

This menu has been designed to help you make a suitable meal choice outside of regular mealtimes. You can order from this menu if you:

- are a new patient or have transferred from another ward at a mealtime
- were Nil By Mouth but can now eat and drink and haven't ordered a meal
- have missed a mealtime due to a visit or procedure
- have additional nutritional needs

To order a meal, contact the Catering/Reception Team on extension 52805 or bleep 2805 (Bleep up to 19:30).

If you have a special diet requirement a selection of meals are available. Please inform your Nurse or Ward Host who will contact the above team for suitable choices.

Choice is reduced from 19:30 symbolized with a 🌙 from 00:00 sandwiches only until 07:00.

## MAIN MEALS

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

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

**Sausages & Mash**  
with onion gravy, mashed potato  
and peas R

**Smoked Haddock**  
with boiled potatoes and carrots EC

**Beef Casserole**  
with mash potato and carrots  
GF EC R

**Cheese & Tomato Omelette**  
with potato wedges, peas and  
carrots V GF R

**Macaroni Cheese**  
with carrots, peas and sweetcorn  
E V R

**Sweet & Sour Chicken**  
with white rice, red pepper and peas  
GF R

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

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

## SANDWICHES

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

## SALAD

Cheese V Egg H V

Tuna Mayo H Ham H

Available with a bread roll

## DESSERTS

### HOT DESSERTS

Jam Sponge  
with custard E EC V R

Lemon Sponge  
with custard EC V R

Rice Pudding  
EC GF V R

### COLD DESSERTS

Tinned Fruit in Juice Fresh Fruit  
H V VG R Apple H V VG GF R


Thick & Creamy Banana H EC V VG GF  
Yogurt EC V GF R Orange H V VG GF R

Ice Cream  
EC V R

Reduced Sugar Jelly  
EC R

## CODES USED IN THIS MENU

- E** Higher Energy: more nourishing than those coded H as they contain more calories. Suitable for patients with a reduced appetite.
- H** Healthy Options: contain moderate amounts of fat, sugar and salt. 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).
- GF** Gluten Free: dishes contain 20 parts per million or less of gluten. Suitable for patients with Coeliac Disease.

 Choice reduced to these items after 19:30.

- 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.
- R** Renal Diet: suitable for patients on a low potassium diet.

## ALLERGY INFORMATION

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

## 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. Please speak to your Ward Host or Nurse if you have any concerns.