

SNACKS & DRINKS

DRINKS



Water



Squash



Milk



Hot Chocolate



Malted Drink

Non-dairy milk options are available on request.

SNACKS

Cake Slice **V**

Fruit Pot **V VG**

Biscuits **V**

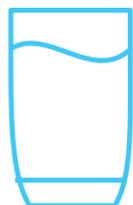
Fresh Fruit **V VG**

Cheese & Crackers **V**
Yogurt **V**

Snacks are available 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

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.

CARBOHYDRATE INFORMATION

The carbohydrate content of each dish on this menu is available if you require it for carbohydrate counting. Please ask your Ward Host for this information.

ADDITIONAL MENUS

We have the following alternative menus available:

Allergen Aware

Vegan

Gluten Free

World Food & Halal

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 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

OLDER CHILDREN & YOUNG ADULTS



serco

BREAKFAST

Select from these options:



CEREALS

Branflakes **V VG**

Cornflakes **V VG**

Porridge **EC V**

Rice Krispies **V VG**

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 **V**

Various flavours available.



FRUIT JUICE

Apple **V VG ★**

Orange **V VG ★**



FRESH FRUIT

Fresh Fruit **V VG ★**

Various options available,

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 from either a **lighter meal** or a **daily main meal** + sides + one dessert.

LIGHTER MEALS

SOUPS

Leek & Potato Soup **E V**

Chicken Soup **E**

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

SALADS

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

Egg **V** Cheese **V**

Tuna Mayo Ham

SANDWICHES

Egg Mayo **E V** Cheese **E V**

Tuna Mayo **E** Ham

JACKET POTATOES

Plain **V VG ★** Baked Beans **V VG ★**

Cheddar Cheese **E V** Tuna Mayo **E**

Served with butter **V** or sunflower spread **V VG ★**

OMELETTES

Plain Omelette **V** Cheese Omelette **V**

MAIN MEALS

Tomato & Basil Pasta **V VG ★**

Vegetable Burger in a bun **V VG ★**

Vegetable Nuggets **V VG ★**

Quorn Dog **V VG ★**

Cheese & Onion Pie **E V**

Cheese & Tomato Pizza **V**

Macaroni Cheese **E V**

Tuna Pasta Bake

Fishcakes

Fish Fingers **★**

Roast Chicken Breast in Gravy **★**

Chicken Goujons

Chicken Curry **★**

Chicken & Vegetable Pie **E**

Sausages **★**

Hot Dog

Cottage Pie

Beef Bolognese with Pasta **★**

Beef or Chicken Burger in a bun **E**

SIDES

OPTION 1

choose one option

Boiled Potatoes **V VG ★** Potato Wedges **V VG ★**

Mashed Potato **E V** Plain Pasta **V VG ★**

Chips **V VG ★** Boiled Rice **V VG ★**

Garlic Bread **V**

OPTION 2

choose up to two options

Baked Beans **V VG ★** Carrot & Cucumber Sticks **V VG ★**

Carrots **V VG ★**

Coleslaw **E V** Side Salad **V VG ★**

Peas **V VG ★** Mashed Root Vegetables **V VG ★**

Spaghetti **V VG ★**

Cauliflower **V VG ★** Mixed Vegetables **V VG ★**

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

DESSERTS

HOT DESSERTS

Hot Dessert of the Day **E V**
Please ask your Ward Host for information

Stewed Apple & Custard **V**

Rice Pudding **V**

Custard **V**

COLD DESSERTS

Jelly

Ice Cream **V**

Chocolate Dessert Pot **V**

Chocolate Brownie **E V**

Thick & Creamy Yogurt **V**

Strawberry Trifle **V**

Tinned Fruit in Juice **V VG ★**

Fresh Fruit **V VG ★**

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.

★ Dishes are made without cow's milk or other animal milks such as goat, sheep or any products derived from these milks but cannot be guaranteed to be milk free. If you have a milk allergy, we recommend choosing a dish from our Allergen Aware menu.

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.