

# 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

Fresh Fruit **H V VG** Yogurt **EC V R**

Cake Slice **V R** Biscuits **V R**

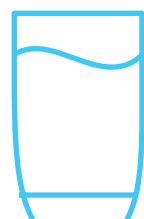
Complan Mousse **E EC R** HiCal Jelly **E EC R**

Cheese & Crackers **V R** (supper only) Not suitable for those with diabetes

Snacks are served with your mid-morning, mid-afternoon and supper drink.

## SCHEDULED SERVICE TIME

Breakfast	Mid Afternoon
Mid Morning	Evening Meal
Lunch	Supper

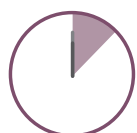


Hydration is essential to your wellbeing.

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

The team are here to help you during your stay, please make them aware of any special requirements. Your lunch order will be taken after breakfast and your evening meal order after your lunch.

## ADDITIONAL MENUS

We have the following alternative menus available:

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 Asian Vegetarian
Level 6 soft & bite sized	

## MISSED 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.

## ALLERGEN 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

# CRITICAL CARE



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# BREAKFAST

Select from these options:



## CEREALS

Branflakes **V VG**

Cornflakes **V R**

Porridge **EC V R**

Rice Krispies **V R**

Weetabix  
**EC V VG R**

Various milk options available including non-dairy.



## BREAD OR TOAST

White **V VG R**

Wholemeal **V VG R**

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



## YOGURT

Thick & Creamy  
**EC V R**

Various flavours available.



## FRESH FRUIT

Various options available, including **H 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 main meals, jacket potatoes, sandwiches or salads + **accompaniments + one dessert**

## STARTERS

Lentil & Tomato Soup **E EC V ≈**

Chicken Soup **E EC ≈**

Bread Roll **V VG R**

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

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

Pea & Ham Soup **E**

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

## MAIN MEALS

Vegetable Curry  
with yellow rice and an onion bhaji **H V VG R**

Cheese & Tomato Omelette  
with fried diced potatoes and mixed vegetables **E V R**

Chicken Curry  
with yellow rice **E R ≈**

Chicken in Gravy  
with a pork sausage, roast potatoes, gravy, sprouts and mashed carrots **R**

Sausages & Mash  
with peas and onion gravy **R ≈**

Chilli Con Carne  
with rice, peas and sweetcorn **R ≈**

Mediterranean Vegetable Pasta  
in a tomato and basil sauce **H V VG R**

Sweet & Sour Chicken  
with rice and mixed vegetables **R ≈**

Smoked Haddock in Cheese & Chive Sauce  
with boiled potatoes and carrots **EC ≈**

Meatballs & Pasta  
in a tomato and basil sauce **E EC R ≈**

Beef Casserole  
with mashed potato and carrots **R ≈**

Savoury Minced Beef & Dumplings  
with mashed potato, carrots and broccoli **E R**

## MINI MEALS EXTRA

These meals are extra nourishing as they are higher in calories and protein.

Cheese & Potato Bake **E EC V R**

Salmon Bake **E R**

Macaroni Cheese **E EC V R**

Beef Stroganoff **E R**

## 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 Mayonnaise **E**

## OMELETTES

Served with a choice of side salad, baked beans and a potato side. Please ask your Ward Host for daily options.

Plain **H V R**

Cheese **V R**

## SANDWICHES

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

## SIDES

Side Salad **H V VG R**

Bread Roll **V VG R**  
white or wholemeal

Coleslaw **E V R**

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

## DESSERTS

### HOT DESSERTS

Apple Crumble **E V VG R**

Plum & Cherry Crumble **E V VG R**

Jam Sponge **E EC V R ≈**

Lemon Sponge **E EC V R ≈**

Stewed Apple & Custard **H EC V R ≈**

Rice Pudding **EC V R ≈**

Custard **EC V R**

### COLD DESSERTS

Thick & Creamy Yogurt **EC V R**

Ice Cream **EC V R**

Chocolate Dessert Pot **EC V**

Chocolate Éclair **V**

Strawberry Trifle **EC V R**

Tinned Fruit in Juice **H V VG R**

Fresh Fruit

Apple **H V VG R**

Banana **H EC V VG**

HiCal Jelly **E EC R**

Reduced sugar alternative available

### 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.
- R** Renal Diet: suitable for patients on a low potassium diet.
- ≈** Microwavable: Suitable for cooking in an iwave microwave.

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