

DESSERTS

HOT DESSERTS

Jam Sponge **E EC V R**

Lemon Sponge **E EC V R**

Rice Pudding **EC V R**

Stewed Apple & Custard **EC V R**

COLD DESSERTS

Strawberry Mousse **EC V R**

Thick & Creamy Yogurt **EC V R**

Fresh Fruit

Apple **H V VG R**

Banana **H EC V VG**

Orange **H V VG R**

CODES USED IN THIS MENU

- E** High Energy: more nourishing than those coded H as they contain more calories. Suitable for patients with a reduced appetite.
- H** Healthy option: contain moderate amounts of fat, sugar and salt. Desserts contain moderate amounts of sugar. Suitable as part of a healthy balanced diet and for patients with diabetes.
- 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: made without 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.

ALLERGY INFORMATION

If you have a food allergy or intolerance, please advise your Nurse on admission and always inform your Nurse and Ward Catering Team before you place a meal order.

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.

CARBOHYDRATE CONTENT

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

INPATIENT
DINING

GLUTEN FREE

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



serco

NHS

South Tees Hospitals
NHS Foundation Trust

GLUTEN
FREE

LUNCH & EVENING MEAL

This menu has been specifically designed for patients with Coeliac Disease. All items on this menu contain 20 parts per million of gluten, or less.

BREAKFAST

Apple Juice **H EC V VG**

Orange Juice **H EC V VG**

Fresh Fruit:

Apple **H V VG R**

Banana **H EC V VG**

Orange **H V VG R**

Cornflakes **V R** or
Rice Krispies **V R**

Fruit Flapjack **V**

Thick & Creamy
Yogurt **EC V R**

SNACKS

Shortbread Biscuits **V R**

Cake Slice **V R**

Fresh Fruit:

Apple **H V VG R**

Banana **H EC V VG**

Orange **H V VG R**

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

Thick & Creamy Yogurt **EC V R**

STARTER

Tomato & Lentil Soup **E EC V**

Chicken Soup **E EC**

Gluten Free Roll available.

Apple Juice **H EC V VG**

Orange Juice **H EC V VG**

MAIN MEALS

Cauliflower & Butterbean
Curry
with rice **E EC V VG**

Spicy Bean Casserole
with potato wedges, broccoli,
peas and sweetcorn **V VG**

Omelette
with chips and beans **E V**

Roast Chicken Breast in Gravy
with roast potatoes, mashed
carrot and peas **H R**

Fisherman's Pie
with carrots and peas **H R**

Savoury Minced Beef
with mashed potato and carrots
H EC R

Shepherd's Pie
with carrots and peas **R**

Vegetable Bake
with green beans, peas and
broccoli **H V**

Cauliflower Cheese & Broccoli
Bake with parsley boiled
potatoes **E EC V**

Chicken Tikka Masala
with yellow rice **E R**

Sweet & Sour Chicken
with rice, peas and red pepper
H R

Fish in Parsley Sauce
with mashed potato, peas and
sweetcorn **H R**

Chilli Con Carne
with vegetable rice **R**

Lamb Tagine
with yellow rice, carrots and
peas **R**