Desserts

HOT

Hot Pudding of the Day EV

Rice Pudding v

Stewed Apple & Custard v

Custard v

COLD

Chocolate Cake EV

Strawberry Trifle v

Raspberry Dessert v

Fromage Frais v

Tinned Fruit in Juice v

Fresh Fruit v

Fruit Jellu

Ice Cream v

Information for Parents / Carers

MEALS TIMES

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

*Items available until 09:30

DRINKS & SNACKS SCHEDULE



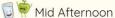
Breakfast



Mid Morning



Lunch





Supper



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 alleray 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

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!

Drinks

Drinks will be offered to you throughout the day.

Milk v Fruit Juice v

Soya Milk v Squash v

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

Monkey Menu 03

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South Tees Hospitals

Breakfast Menu



FRUIT JUICES

Orange * v Apple ★ v

CEREALS

with regular or soya milk

Rice Krispies ★ V Cornflakes ★ 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.
- 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 Veaetables ★ v

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

