

A la Carte Menu

2023/2024

The Patient Dining Team is here to help you.

Please let your ward host know if you have any special dietary requirements.

A continental style breakfast is available daily. Ordering is at point of service. Your ward host will take your lunch order after breakfast and your supper order after lunch.

Hot and cold drinks will be offered with your meals and throughout the day and snacks will be provided twice a day.

SERVICE TIMES

MEALS

BREAKFAST is served between 08.00 - 09.00

LUNCH is served between 12.30 - 13.30

SUPPER is served between 17.45 - 18.45

There may be slight variations according to ward based agreement.

SNACKS

Mid morning and mid afternoon snacks are served between meals.

BEVERAGES

There are 7 beverage rounds: early morning and evening served by nursing staff, whilst those accompanying meal times and snack service will be served by the ward host.

Hydration is essential to your wellbeing. Your water jug will be refreshed twice a day, unless your ward host is advised otherwise by nursing staff. If you need a top up or new jug, please ask your ward host or nursing staff for assistance.

PROTECTED MEALTIMES

Most wards operate a policy of protected mealtimes. This is a period of time when meal service takes priority over routine activities. Our aim is to provide you a quiet and calm environment, and the time you need to enjoy your meals without interruption.

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. Allergen information for all food and drinks is available on request.

FISH BONES

Although every care has been taken to remove fish bones from our dishes, some may remain. Therefore, please take care when consuming fish dishes.

THERAPEUTIC DIETS

The following therapeutic menus are available:

- Allergen Aware
- Level 4 Pureed
- Level 6 Soft & Bite-sized
- Lower Fibre
- Gluten Aware
- Level 5 Minced & Moist
- Dementia NOSH
- Clear & Free Fluids

Please ask your ward host or nursing staff.

CULTURAL & RELIGIOUS DIETS

We have Vegan and Kosher Menus available and a Halal, Asian, Jain, African and Carribean Menu is available inside this menu.

MENU CODING

BC BALANCED CHOICE These dishes contain moderate amounts of fat, sugar and salt. Suitable as part of a balanced, healthy diet and for patients with diabetes.

HE HIGHER ENERGY These dishes are more nourishing than those coded BC as they contain more calories and/or protein. Suitable for those with a reduced appetite.

EC EASY TO CHEW These dishes are suitable for those who have difficulty coping with firm foods due to having no teeth or sore mouths. Not suitable for patients with difficulty swallowing (dysphagia) these patients should refer to the modified texture menus.

RS RENAL SUITABLE These dishes are lower in sodium, potassium and phosphate. Suitable for those with impaired renal function.

V VEGETARIAN These dishes are made without meat, poultry, fish and products derived from these such as gelatine. Suitable for vegetarians that consume milk, egg and their products. A Vegan menu is available.

NEED EXTRA HELP AT MEALTIMES?

We 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 the nursing staff know, for example:

- assistance choosing a meal suitable for your dietary requirements
- help cutting up your food or extra support and assistance with feeding.

FOOD 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 obtain permission from a member of the nursing staff prior to bringing food from home into the hospital. We will record your request and any agreement reached.

Please note:

- hospital staff are advised not to reheat food brought from home - this is for food safety reasons
- there is no obligation on us to store any chilled items brought from home. If we agree these must be labelled with the patients name and the date it was brought in. All food will be discarded after 24 hours.

YOUR FEEDBACK IS IMPORTANT

To help us review and improve our patient dining services, we will ask you to complete a short survey about your experience. If you have any feedback or queries during your stay, please speak to a nurse or your ward host.

For more information about the Patient Dining Service and to view electronic copies of menus please scan this QR Code



BREAKFAST

For gluten free options please refer to the Gluten Aware Menu. For vegan options please refer to Vegan Menu.

JUICE

Orange Juice **BC** **EC** **V**

Apple Juice **BC** **EC** **RS** **V**

CEREALS

*Served with full fat or semi skimmed milk.
Skimmed milk and soya milk available on request.*

Cornflakes **BC** **RS** **V**

Bran Flakes **BC** **RS** **V**

Hot Oats Cereal **BC** **EC** **RS** **V**

Rice Krispies **BC** **RS** **V**

Weetabix **BC** **EC** **RS** **V**

BEVERAGES, SNACKS & SNACK BOXES

BEVERAGES

Tea including decaffeinated tea **EC** **RS** **V**

Coffee including decaffeinated coffee **EC** **V**

Malted Milk Drink **HE** **EC** **V**

Hot Chocolate **HE** **EC** **V**

Full Fat or Semi Skimmed Milk **HE** **EC** **RS** **V**

Fruit Squash **EC** **RS** **V**

No Added Sugar Squash **EC** **RS** **V**

Missed a Meal?

