ham and pea velouté with garlic bread
- Gammon and egg**  
Served with chips or jacket potato, soft poached eggs and seasonal vegetables
- Cod loin**  
Served with parsley butter, new potatoes and seasonal vegetables
- Salmon**  
Grilled or poached served with dill hollandaise sauce, new potatoes and seasonal vegetables
- Roast beef**  
served with traditional Sunday lunch accompaniments (Sunday lunch time only)
- Goat cheese tart (V)**  
Served with salad, sun dried tomato and pesto drizzle
- Mixed vegetable pasta in a green pesto sauce (V)**  
served with garlic bread
- Vegetable stir fry (Vegan)**  
served with rice
- Mixed bean casserole (Vegan)**
- Harvest vegetable casserole (Vegan)**

Lunch Evening

## Desserts

- Ice cream  
 vanilla  chocolate  strawberry
- Apple crumble with custard or cream
- Cheesecake
- Fresh fruit platter
- Cheese and biscuits



# The Woodlands Suite

Private Care at The Royal  
Orthopaedic Hospital