



**NHS**

**70**  
YEARS  
OF THE NHS  
1948 - 2018

**South Tyneside**  
NHS Foundation Trust



**Happy 70th birthday NHS!**

**Come along to Alexander's Restaurant  
from 11am - 1pm on Thursday 5th July -  
write a birthday message and have your photo  
taken in a Happy Birthday photo frame!**

**GET A TASTE OF THE 1940S**



**Nostalgia's on the menu in Alexander's restaurant  
on Thursday, the 70th Anniversary of the NHS:**

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Lord Wilton Pie (veg pie)  
Faggots  
Irish Strew  
Corned Beef Fritters  
Liver & Onions  
Mince & Onions  
Lentil Soup  
*All served with vegetables eg  
Boiled Cabbage, Turnip etc*

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Puddings will be:  
Baked Rice Pudding  
Jam Roly Poly

**Not exactly for half a sixpence  
but only £3 for two courses!**



The path to **excellence**

Part of:  
South Tyneside and Sunderland  
Healthcare Group