# DISH OF THE DAY

# MONDAY

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

# TUESDAY

Chicken Curryнec Veg Tikka Masalavнec withricev

# 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 Ev with chips Ev

### 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\* Lunch Evening Meal 07:00 - 08:30 12:00 - 13:00 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 Gluten Free Low Fibre Modified Texture Finger Foods Extra Nourishing Vegan Renal World Food & Halal

### **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.

STANDARD 03



# Inpatient Dining STANDARD





# SNACKS & DRINKS



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

# **SNACKS**

Fresh Fruit V

Cake Slice V

# Yogurt EC V Sweet Biscuits V

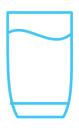
Cheese & Crackers (supper only) V

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 Complan Mousse. Please place your order with the housekeeper (MUST  $\geq$  1).

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

# **SCHEDULED SERVICE TIME**

Breakfast Mid Morning Lunch Mid Afternoon Evening Meal 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.

# LUNCH & EVENING MEAL

**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



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

# C JACKET POTATOES

Plain	Cheddar Cheese
H V	E V
Tuna Mayonnaise	Baked Beans
E	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

# **EXAMPLY** SANDWICHES

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

# **O**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  $\geq 1$ 

# **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.