

# SNACKS & DRINKS

## DRINKS



Tea



Malted Drink



Milk



Squash

Decaffeinated tea 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**

Cheese & Crackers **V R** (supper only)

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

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

## SCHEDULED SERVICE TIME

Breakfast	Mid Afternoon
Mid Morning	Evening Meal
Lunch	Supper



Breakfast

07:00 – 08:30



Lunch

12:00 – 13:00



Evening Meal

17:00 – 18:00

\*Breakfast items available until 9:30

### ABOUT THIS MENU

Items on this menu have been selected because they are lower in salt, potassium and phosphae but still provide adequate protein and calories. These are suitable for people with poor kidney function.

### YOUR WARD HOST & NURSING 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** after lunch.

### ADDITIONAL MENUS

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

Allergen Aware

Gluten Free

Low Fibre

Modified Texture

Extra Nourishing

Vegan

World Food & Halal

African Caribbean and 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 choose your breakfast or 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. 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

# RENAL



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 **H EC V VG**.

Hot and cold drinks are served with your breakfast.



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

# LUNCH & EVENING MEAL

Please choose **one main meal** from either the main meals, omelettes or salads or sandwiches + **sides** + **one dessert**.

## LUNCH MAIN MEALS

Served with peas, carrots, coleslaw or a side salad:

Tomato & Basil Pasta [H](#) [EC](#) [V](#) [VG](#)

Cheese & Potato Bake [E](#) [EC](#) [V](#)  
topped with diced potatoes

Beef Lasagne [E](#) [EC](#)

Cottage Pie [H](#) [EC](#)

Vegetable Cottage Pie [H](#) [EC](#) [V](#)

Chicken Curry [H](#) [EC](#)  
with rice

Minced Beef Hotpot [H](#) [EC](#)

Shepherd's Pie [H](#) [EC](#)

## EVENING MAIN MEALS

Served with two vegetables and one potato or a side. Please choose from the daily selection.

**MON** Cauliflower & Broccoli Pasta [V](#)  
Chicken & Vegetable Casserole [H](#)  
Fishcakes [H](#) [EC](#)

**TUE** Vegetable Lasagne [E](#) [V](#)  
Tuna Pasta Bake [H](#)  
Cottage Pie [H](#) [EC](#)

**WED** Sweet & Sour Chicken [H](#)  
Macaroni Cheese [E](#) [EC](#) [V](#)  
Savoury Minced Beef [H](#) [EC](#)

**THU** Tomato & Basil Pasta [H](#) [EC](#) [V](#) [VG](#)  
Chicken & Vegetable Pie [E](#)  
Sausages in Onion Gravy

**FRI** Cheese & Onion Pie [E](#) [V](#)  
Chicken Tikka Masala [H](#) [EC](#)  
Battered Haddock

**SAT** Cauliflower Cheese [EC](#) [V](#)  
Salmon Crumble [E](#)  
Chilli Con Carne [H](#)

**SUN** Potato, Cheese & Leek Bake [E](#) [V](#)  
Roast Chicken Breast in Gravy [H](#)  
Fish Pie [H](#) [EC](#)

## SANDWICHES

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

## OMELETTES

Plain [H](#) [V](#)

Cheese [V](#)

## SALAD

Egg [H](#) [V](#)

Cheese [V](#)

Tuna Mayo [H](#)

Ham [H](#)

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

## SIDES

Bread Roll [V](#) [VG](#)  
white or wholemeal

Coleslaw [E](#) [V](#)

Side Salad [H](#) [V](#) [VG](#)

Daily selection  
of Vegetables & Potatoes [H](#) [V](#)  
Includes [EC](#) & [VG](#) options

## DESSERTS

### HOT DESSERTS

Hot Dessert of the Day  
Please ask your Ward Host for  
information [E](#) [V](#)

Stewed Apple & Custard [H](#) [EC](#) [V](#)

Rice Pudding [EC](#) [V](#)

Custard [EC](#) [V](#)

### COLD DESSERTS

Thick & Creamy Yogurt [EC](#) [V](#)

Ice Cream [EC](#) [V](#)

Jam Doughnut [V](#)

Strawberry Trifle [EC](#) [V](#)

Tinned Fruit in Juice [H](#) [V](#)

Fresh Fruit  
Apple [H](#) [V](#) [VG](#)  
Orange [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. Vegan menu available.
- 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.