

Desserts

HOT

Hot Pudding of the Day **E V**
Rice Pudding **V**
Stewed Apple & Custard **V**
Custard **V**

COLD

Chocolate Cake **E V**
Strawberry Trifle **V**
Raspberry Dessert **V**
Fromage Frais **V**
Tinned Fruit in Juice **V**
Fresh Fruit **V**
Fruit Jelly
Ice Cream **V**

Information for Parents / Carers

MEALS TIMES

Breakfast: 07:00 - 08:30*
Lunch: 12:00 - 13:00
Evening Meal: 17:00 - 18:00

*Items available until 09:30

DRINKS & SNACKS SCHEDULE

 Breakfast
  Mid Morning
 Lunch
  Mid Afternoon
 Evening Meal
 Supper

MISSED MEALS

If your child has missed a meal, we can still offer a range of hot meals and snacks. Please speak to the Ward Nurse or Ward Host.

Find out more about Monkey and how he is helping children across the UK visit www.monkeywellbeing.com

ALLERGEN INFORMATION

If your child has a food allergy or intolerance, please advise the Nurse on admission and always inform your Ward Catering Team before you place their meal order.

We 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 dishes, some may remain.

WELCOME TO YOUR

MENU

Hello!

My name is Monkey.

We've put together a menu so you can choose what you would like to eat each day.

Take a look inside to see all the yummy food options.

Please try not to choose crisps every day!

Snacks

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

| | |
|---|----------------------------|
| Fresh Fruit V | Fruit Pot V |
| Biscuits V | Fromage Frais V |
| Crisps V (mid afternoon only) | Cheese & Crackers V |
| Cake Slice V | |

Drinks

Drinks will be offered to you throughout the day.

| | |
|-----------------|----------------------|
| Milk V | Fruit Juice V |
| Squash V | Soya Milk V |



serco

www.monkeywellbeing.com

NHS

South Tees Hospitals
NHS Foundation Trust

Monkey
Menu 03

The Monkey character and Monkey brand designs are trademarks of AhHa Publications Limited.
© Copyright AhHa Publications Limited 2019.

Breakfast Menu



FRUIT JUICES

Orange ★ v Apple ★ v

CEREALS

with regular or soya milk

Cornflakes ★ v Rice Krispies ★ v
Weetabix ★ v Ready Brek v

BREAD, TOAST OR PANCAKES

with butter or sunflower spread and a selection of jams and marmalade

White Bread ★ v Pancakes v

Wholemeal Bread ★ v

FROMAGE FRAIS

choose from different flavours

Fruity Fromage Frais v

FRUIT

Fresh Fruit ★ v

Menu Codes

E High Energy: dishes have more energy.

★ Made without milk: these dishes are made without Cow's milk or other animal milks such as goat, sheep or any products derived from these milks. If you have a milk allergy, we recommend choosing a dish from our Allergy Aware menu.

V Vegetarian: made without meat, poultry, fish and all products derived from these.

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

Lunch & Evening Meal

LIGHTER MEAL

SOUP

Soup of the day, with a bread roll

SANDWICHES

Tuna Mayonnaise Ham ★
Egg Mayonnaise v Cheese v

JACKET POTATO

with a selection of fillings, please ask your ward Host

OMELETTE

Plain v
Cheese & Tomato v

PASTA

Penne Pasta with Bolognese ★
Macaroni cheese v
Pasta with tomato basil ★ v VG
Tuna pasta bake



Create your own meal using the options below

OPTION 1

Fish Fingers ★
Fish Cakes
Chicken & Vegetable Pie E
Sausage in Onion Gravy ★
Chicken in gravy ★
Margarita Pizza v
Chicken Goujons
Vegetable Nuggets ★ v
Cheese & Onion Pie E v
Beef or Chicken Burger in a Bun
Vegetable Burger in a Bun ★ v
Chicken curry ★
Beef Lasagne E
Cottage Pie
Hot Dog
Quorn Dog v

OPTION 2

Garlic bread v
Plain Pasta v
Boiled rice ★ v
Chips ★ v
Potato Wedges ★ v
Boiled Potatoes ★ v
Mashed Potato v
Potato Smileys ★ v

OPTION 3

Beans ★ v
Spaghetti ★ v
Carrot batons & Cucumber sticks ★ v
Side salad ★ v
Coleslaw v
Mixed Vegetables ★ v
Cauliflower ★ v
Carrots ★ v
Peas ★ v
Mashed root Vegetables ★ v

To make a balanced meal, please choose an item from option 1, 2 & 3

