

★ DISH OF THE DAY ★

MONDAY

Beef Lasagne **E EC**
Vegetable Lasagne **E EC V**
with garlic bread **E V**

TUESDAY

Chicken Curry **H EC**
Veg Tikka Masala **V H EC**
with rice **V**

WEDNESDAY

Steak Pie **E**
with flaky pastry top
Cheese & Onion Pie **E V**
with roast potatoes **E V**

THURSDAY

Beef Bolognese with Pasta **H EC**
Tomato & Basil Sauce with
Pasta **H V**
with garlic bread **E V** or side salad **H V**

FRIDAY

Battered Haddock
Potato, Cheese & Leek Bake **E V**
with chips **E V**

SATURDAY

Sausages in Onion Gravy
Quorn Sausages **V**
with mash **E V**

SUNDAY

Roast Beef in Gravy **H**
with roast potatoes **E V**
Yorkshire pudding **V**
Vegetarian Hot Pot **GF V H**

Take a look inside to see our other
Lunch and Evening Meal Options.



Breakfast*

07:00 – 08:30



Lunch

12:00 – 13:00



Evening Meal

17:00 – 18:00

* Breakfast items available until 9:30

YOUR WARD CATERING TEAM

Your Ward Catering Team are here to help. Please let them know if you have any special requirements.

Your Ward Host will take your **lunch order** after breakfast and your **evening meal order** after lunch.

ADDITIONAL MENUS

We have the following alternative menus available should you require them:

Allergy Aware	Extra Nourishing
Gluten Free	Vegan
Low Fibre	Renal
Modified Texture	World Food & Halal
Finger Foods	

MISSING A MEAL?

If you have been admitted to the ward after lunch or evening meal orders have been taken, we can still offer you a range of hot meals or snacks. Please speak to your Ward Host or Nurse.

ALLERGY INFORMATION

If you have a food allergy or intolerance, please advise your Nurse on admission and always inform your Ward Catering Team before you place a meal order. Our Catering Team will check the ingredients of the food item or meal to allow you to make an informed choice.

We also have an Allergy Aware Menu which contains dishes prepared free from: cereals containing gluten, celery, egg, fish, milk (and other dairy products), molluscs, mustard, nuts, peanuts, crustaceans, lupins, soya, sulphites and sesame.

FISH BONES

Although every care has been taken to remove fish bones from our fish dishes, some may remain. Therefore, please take care when consuming fish dishes.

YOUR FEEDBACK IS IMPORTANT TO US

We will ask if you would like to complete a short survey about your experience, to help us review and improve our patient catering services. If you have any feedback or queries during your stay, please speak to a Nurse or your Ward Host.

NHS

South Tees
NHS Foundation Trust

Inpatient Dining

STANDARD



Please wash your hands or
use the wipes provided
before each meal.

SNACKS & DRINKS

DRINKS



Coffee



Tea



Milk



Malted
Drink



Hot
Chocolate



Squash

Decaffeinated tea or coffee and non-dairy milk options are available on request.

SNACKS

Fresh Fruit **V**

Yogurt **EC V**

Cake Slice **V**

Sweet Biscuits **V**

Cheese & Crackers (supper only) **V**

Extra nourishing snacks are available for those who have been encouraged to have high calorie menu choices. These include HiCal Jelly (not suitable for those with diabetes) and Complian Mousse. Please place your order with the housekeeper (MUST ≥ 1).

Snacks are served with your mid-morning, mid-afternoon and supper drink.

SCHEDULED SERVICE TIME

Breakfast

Mid Afternoon

Mid Morning

Evening Meal

Lunch

Supper



Hydration is essential
to your wellbeing.

Your water jug will be refreshed twice a day; if you need a top up or new jug please ask your Ward Host or Nurse for assistance.

STANDARD 03

serco

LUNCH & EVENING MEAL

Please choose **one starter** + **one main meal** from either the daily options, jacket potatoes, omelettes, salads or sandwiches + **sides** + **one dessert**.

STARTERS

Soup of the Service **V**

EC options available

Soft Roll **V**

white or wholemeal

with butter or sunflower spread

Apple Juice **H V**

Orange Juice **H V**

DAILY MAIN MEALS

MONDAY

Fishcakes **H EC**

Baked Chicken & Vegetable Pie **E**

Cauliflower Cheese **EC V**

TUESDAY

Cottage Pie **H EC**

Roast Pork in Gravy **H**

Creamy Vegetable Bake **E V**

WEDNESDAY

Salmon Crumble **EC E**

Sweet & Sour Chicken **H**

Macaroni Cheese **V**

THURSDAY

Sausage Casserole **E**

Chicken & Vegetable Casserole **H**

Vegetable Quiche **V E**

FRIDAY

Shepherd's Pie **EC**

Roast Chicken in Gravy **H**

Lentil & Vegetable Flaky Topped Pie **E V**

SATURDAY

Chilli Con Carne **H**

Potato Topped Chicken Pie **E EC**

Vegetable Cottage Pie **H EC V**

SUNDAY

Fish Pie **H EC**

Chicken & Pasta
with tomatoes & herbs **H**

Fajita Tempah **V VG E**

★ DISH OF THE DAY ★

Hot meal favourites all served with speciality accompaniments. Vegetarian options available. See front of menu for details.

JACKET POTATOES

Plain
H V

Cheddar Cheese
E V

Tuna Mayonnaise
E

Baked Beans
H V

Available with butter or sunflower spread.

OMELETTES

Plain
EC V

Cheese & Tomato
EC V

SALAD

Salad base of lettuce, carrots, cucumber, tomatoes + **topping choice**.

Ham **H**

Cheese **V**

Tuna Mayonnaise **H**

Egg **H V**

SANDWICHES

A daily selection of sandwiches is available on white or wholemeal bread. Please ask your Ward Host for details.

SIDES

Bread Roll **V**
white or wholemeal

Coleslaw **E V**

Side Salad **H V**

Daily selection
of Vegetables &
Potatoes **H V**

Includes
EC Options

A selection of dressings and condiments, butter or sunflower spread are available.

DESSERTS

HOT DESSERTS

Stewed Apple &
Custard **H EC V**

Custard **H EC V**

Rice Pudding
H EC V

Hot Dessert
of the Day

Please ask your
ward host for
information **E V**

COLD DESSERTS

Strawberry Trifle
EC V

Raspberry
Dessert **H EC V**

Chocolate Cake
E EC V H

Thick & Creamy
Yogurt **H EC V**

Ice Cream **H EC V**

Tinned Fruit in
Juice **H V**

Fresh Fruit
Apple **H V**

Banana **H EC V**
Satsuma **H V**

Reduced Sugar
Jelly **H EC**

HiCal Jelly available
for **MUST ≥ 1**

CODES USED IN THIS MENU

E High Energy: more nourishing than those coded **H** as they contain more calories. Suitable for patients with a reduced appetite.

H Healthy Options: contain moderate amounts of fat, sugar and salt. Desserts contain moderate amounts of sugar. Suitable as part of a healthy balanced diet and for patients with diabetes.

EC Easy to Chew: tender, easier to cut and eat food options. Suitable for patients who have difficulty coping with firm foods (e.g. patients who have no teeth, loose dentures or sore mouth). Refer to our modified texture menus if you have difficulties with swallowing (dysphagia).

V Vegetarian: made without meat, poultry, fish and all products derived from these. Suitable for vegetarians that consume milk, eggs and products made from these. **Vegan menu available**.

VG Vegan: Free from animal products, including meat, fish, egg, milk & honey.

Please ask your Ward Host for carbohydrate information if you require it.