

INPATIENT
DINING

Extra Nourishing (All Wards)

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



STARTER

Chicken Soup **E EC**

Lentil & Tomato Soup **E EC V**

Soft Roll **V**

Pea & Ham Soup **E**

Cheesy Leek & Potato Soup **E EC V**

Alternative option of an apple or orange juice



LIGHTER OPTIONS

SANDWICHES

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

JACKET POTATOES

Tuna Mayo **E** Cheese **E V**

Baked Beans **V**

MINI EXTRA MEALS

Beef Stroganoff **E EC**

Pasta Carbonara **E**

Salmon Bake **E**

Macaroni Cheese **E EC V**



MAIN MEALS

Sausage Roll **E**

Potato Topped Chicken Pie **H**

Chicken Curry **H EC**

Roast Chicken in Gravy **H**

Shepherds Pie **EC**

Fishcakes **H EC**

Baked Steak & Mushroom Pie **E**

Cheese & Tomato Omelette **EC V**

Cheese & Mushroom Omelette
EC V

Vegetarian Tikka Masala **H V EC**

Pasta in Tomato & Basil Sauce **V**

Potato, Cheese & Leek Bake **V**

Selections of Daily Sides

Available Please Ask Your Host

serco

NHS
South Tees
NHS Foundation Trust



DESSERTS

HOT DESSERTS

Hot Dessert **E V**

Ask your host

Rice Pudding **H EC V**

Stewed Apple &

Custard **H EC V**

Custard **H EC V**

COLD DESSERTS

Tinned Fruit in Juice **H V**

served with ice cream

Mini Jam Doughnuts **V**

Strawberry Trifle **EC V**

Thick Creamy Yoghurt **H EC V** (reduced sugar alternative

Banana **H EC V**

Chocolate Cake **E EC V H**

Mini Chocolate Éclairs **E V H**

HiCal Jelly **E EC**

served with ice cream

available)

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 option: 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.**

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.

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.

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