

SNACKS & DRINKS

DRINKS



Coffee



Tea



Milk



Malted Drink



Hot Chocolate



Squash

Decaffeinated tea or coffee and non-dairy milk options are available on request.

SNACKS

Mid Morning: Cake Slice **V**; Fresh Fruit **H V VG**; Yogurt **EC V**

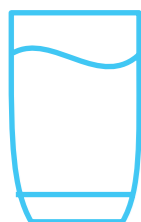
Mid Afternoon: Fresh Fruit **H V VG**; Biscuits **V**

Supper: Cake Slice **V**; Fresh Fruit **H V VG**; Biscuits **V**; Cheese & Crackers **V**

Extra nourishing snacks (HiCal Jelly (not suitable for those with diabetes) and Complan Mousse) are available for those who have been encouraged to have high calorie menu choices. Please place your order with the housekeeper (MUST>1).

SCHEDULED SERVICE TIME

Breakfast	Mid Afternoon
Mid Morning	Evening Meal
Lunch	Supper



Hydration is essential to your wellbeing.

Your water jug will be refreshed twice a day; if you need a top up or new jug please ask your Ward Host or Nurse for assistance.



Breakfast

07:00 – 08:30



Lunch

12:00 – 13:00



Evening Meal

17:00 – 18:00

*Breakfast items available until 9:30

YOUR WARD HOST TEAM

Your ward host team are here to help. Please let them know if you have any special requirements. Your Ward Host will take your **lunch order** after breakfast and your **evening meal order** after lunch.

ADDITIONAL MENUS

We have the following alternative menus available should you require them:

Allergen Aware	Extra Nourishing
Gluten Free	Vegan
Low Fibre	Renal
Modified Texture	Finger Food
Level 4 puréed	World Food & Halal
Level 5 minced & moist	African Caribbean and
Level 6 soft & bite sized	Asian Vegetarian

MISSING A MEAL?

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

ALLERGY INFORMATION

If you have a food allergy or intolerance, please advise your Nurse on admission and always inform the Ward Host each time you place your meal order.

We have an Allergen Free Menu which contains dishes prepared free from: cereals containing gluten, lupin, milk, egg, fish, celery, crustaceans, molluscs, nuts, peanuts, sesame, sulphites, mustard and soya.

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.

YOUR FEEDBACK IS IMPORTANT TO US

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 Ward Host.



South Tees Hospitals
NHS Foundation Trust

Inpatient Dining

STANDARD



serco

BREAKFAST

Select from these options:



CEREALS

Branflakes **V VG**

Cornflakes **V**

Porridge **EC V**

Rice Krispies **V**

Weetabix **EC V VG**

Various milk options available including non-dairy.



BREAD OR TOAST

White **V VG**

Wholemeal **V VG**

Available with butter or sunflower spread and a selection of preserves.



YOGURT

Thick & Creamy **EC V**

Various flavours available.



FRESH FRUIT

Various options available, including **EC V VG**.

Hot and cold drinks are served with your breakfast and include the additional option of apple or orange juice.



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

LUNCH & EVENING MEAL

Please choose **one starter** + **one main meal** from either the daily options, jacket potatoes, omelettes, salads or sandwiches + **sides** + **one dessert**.

STARTERS

Available for Lunch & Supper

Soup of the Day **E EC**
V option available

Bread Roll **V VG**
white or wholemeal options served with
butter **V** or sunflower spread **V VG**

Apple or Orange Juice **H EC V VG**

SANDWICHES

A daily selection of sandwiches are
available on white or wholemeal.
Please ask your Ward Host for
details. **V** available.

OMELETTES

Plain Omelette **H V** Cheese Omelette **V**

JACKET POTATOES

Served with butter **V** or sunflower
spread **V VG**

Plain Potato **H V VG** Baked Beans **H V VG**

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

SALAD

Salad base of lettuce, carrots, cucumber,
tomatoes + **topping choice**.

Egg **H V** Cheese **V**
Tuna Mayo **H** Ham **H**

DAILY MAIN MEALS

LUNCH

MON Cheese & Onion Quiche **E V**
Beef Lasagne **E EC**

TUE Bean Chilli **H V VG**
Chicken Curry **H EC**

WED Cheese & Onion Pie **E V**
Pork Meatballs in Tomato Sauce **H EC**

THU Creamy Vegetable Bake **V**
Beef Bolognese with Pasta **H EC**

FRI Macaroni Cheese **E EC V**
Battered Haddock

SAT Vegetable Lasagne **E V**
Potato Topped Chicken Pie **E EC**

SUN Tomato & Basil Pasta **H EC V VG**
Roast Chicken in Gravy **H**

SIDES

Bread Roll **V VG** Daily selection
white or wholemeal of Vegetables &
Coleslaw **E V** Potatoes **H V**
Side Salad **H V VG** Includes **EC** & **VG**
options

A selection of condiments, butter and
sunflower spread are available.

EVENING MEAL

MON Cauliflower & Broccoli Pasta **V**
Fishcakes **H EC**
Chicken & Vegetable Casserole **H**
Baked Steak & Mushroom Pie **E**

TUE Vegetable Lasagne **E V**
Tuna Pasta Bake **H**
Potato Topped Chicken Pie **E EC**
Cottage Pie **H EC**

WED Vegetable Curry **H V VG**
Macaroni Cheese **E EC V**
Sweet & Sour Chicken **H**
Savoury Minced Beef **H EC**

THU Tomato & Basil Pasta **H EC V VG**
Vegetable Cottage Pie **H EC V**
Chicken & Vegetable Pie **E**
Sausages & Onion Gravy

FRI Cheese & Onion Pie **E V**
Chicken Tikka Masala **H EC**
Corned Beef Hash **H**
Shepherd's Pie **EC**

SAT Quorn Sausages **H V VG**
Cauliflower Cheese **EC V**
Salmon Crumble **E**
Chilli Con Carne **H**

SUN Lentil & Vegetable Pie **E V VG**
Potato, Cheese & Leek Bake **E V**
Fish Pie **H EC**
Chicken Pasta in Tomato Sauce **H**

DESSERTS

HOT DESSERTS Served with custard **EC V**

DAILY Rice Pudding EC V	DAILY Custard EC V
MON Syrup Sponge E EC V	TUE Summer Fruit Crumble E EC V VG
WED Lemon Sponge E EC V	THU Stewed Apple H E EC V VG
FRI Chocolate Chip Sponge E EC V	SAT Somerset Apple Cake E EC V
SUN Jam Sponge E EC V	

COLD DESSERTS

Thick & Creamy Yogurt EC V	Fresh Fruit Apple H V VG
Ice Cream EC V	Banana H EC V VG
Jam Doughnut V	Orange H V VG
Tinned Fruit in Juice H V VG	Reduced Sugar Jelly EC HiCal Jelly available for MUST ≥ 1

CODES USED IN THIS MENU

- H** Healthy Options: contain moderate amounts of fat, sugar and salt. Suitable as part of a healthy balanced diet and for patients with diabetes.
- E** Higher Energy: more nourishing than those coded **H** as they contain more calories. Suitable for patients with a reduced appetite.
- EC** Easy to Chew: 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 all animal products including meat, poultry, fish, milk, eggs and all products derived from these. Vegan menu available.

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