SNACK BOX

Available for those who have missed a meal or are hungry between meals. Please inform a member of the nursing staff and choose from the following items:

JUICE

Orange Juice **BC** **EC** **V**

Apple Juice **BC** **EC** **RS** **V**

SANDWICH

On white or wholemeal bread, gluten free options available.

Plain Ham

Chicken Mayonnaise **RS**

Tuna Mayonnaise **EC** **RS**

Cheddar Cheese **V**

TOAST & BREAD

Served with butter or unsaturated spread.

Wholemeal bread **BC** **RS** **V**

White bread **BC** **RS** **V**

PRESERVES

Assorted Jams **EC** **RS** **V**

Marmalade **EC** **V** **RS**

Marmite **EC** **V** **RS**

Honey **HE** **EC** **V** **RS**

FRESH FRUIT

Apple **BC** **RS** **V**

Banana **BC** **EC** **V**

Easy Peel Orange **BC** **RS** **V**

STANDARD SNACKS

A selection of sweet biscuits, savoury snacks, yoghurt and fruit will be offered mid morning and mid afternoon snacks. Gluten free and modified texture snacks available.

- Sweet Biscuits
- Filled Sponge Cake
- Selection of Yoghurts
- Cake Slice
- Cheese & Crackers
- Fresh Fruit

Cheese & Onion **HE** **EC** **RS** **V**

Egg Mayonnaise **EC** **RS** **V**

Hummus, Bean & Carrot **RS** **V**

Plus any TWO items from the list below:

Sweet Biscuits **HE** **RS** **V**

Cake Slice **EC** **RS** **V**

Cheese & Crackers **HE** **RS** **V**

Thick & Creamy Fruit Yoghurt **EC** **RS** **V**

Soya Yoghurt **BC** **EC** **RS** **V**

Apple **BC** **RS** **V**

Banana **BC** **V**

Easy Peel Orange **BC** **RS** **V**

LUNCH & SUPPER

STARTERS

Orange Juice **BC** **EC** **V**

Apple Juice **BC** **EC** **RS** **V**

Cream of Chicken Soup **EC** **V**

Leek & Potato Soup **EC** **V**

Red Pepper & Tomato Soup **EC** **V**

Please ask your ward host for Soup of the Day option. Soup is served with a bread roll and your choice of butter or unsaturated spread.

MAIN MEALS

Please choose a main meal and dessert or a lighter option (jacket potato, sandwich or salad) and dessert.

Steak & Mushroom Stroganoff **HE** **RS**

Diced steak with mushrooms in a creamy sauce served with basmati rice.

Beef Lasagne **HE** **EC**

A rich beef tomato bolognaise layered with pasta and a mornay cheese sauce top, served with broccoli florets.

Shepherd's Pie **BC** **EC** **RS**

Traditional lamb mince sauce with carrots and onions, topped with mashed potato, served with garden peas.

Roast Chicken **HE** **RS**

Chicken breast with a sage and onion stuffing ball, served with gravy, roast potatoes, and mixed vegetables.

Chicken & Butter Bean Cassoulet **HE** **RS**

Chicken pieces in a creamy butter bean and mushroom sauce served with long grain rice.

Chicken & Pearl Barley Casserole **HE** **RS**

Chicken pieces, pearl barley, peas and spinach in a dark seasoned gravy served with no added salt mashed potato.

Fish & Chips **BC**

Battered fish with chips and peas.

Fish in Parsley Sauce **EC** **RS**

White fish in a parsley sauce served with steamed potatoes and sliced carrots.

Salmon Florentine **HE** **EC**

Steamed salmon in a spinach cheese sauce, served with steamed potatoes and sliced carrots.

Cauliflower & Broccoli Pasta **HE EC RS V**

Cauliflower, broccoli and pasta in a rich cheese sauce.

Macaroni Cheese **HE EC V**

Macaroni pasta in a creamy cheese sauce with wholegrain mustard.

Butternut Squash Curry **HE EC RS V**

Butternut squash in a spicy caramelised onion, coconut and lentil dal served with basmati rice.

