



Preparing to eat out & fear food worksheet

Menu 1

<h1>Menu</h1>	
<p>STARTERS Spring Rolls French Onion Soup Tomato Bruschetta Caesar Salad</p> <p>SIDE DISHES Mixed Green Salad Garden Vegetables French Fries Garlic Bread</p>	<p>MAIN COURSE Grilled Salmon with Dill Sauce Roast Beef with Vegetables Chicken and Mushroom Pie Marrakesh Vegetarian Curry Eggplant Lasagne</p> <p>DESSERT Apple Pie with Cream Lemon Meringue Pie Vanilla Ice Cream Crêpe Suzette Fruit Salad</p>

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1)

- **According to the Eating Disorder, the 'best' choices would be...**

Starter: _____ because _____
Main: _____ because _____
Side Dish: _____ because _____
Dessert: _____ because _____

- **According to the Eating Disorder, the 'worst' choices would be...**

Starter: _____ because _____
Main: _____ because _____
Side Dish: _____ because _____
Dessert: _____ because _____

- **According to the true you, (with respect to your taste buds), my favourite choices would be...** (if you find this difficult, try to imagine what your childhood self may have ordered)

Starter: _____
Main: _____
Side Dish: _____
Dessert: _____

- **When I look at this menu, my ED ruled out the following items from being possible to pick:**

- **Some of the other disordered suggestions/rules/conditions that my ED attempted to suggest were...**
e.g.,
If I choose the bruschetta, I shouldn't choose the garlic bread...
If I choose the apple pie, I will ask for cream on the side...

- **Summarizing thoughts and direction for progress (to complete with Han):**

Menu 2

 <h1 style="font-size: 2em; margin: 0;">JG Sandwich Cellar</h1> <h2 style="font-size: 1.5em; margin: 0;">All Day Menu</h2> 	
 <h3 style="font-size: 1.5em; margin: 0;">Breakfast</h3> 	
 All day breakfast QR 4.0  Pancakes QR 12  Fruit salad (with Yogurt) QR 30  Hot breakfast sandwiches starting from QR 25  Omelette of your choice QR 35	     
 <h3 style="font-size: 1.5em; margin: 0;">Mains</h3> 	
 Fish & Chips QR 50  Scampi & Chips QR 55  Grilled Rib-eye QR 70  Grilled fish QR 50  Grilled chicken QR 50  Chicken curry QR 50  Fried chicken QR 50  Cottage pie QR 50  Lasagne QR 50  Chicken goujons QR 50  Chicken melt QR 50  Chilli con carne (with chips or rice) QR 50  All served with your choice of:  Chips/ fries Peas  Mash potato Vegetables  Rice Gravy  Salad Roast Potatoes	           
 <h3 style="font-size: 1.5em; margin: 0;">Drinks</h3> 	
 Teas QR 15  Ice tea QR 15  Coffee QR 15  Fresh juice QR 20  Soft drinks QR 5  Mineral water QR 5  Fresh milk QR 10	      
	
 <h3 style="font-size: 1.5em; margin: 0;">Specials</h3> 	
 Lamb chops in cranberry gravy QR 55  Liver & onions QR 50  Bangers & mash QR 50  Every Sunday  Roast beef & Yorkshire pudding QR 50	
 <h3 style="font-size: 1.5em; margin: 0;">Salads</h3> 	
 Green salad QR 30  Big Bang Salad <div style="margin-left: 20px;">with chicken or fish QR 65</div>  Pasta salad QR 30 <p style="text-align: center; margin-top: 10px;">We have a selection of fillings to add to salads</p>	
 <h3 style="font-size: 1.5em; margin: 0;">Homemade Pies</h3> 	
 Steak & kidney QR 50  Steak & mushroom QR 50  Chicken & mushroom QR 50  Steak & mushroom pasty QR 25 <p style="text-align: center; margin-top: 10px;">All served with your choice of:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: left;">  Chips/ fries  Mash potato  Rice  Salad </div> <div style="text-align: left;">  Peas  Vegetables  Gravy  Roast Potatoes </div> </div>	
 <h3 style="font-size: 1.5em; margin: 0;">Puddings</h3> 	
 A selection of home cooked puddings served with your choice of: <div style="display: flex; justify-content: space-around; margin-top: 5px;"> <div style="text-align: left;">  Ice cream  Custard  Cream </div> <div style="text-align: right;">  QR 20   </div> </div>	

