

This menu has been designed to help you make a suitable meal choice outside of regular mealtimes. You can order from this menu if you:

- are a new patient or have transferred from another ward at a mealtime
- were Nil By Mouth but can now eat and drink and haven't ordered a meal
- have missed a mealtime due to a visit or procedure
- have additional nutritional needs

To order a meal, contact the Catering/Reception Team on extension 52805 or bleep 2805 (Bleep upto 19:30pm).

If you have a special diet requirement a selection of meals are available. Please inform your nurse or ward host who will contact the above team for suitable choices.

Choice is reduced from 19:30 symbolized with a 🌙 from 00:00 sandwiches only until 07:00.

MAIN MEALS 🌙

Sausage & Mash

Sausages in onion gravy with mashed potato and peas R

Chicken Curry

with yellow rice E EC R

Chilli Con Carne

with rice, peas and sweetcorn
H GF R

Beef Casserole

With mash potato and carrots GF R

Meatballs & Pasta E R

Smoked Haddock

With boiled potato and carrots EC R

Sweet & Sour Chicken

with white rice with red pepper and peas H GF R

Macaroni Cheese

with carrots and green beans V
E R

Cheese & Tomato Omelette

with potato wedges, peas and carrots
V GF

Vegetable Curry

with yellow rice and onion Bhaji
V VG



SANDWICHES



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



SALAD

Ham H R

Tuna Mayonnaise H R

Cheese V

Egg H V R

Available with a bread roll



DESSERTS

HOT DESSERTS

Jam Sponge

with custard E EC V R

Lemon Sponge

with custard EC V R

Sticky Toffee Pudding

with custard E V R

Rice Pudding

H EC V GF R

COLD DESSERTS

Tinned Fruit

in Juice H V VG R

Chocolate

Cake E EC V

Chocolate Mousse

V GF H

Strawberry Trifle

EC V R

Thick & Creamy

Yogurt H EC V R

Reduced

Sugar Jelly H EC R

Ice Cream

H EC V R

Fresh Fruit V VG

Apple V R

Banana EC V

Satsuma V R

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. 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:** Free from meat, poultry, fish and all products derived from these. Suitable for vegetarians that consume, milk, eggs and their products.
- VG Vegan:** Free from animal products, including meat, fish, egg, milk & honey.
- GF Gluten Free:** Dishes contain 20 parts per million or less of gluten. Suitable for patients with Coeliac disease.
- R Renal Diet:** suitable for patients on a low potassium diet.
- ☾** Choice reduced to these items after 19:30.

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. We have a separate Allergy Aware menu available.

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.