

INPATIENT
DINING

ALLERGY AWARE

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



FRUIT JUICE

Orange Juice **H VG**

Apple Juice **H VG**

MAIN MEALS

Chilli Con Carne
with vegetable rice **H R**

Roast Beef in Gravy
with roast potatoes, carrots and
Romano beans **H R**

Steak & Mushroom Casserole
with skin on boiled potatoes,
carrots and green beans **H**

Lamb Tagine
with yellow rice, carrots, green
beans and peas **R**

Pork in Gravy
with roast potatoes, carrots
and peas **R**

Sweet & Sour Chicken
with vegetable rice **R**

Roast Chicken in Gravy
with roast potatoes, mashed
carrot and peas **H R**

Chicken Bacon & Thyme Hotpot
with saute potatoes **R**

Roast Lamb in Minty Gravy
with roast potatoes, green beans
and peas **R**

Provençale Vegetable Bake
with green beans, peas and
broccoli **H VG V**

Spicy Bean Casserole
with potato wedges, broccoli,
peas and sweetcorn **H VG V**



DESSERT

Apple **H VG V**

Banana **H VG V**

Satsuma **H VG V**

serco

NHS

South Tees

NHS Foundation Trust

The main meals on this menu have been specially prepared and are free from **cereals containing gluten, celery, egg, fish, milk (and other dairy products), molluscs, mustard, nuts, peanuts, crustaceans, lupins, soya, sulphites and sesame.**

This is a very restrictive menu. If you have multiple food allergies or you are waiting for confirmation of what foods you must avoid, this menu may be more suitable.

If you have an allergy or intolerance to other food ingredients not listed, please let your Ward Catering Team know before making your meal choice. Our Catering Team will check the full ingredient profile to allow you to make an informed choice.

CODES USED IN THIS MENU

- H** **Healthy option:** contain moderate amounts of fat, sugar and salt. Suitable as part of a healthy balanced diet and for patients with diabetes.
- V** **Vegetarian:** made without meat, poultry, fish, milk, egg and all products derived from these. Suitable for vegetarians that consume milk eggs and products made from these.
Vegan menu available
- VG** **Vegan:** made without meat, poultry, fish, milk, egg and all products derived from these and animal fats. These are also vegetarian.
- R** **Renal Diet:** suitable for patients on a low potassium diet.

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.

CARBOHYDRATE INFORMATION

The carbohydrate content of each dish on this menu is available if you require it for carbohydrate counting. Please ask your Ward Host for this information.