2)

- **Grab 2 highlighters**
- **Make a key assigning:**
 - **one colour to denote 'safe/ED finds acceptable'**
 - **one colour as 'scary/ED suggests is bad'.**
- **Go through the menu and highlight each word in accordance with your initial thought.**
- **Now, on the grid below sort the (B) items ('scary/ED suggests is bad') into the grid**

I truly like this food	Unsure	I truly dislike this food

Summarizing thoughts and direction for progress (to complete with Han):

Menu 3

M E N U

Nibbles

Hummus, harissa, cumin flatbreads (V)	7
Selection of baby bangers	7.5
Smoked haddock croquettes, lemon mayo, chives	8
Nocorella olives (Ve)	6.5
A ubergine crisps, cinnamon and honey (Ve)	6.5

STARTERS

Ham hock terrine, piccalilli, sourdough toast	9.5
Soft shell crab, mango, lime, chilli	11
Chicken wings, soy, ginger, honey	9
Salt & pepper crispy squid	9.5
Soup of the day (V)	6.5
Pea and broad bean bubble and squeak (Ve)	8

sandwiches

Egg, mayonnaise, cress (V) 7.5	Honey roast ham, piccalilli 8.5	Roast beef, pesto, parmesan, rocket 8.5
Extra mature cheddar cheese, chutney (V) 8	Ham hock, egg, and chip toastie, brown sauce, French fries 13	Hickory pulled pork bun, bbq sauce, mature cheddar, carrot, apple and raisin slaw, French fries 13
Gruyere, red Leicester, tomato and pesto toastie, sliced pear salad (V) 12		

SHARING

Charcuterie and cheeseboard, ale bread, chutney, sundried tomatoes, pickled chilli 8	Charcuterie and cheeseboard, ale bread, chutney, sundried tomatoes, pickled chilli 8
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only on sundays

Sunday ROASTS

SUNDAY ROAST
15

M A I N S

Lemon and garlic chicken kebab, flatbread, cucumber, chilli, cumin, black onion seeds 14	Swan whopper burger, beef burger, bacon, pepperoni, mature cheddar, fries, sw eetcorn relish 16.5	Spicy fishoakes, cucumber salad, sw eet chilli 14
Lamb koftas, flatbread, hummus, couscous, harissa, tzatziki 16.5	10oz Sirloin, chips, tomatoes, mushrooms, onion rings, peppercorn sauce 25	Thai yellow curry, steamed jasmine rice chicken fish 17
Rotisserie chicken, harissa potatoes, baby corn, chicory 16.5	Wholetail scampi, fries, garden peas, tartare sauce 15.5	Toasted goats cheese salad, figs walnuts, honey, sourdough toast (V) 14
Falafel, hummus, roasted peppers, flatbread, pickled gherkin, chilli (V) 13	Vegetable tagine, almond and apricot, cous cous, harissa, tzatziki (V) no tzatziki (Ve) 14.5	Salmon, crushed potatoes, peas, mint, watercress mayo 18.5
		Fish, chips, mushy peas, 15.5

SIDES

Big Chips | Fries | Couscous & harissa | minted peas charred broccoli with chilli | Rocket & parmesan salad

AFTERNOON TEA

Traditional finger sandwiches, fruit scone with jam and clotted cream, ginger cake, lemon posset, swan biscuit and pot of tea
15

Fizzy afternoon tea
22

Desserts

Raspberry and rhubarb fool	8.5
Cookie dough sundae	8.5
Sticky toffee pudding	8.5
Strawberry and rose Eton mess	8.5
Malteser Cheesecake	8.5
Cheese & biscuits	12

Some of the items on this food menu may contain food substances to which you have an allergy. Full allergen information is available, please ask the manager who will be more than happy to advise

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- **Go through the menu and cross out the items you know that the true you definitely doesn't like (and will never wish to eat in the future).**
- **If there are some choices with uncertainty, do not cross them out.**
- **Write out the remaining options on the left-hand side of the grid. (These will be all of the options that you like, or might like.)**
- **On the right hand side, jot down some of the benefits of choosing this option. You may wish to include notes about:**
 - Taste
 - Providing energy
 - Challenging fears and therefore furthering recovery
 - Evoking good memories
 - Trying something new/to stump curiosity
 - Childhood favourite
 - The social aspect

Food item I like, or might like	Perks of picking