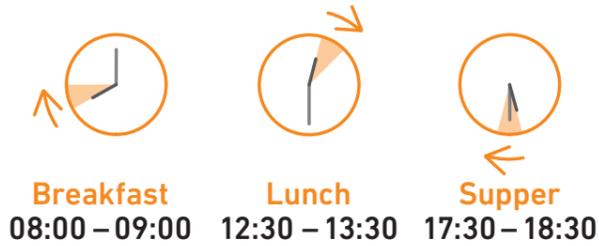


i MEAL TIMES



i HOW YOU ORDER

Your host will take orders **after breakfast for lunch** and **after lunch for supper**.

Meals are available in small, standard or large portions

i MISSING A MEAL?

If you have been admitted to the ward after lunch or supper orders have been taken, please ask your ward host or nurse for the menu options available. We can offer you a range of hot meals, a snack box or snacks.

i YOUR HOST TEAM

Your ward host team are here to help you. All have been specifically trained in dietary requirements, and have information at hand as to the ingredients and nutritional content of all meals, snacks and desserts. If you need any information, or would like to comment on any aspect of the service or quality of the meals you have received, please just ask.

i RANGE OF OTHER MENUS

Please let your ward host or member of the ward team know if you have any special dietary requirements, we have the following alternative menus available should you require them:

- Allergen free
- Fork mashable
- Gluten free
- Kosher
- Low residue
- Pre-mashed
- Puréed
- Renal
- Vegan
- World menu (including Halal, African Caribbean and Chinese dishes)

YOUR FEEDBACK IS IMPORTANT TO US

If the dining service does not meet your expectations please do not hesitate to speak to the ward host or nurse.

It is also helpful to learn which meals you enjoyed and to hear from you when you think we are doing well.

During your stay we will ask if you would like to complete a short survey about your experience. Your feedback is important to us so that we continually review and improve the catering services for everyone.

NEED EXTRA HELP AT MEALTIMES?

All staff are committed to ensuring your stay is as comfortable and trouble free as possible. If at any time you need extra help please let a member of staff know, for example:

- Assistance with choosing a suitable meal for your dietary requirements
- Help cutting up your food
- Extra support or assistance with feeding

FOOD BROUGHT IN FROM HOME

For dietary and food safety reasons, relatives and other visitors are discouraged from bringing temperature sensitive food to the hospital for patients to consume.

- Where there are special circumstances please ensure you discuss this with a member of nursing staff in advance. We will record your request and any agreement reached.
- Hospital staff are not permitted to reheat any brought in foods.
- Please note: There is no obligation on us to store any brought in chilled items.

INPATIENT DINING

Older Children & Young Adults Menu



serco

MEETING YOUR NUTRITIONAL NEEDS

We recognise that eating and drinking well while in hospital is a very important part of your care.

This helps to fight infection, maintain weight and promote healing and recovery.

Our ward hosts are here to ensure your stay is as comfortable as possible. Please let us know if you need anything.

It is also important that you have enough to drink every day. Fresh drinking water is provided and jugs will be changed twice per day and topped up in between if needed. If you would prefer a jug of squash instead of water please let your ward host know.

i ALLERGY INFORMATION

Please note that all of our meals are produced in a nut free kitchen and nuts are not used as an ingredient in any of our meals. Other items such as snacks and cereals may contain traces of nuts, information is displayed on the packaging. Please ask for advice if you have any food allergies.

CODE USED IN THIS MENU

- MF* Cow's milk protein and lactose free.
- GF* These dishes are prepared from ingredients that are either naturally gluten free or contain less than 20 parts per million gluten. A separate more extensive menu is provided for patients with Coeliac disease.
- H* Dishes that contain moderate amounts of fat, sugar and salt and are suitable as part of a healthy balanced diet (suitable for those with diabetes).
- S* Soft or moist foods easier to chew. Not suitable for patients with dysphagia.
- V* Vegetarian, suitable for lacto ovo vegetarians where milk, eggs and their products are consumed. These dishes exclude all meat, poultry, fish and products derived from these.

BREAKFAST

Please choose from the following items:

FRUIT JUICES

[MF, V, GF]

Orange : Apple : Pineapple : Tropical

BREAD

White
(Bread / toast)

Wholemeal
(Bread / toast)

Gluten free bread /
toast available

CEREALS

Cornflakes
[MF, V, GF]

Rice Krispies
[MF, V, GF]

Coco Pops [MF, V]

Weetabix [MF, V]

Hot oat cereal
[MF, V, S]

CROISSANT

Croissant

FRUITS

Fresh fruit
Ask your ward host
for available options

CHEESE

Cheese [V, GF, S]

Soft cheese [V, S]

YOGHURT

[V, GF, S]

Ask your ward host
for available options

SPREADS AND PRESERVES

Butter
Sunflower
spread

Jams
Strawberry,
apricot or
blackcurrant
Marmalade
Honey
[MF, V, GF, S]

Please let your ward host know if you require
soya milk or soya spread.

