

Friarage Inpatient Dining Menu - Week 2



South Tees Hospitals

Breakfast

Breakfast 08:00-09:00	Lunch 12:00-13:00	Evening meal 17:00-18:00
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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)

Cheese and crackers (V, R, E)

Biscuits (V, R)

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

Fresh fruit (V, R, GF, H)

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 - Cheese and onion quiche with vegetable rice (V, LF, R) **OR** Shepherd's pie (H, EC, GF, R)

Tuesday - Vegetable pasta in a tomato sauce (VG, EC, H) **OR** Chicken casserole (H, GF, R)

Wednesday - Macaroni cheese (H, V, R) **OR** Sausage roll and beans (EC, H)

Thursday - Sweet and sour vegetables with rice (VG) **OR** Beef hot pot (H, GF, R)

Friday - Omelette and beans (EC, V) **OR** Cod in a cheese sauce (H, GF, R)

Saturday - Jacket potato with cheese and salad (H, V) **OR** Corned beef hash (H, EC)

Sunday - Cauliflower and broccoli pasta bake (EC, V) **OR** Chicken curry with rice (H, EC)

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

Monday - Jam sponge (V, E, EC, R, LF)

Friday - Pear and chocolate crumble (V, E)

Tuesday - Apple pie (V, E, R, LF)

Saturday - Lemon sponge (V, E, EC, R, LF)

Wednesday - Rhubarb crumble (V, E)

Sunday - Apple crumble (V, E, R)

Thursday - Syrup sponge (V, E, EC, R, LF)

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 08:00-09:00	Lunch 12:00-13:00	Evening meal 17:00-18:00
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Hot meal options - All served with sides

Cauliflower Cheese (V, H, R)

Vegetable lasagne (V, H, EC)

Cottage pie (H, EC, GF, R)

Roast chicken dinner (H, R)

Lamb casserole (H)

Minced beef and dumplings (EC, H, R)

Fisherman's pie (EC, GF, H, 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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