

# Friarage Inpatient Dining Menu - Week 1



South Tees Hospitals

## Breakfast

| Breakfast<br>08:00-09:00 | Lunch<br>12:00-13:00 | Evening meal<br>17:00-18:00 |
|--------------------------|----------------------|-----------------------------|
|--------------------------|----------------------|-----------------------------|

### Bread (V, R, EC) or Toast (V, R)

Wholemeal or white (available with butter or sunflower spread and selection of preserves)

### Yogurt (V, R, H, EC, GF)

Thick and creamy (various flavours available)

### Fresh fruit (V, R, GF, H)

### Cereals -

(Various milk options available including non-dairy)

Branflakes (V, R)

Cornflakes (LF, V, R)

Porridge (EC, V, R)

Rice Krispies (LF, V, R)

Weetabix (EC, V, R)

## Snacks

Cake slice (V, R, H)

Yoghurt (V, R, EC, H, GF)

Cheese and crackers (V, R, E)

Fresh fruit (V, R, GF, H)

Biscuits (V, R)

## Lunch

### Sandwiches -

A daily selection of sandwiches are available on white or wholemeal bread (V, R, EC available)

### Salads -

A daily selection of salads are available

Ham (H)

Egg (V, H)

Tuna (H)

Cheese (V, H)

### Starters -

Soup of the day (E, EC, V options available)

Bread roll (V, VG)

### Hot daily lunch options - All served with sides

**Monday** - Spinach and ricotta pasta (V, EC, E, H) **OR** Sweet chilli chicken with vegetable rice (E, GF, LF, R)

**Tuesday** - Vegetable lasagne (H, V, EC) **OR** Chicken curry with rice (H, EC, LF, R)

**Wednesday** - Cheese and onion quiche (V, LF, R) **OR** Cottage pie (H, EC, LF, R)

**Thursday** - Cauliflower cheese (V, H, R) **OR** Braised sausage and onions (R)

**Friday** - Cheese omelette (H, V, GF, R) **OR** Cod in parsley sauce (H, EC, LF, R)

**Saturday** - Jacket potato with beans and salad (H, V, VG, GF) **OR** Beef lasagne with salad (E, R)

**Sunday** - Cheese and onion potato bake (V, E) **OR** All day breakfast (E)

### Hot daily dessert options - All available with optional custard (EC)

**Monday** - Apple crumble (V, E, R)

**Friday** - Apple pie (V, E, R, LF)

**Tuesday** - Lemon sponge (V, E, EC, R, LF)

**Saturday** - Plum crumble (V, E)

**Wednesday** - Chocolate sponge (V, E, EC, LF)

**Sunday** - Syrup sponge (V, E, EC, R, LF)

**Thursday** - Red cherry crumble (V, E)

### Cold dessert options -

Fruit yoghurt (V, R, LF, H, EC)

Fruit jelly (V, R, LF, H)

Cheese and biscuits (V, R, LF, E)

Fruit cocktail (V, R, LF, H)

Ice cream (V, R, LF, E, EC)

(EC) - Easy to chew  
(H) - Healthy option

(GF) - Gluten free  
(V) - Vegetarian

(E) - High energy  
(R) - Suitable for renal

(VG) - Vegan  
(LF) - Low fibre

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## Evening Meal

| Breakfast<br>08:00-09:00 | Lunch<br>12:00-13:00 | Evening meal<br>17:00-18:00 |
|--------------------------|----------------------|-----------------------------|
|--------------------------|----------------------|-----------------------------|

### Hot meal options - All served with sides

Macaroni Cheese (V, H, R)

Vegetable curry with rice (V, H, EC, GF, LF, R)

Roast turkey and stuffing (H, R)

Shepherd's pie (H, EC, GF, R)

Minced beef and Yorkshire pudding (H, R)

Sausage casserole (E, R)

Cod in cheese sauce (H, EC, GF, R)

### Hot daily dessert options -

Milk pudding of the day (V, EC) Please ask your housekeeper for the daily option

### Cold daily dessert options -

**Monday** - Strawberry cheesecake (V)

**Tuesday** - Black Forrest gateau (V, EC)

**Wednesday** - Fruit trifle (V, EC)

**Thursday** - Blackcurrant cheesecake (V)

**Friday** - Strawberry Gateau (V, EC)

**Saturday** - Caramel apple tart (V)

**Sunday** - Lemon meringue pie (V, R)

### Cold dessert options -

Fruit yoghurt (V, R, LF, H, EC)

Fruit cocktail (V, R, LF, H)

Fruit jelly (V, R, LF, H)

Ice cream (V, R, LF, E, EC)

Cheese and biscuits (V, R, LF, E)

## Drinks (Non-dairy milk available on request)

Tea  
Decaf tea

Coffee  
Decaf coffee

Malted milk  
Hot chocolate

Squash  
Milk

### Allergy Information -

If you have a food allergy, please advise your nurse on admission and always inform the housekeeper each time you place your meal order. We have Allergen Free Meals which contains dishes prepared free from: cereals containing gluten, lupin, milk, egg, fish, celery, crustaceans, molluscs, nuts, peanuts, sesame, sulphites, mustard and soya.

### Your housekeeping team

Your housekeeping team are here to help! Please let them know if you have any special requirements. Your housekeeper will take your lunch order after breakfast and your evening meal order after lunch. Hot and cold drinks are served with your breakfast and include the additional option of apple or orange juice.

### Out of hours dining

If you have been admitted to the ward after lunch or supper orders have been taken, we can still offer you a range of hot meals, sandwiches or snacks. Please speak to your Housekeeper or Nurse.

### Feedback

We will ask if you would like to complete a short survey about your experience, to help us review and improve our patient catering services. If you have any feedback or queries during your stay, please speak to a nurse or your Housekeeper.

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