

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** Custard Pot **EC**

Cake Slice **V R** Yogurt **EC V R**

Complan Mousse **E EC R** Biscuits **V R**

Rice Pudding **EC** HiCal Jelly **E EC R**

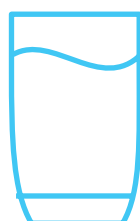
Not suitable for

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

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 09:30

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	Vegan
Gluten Free	Renal
Low Fibre	Standard
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 supper 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.

NEUTROPENIC DIET INFORMATION

If you are neutropenic it will be harder for your body to fight infections. This menu avoids those foods most likely to contain any high risk foods that could make you unwell.

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

EXTRA NOURISHING WARD 14 & 33

This menu is also suitable for patients who have been advised to follow a neutropenic diet.



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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.



FRUIT

Fresh Fruit

Banana **H EC V VG**

Orange **H V VG**

Hot and cold drinks are served with your breakfast.



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

EXTRA NOURISHING WARD 14 & 33

LUNCH & EVENING MEAL

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

STARTERS

- Lentil & Tomato Soup **E EC V**
- Cheesy Leek & Potato Soup **E EC V**
- Chicken Soup **E EC**
- Pea & Ham Soup **E**
- Bread Roll **V VG**
white or wholemeal options served with butter **V** or sunflower spread **V VG**

SANDWICHES

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

OMELETTES

- Cheese **V**
- Cheese & Tomato **V**

JACKET POTATOES

- Served with butter **V** or sunflower spread **V VG**
- Baked Beans **H V VG**
 - Cheddar Cheese **E V**
 - Tuna Mayo **E**

MAIN MEALS

- Tomato & Basil Pasta **H EC V VG**
- Vegetable Lasagne **E V**
- Cheese & Onion Pie **E V**
- Potato, Cheese & Leek Bake **E V**
- Cauliflower Cheese **EC V**
- Macaroni Cheese **E EC V**
- Potato Topped Chicken Pie **E EC**
- Chicken Curry **H EC**
- Roast Chicken in Gravy **H**
- Sweet & Sour Chicken **H**
- Fishcakes **H EC**
- Sausage Roll **E**
- Sausage Casserole **E**
- Cottage Pie **H EC**
- Chilli Con Carne **H**
- Beef Lasagne **E EC**

MINI MEALS EXTRA

- These meals are extra nourishing as they are higher in calories and protein.
- Cheese & Potato Bake **E EC V**
 - Macaroni Cheese **E EC V**
 - Salmon Bake **E**
 - Pasta Carbonara **E**
 - Beef Stroganoff **E**

SIDES

POTATOES, RICE & BREAD

choose one option

- Mashed Potato **EC V**
- White Rice **EC V VG**
- Chips **V VG**
- Garlic Bread **V**
- Roast Potatoes **V VG**

VEGETABLES

choose up to two options

- Baked Beans **H V VG**
- Cauliflower **H V VG**
- Peas **H V VG**
- Mushy Peas **H EC V VG**
- Carrots **H EC V VG**
- Mixed Vegetables **H V VG**
- Mashed Root Vegetables **H EC V VG**
- Minted Summer Vegetables **H V VG**

A selection of condiments, and butter or sunflower spread are available **V**

DESSERTS

HOT DESSERTS

- Stewed Apple & Custard **EC V**
- Rice Pudding **EC V**
- Custard **EC V**
- Hot Dessert of the Day **E V**
Please ask your ward host for information

COLD DESSERTS

- Jam Doughnut **V**
- Chocolate Éclair **V**
- Chocolate Brownie **E V**
- Thick & Creamy Yogurt **EC V**
- Tinned Fruit in Juice **H V VG**
served with ice cream
- Banana **H EC V VG**
- Ice Cream **EC V**
- Strawberry Trifle **EC V**
- HiCal Jelly **E EC** served with ice cream (reduced sugar jelly 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.
- 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.