LUNCH & SUPPER

Please choose your main meal from either the
Everyday main meals, Everyday Favourites,
Daily Specials, Salads, Jacket Potatoes
and Sandwiches.

FRUIT JUICES

[MF, V, GF]

Orange : Apple :
Pineapple : Tropical

SOUPS

Cream of tomato
[GF, S, V]

Cream of chicken [S]

EVERY DAY MAIN MEALS

All served with your choice of seasonal
vegetables, potatoes, rice or garlic bread.

Breaded cod [MF]

Macaroni cheese [S, V]

Roast chicken portion
[MF, GF]

Vegetable lasagne [S, V]

Shepherd's pie [GF, S]

Plain omelette [S, GF, V]

Tuna pasta bake [S]

Bean casserole
[MF, GF, V]

Mild chicken curry [GF]

Beef lasagne [S]

EVERY DAY FAVOURITES

Pepperoni pizza

Quorn sausage
hotdog [V]

Four cheese pizza [V]

Vegetarian burger
in a bun [MF, V]

Chicken dippers [MF]

Fish fingers [MF]

Beef burger
in a bun [MF]

Chicken burger
in a bun [MF]

DAILY SPECIALS

MON: Fish pie [S, GF]
Vegetarian sausage casserole [MF, V]

TUE: Sausage roll [MF]
Cauliflower cheese [S, GF, V]

WED: Sausages in onion gravy [S]
Bean chilli [GF, V]

THU: Pasta carbonara (creamy chicken pasta) [MF]
Cheesy potato bake [S, GF, V]

FRI: Chicken goujons [MF]
Cheese & onion pie [V]

SAT: Chicken pasta in a tomato & herb sauce [MF, V]
Pasta in a creamy vegetable sauce [V]

SUN: Roast beef [GF]
Pasta in tomato sauce [S, MF, V]

SALAD BOWL

Lettuce, tomato, cucumber, carrot and
sweetcorn topped with:
Ham [MF, GF] : Egg [MF, V, GF] : Tuna [MF, GF] :
Cheese [V, GF]

JACKET POTATOES

Served with choice of butter or spread and
your choice of fillings:
Plain [MF, V, GF] : Cheddar cheese [V, GF] :
Tuna mayonnaise [MF, GF] :
Baked beans [GF, MF, V]

SANDWICHES

Available on white or wholemeal bread:
Egg mayonnaise [S] : Ham :
Tuna mayonnaise [S] : Chicken and sweetcorn

SALAD SIDES

Coleslaw [V] Houmous [MF, V, GF]
Potato salad [V] Philadelphia cheese
[GF, S]
Vegetable sticks Bread roll and butter /
[MF, V, GF] lower fat spread [V]
Grated cheddar cheese
[V, GF]

SEASONAL VEGETABLES

[MF, GF, V]

Mushy peas [S] : Country vegetables :
Green beans : Diced carrots [S] : Sweetcorn :
Baked beans in tomato sauce

POTATOES, RICE AND BREAD

Garlic bread [V, MF] : Mashed potatoes [V, GF, S] :
Chips [MF, V, GF] : Boiled rice [MF, V, GF] :
Roast potatoes [MF, V, GF] : Sauté potatoes [MF]

DESSERT

 HOT 

All served with a choice of custard or ice cream.

Apple pie [MF, V] Rice pudding [V, GF, S]
Jam sponge [MF, V, S] Stewed apple with
Custard [V, S] custard [S, V]

 COLD 

Ice cream [V, GF, S] Chocolate mousse
can be served on its [V, GF, S]
own or with fruit / jelly
Jelly [MF, V, GF, S] Thick and creamy
yoghurt [V, GF, S]
Fresh fruit wedges Fresh banana
(Pear, apple, orange) [S, MF, GF, V]
[MF, V, GF]
Creamy soya dessert
[MF, V, S]

SNACKS & DRINKS

SNACKS

Each morning and afternoon your ward host
will offer you a choice from a range of snacks
and treat menu, please choose a maximum of
2 snacks:

Fresh fruit : Fruity pot : Cake : Yoghurt :
Fromage frais : Custard pot :
Rice pudding pot : Chocolate bar :
Sweet biscuits : Cheese and crackers

DRINKS

A selection of hot and cold drinks will be
offered to you throughout the day.

Tea : Hot chocolate : Decaffeinated coffee :
Ovaltine : Milk : Squash

SCHEDULED SERVICE TIME

• Early morning • Mid afternoon
• With breakfast • After supper
• Mid morning • Evening
• After lunch