Moroccan Vegetable Tagine **HE RS V**

Mildly spiced butternut squash, spinach, carrot, cauliflower and chickpea stew served with cous cous.

Soya Mince Hot Pot **HE EC RS V**

Soya mince and split peas in a tomato based sauce, topped with seasoned sliced potatoes.

Vegetable & Bean Chilli **BC EC RS V**

A medium spiced tomato chilli with red kidney beans, chickpeas and red lentils. Served with long grain rice.

SALADS

Served with a bread roll and butter or spread. Please choose a salad side accompaniment.

Ham Salad

Chicken Salad **BC RS**

Tuna Salad **RS**

Egg Salad **BC RS V**

Cheddar Cheese Salad **V**

Cheese & Onion Quiche Salad **HE RS V**

SALAD SIDES

Coleslaw **HE RS V**

Potato Salad **RS V**

JACKET POTATOES

Served with butter or unsaturated spread and your choice of 1 or 2 fillings.

Baked Jacket Potato **BC V**

Grated Cheddar Cheese **HE V**

Baked Beans **V**

Tuna Mayonnaise **BC**

SANDWICHES

Available on white or wholemeal bread.

Plain Ham

Chicken Mayonnaise **RS**

Tuna Mayonnaise **EC RS**

Cheddar Cheese **V**

Cheese & Onion **HE EC RS V**

Egg Mayonnaise **EC RS V**

Hummus, Bean & Carrot **RS V**

HOT DESSERTS

Served with custard, ice cream or double cream.

Rice Pudding with Nutmeg **EC RS V**

Apple Crumble **HE EC RS V**

Chocolate Sponge **HE EC RS V**

HALAL, ASIAN, JAIN, AFRICAN & CARIBBEAN MENU

WESTERN HALAL MEALS

Chicken & Vegetable Noodles **HE**

Chicken and vegetables mixed with egg noodles in a flavourful soy based sauce.

Chicken Nuggets, Chips, Baked Beans & Vegetables **HE**

Roast Chicken, Potato, Beans & Vegetables **BC RS**

Pasta & Minced Lamb with Beans & Vegetables **BC RS EC**

ASIAN HALAL MEALS

Chicken Korma **HE RS**

Served with a lentil accompaniment and fluffy rice.

Chicken Biryani **HE RS**

Served with a lentil accompaniment and fluffy rice.

Lamb Masala, Chana Daal & Rice **HE**

Mutton pieces in a classic tikka masala sauce, served with a lentil accompaniment and fluffy basmati rice.

COLD DESSERTS

Raspberry Trifle **EC** **RS** **V**

Strawberry Cheesecake **EC** **RS** **V**

Strawberry Jelly **EC** **RS** **V**

Peach Slices in Juice **EC** **RS** **V**

Ice Cream **EC** **RS** **V**

Thick & Creamy Fruit Yoghurt **V**

Natural Yoghurt **BC** **V**

Cheese & Crackers **RS** **V**

Apple **RS** **V**

Banana **BC** **EC** **V**

Easy Peel Orange **BC** **RS** **V**

ASIAN VEGAN MEALS

Mixed Vegetable Curry **HE** **V**

A mildly spiced sauce with a lentil accompaniment and fluffy rice.

Aloo Gobi **HE** **RS** **V**

Potatoes and cauliflower in a tomato spiced sauce, served with a lentil accompaniment and fluffy basmati rice.

Chickpea & Potato Masala **HE** **BC** **V**

A rich curry sauce enriched with tomatoes and lentils, served with a lentil accompaniment and fluffy basmati rice.

AFRICAN HALAL MEALS

African Jollof Rice with Chicken **HE** **RS**

Arabic Lamb Meal **BC** **RS**

Lightly spiced sauce with green beans, served with basmati rice.

AFRICAN CARIBBEAN MEALS

Brown Stewed Chicken

Served with a vibrant vegetable stew and fluffy vegetable rice.

Ackee with Saltfish

Served with a vegetable stew and vegetable rice.

Spinach Cabbage & Okra Stew V

Served with a vibrant vegetable stew and fluffy vegetable rice.

Red Kidney Beans, Carrot & Sweet Potato, Stew V

Served with a vibrant vegetable stew and fluffy vegetable rice.

JAIN MEALS

Chickpea Curry V

Served with chana daal and rice.

Red Kidney Bean Curry HE V

Served with chana daal and rice.

Yellow Mung & Saag HE V

A yellow lentil soup served with basmati rice.
