

SNACKS & DRINKS

DRINKS



Coffee



Tea



Fruit or Herbal Tea



Milk



Hot Chocolate



Squash

Decaffeinated tea or coffee and non-dairy milk options are available on request.

SNACKS

- Cakes **V**
- Biscuits **V**
- Cheese & Crackers **V**
- Yogurts **EC V**
- Fresh Fruit **♥ V VG**
- Tinned Fruit **♥ V VG**

Snacks are served with your mid-morning, mid-afternoon and evening drink.

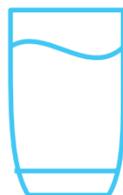
HYPO SNACKS

For people with diabetes treated with medication, who are at risk of night time low blood sugar levels (hypos); suitable snacks will be offered during the evening.

SCHEDULED SERVICE TIME

Early Morning Breakfast	Mid Afternoon Supper
Mid Morning Lunch	Evening

Hot and cold drinks will be offered to you with your meals and throughout the day.



Hydration is essential to your wellbeing.

Your water jug will be refreshed twice a day; if you need an additional top up please ask your Ward Host or Nurse for assistance.



Breakfast
07:30 – 09:00



Lunch
12:00 – 13:30



Supper
17:00 – 18:30

WARD HOST & NURSING TEAM

Your Nurse and Ward Catering Team are here to help. Please let them know if you have any special requirements.

If you require assistance in preparation for your meal, such as hand-washing or comfort assistance, please ask a member of the nursing team.

ADDITIONAL MENUS

We have the following alternative menus available should you require them:

Allergen Aware	Renal
Gluten Free	Low Residue
Made without Milk	Very Low Fat (Chyle Leak)
Modified Texture	Finger Food
Level 4 puréed	Halal & Asian Vegetarian
Level 5 minced & moist	Kosher
Level 6 soft & bite-sized	Vegan

PORTION SIZES

Main courses and desserts are served in standard portion sizes. Potatoes, rice, pasta and vegetables are available to order in small, standard or large portions. A large portion is two standard portions.

MISSING A MEAL?

If you have been admitted to the ward after lunch or supper orders have been taken, we can still offer you a range of hot meals, a snack bag or snacks. Please speak to your Nurse.

ALLERGY INFORMATION

If you have a food allergy please advise your Nurse on admission and always inform your Nurse and Ward Catering Team each time you choose your breakfast or place your meal order.

We have an Allergen Free Menu which contains dishes prepared free from: cereals containing gluten, milk, egg, fish, celery, crustaceans, molluscs, lupin, 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. Please take care when consuming fish dishes.

Inpatient Dining STANDARD

For patients without specialist dietary needs

If you have diabetes and are carbohydrate aware, the carbohydrate content of meals in this menu are available from your Ward Catering Team.



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Available in other languages

BREAKFAST



CEREALS

- Branflakes
- Cornflakes
- Rice Krispies
- Weetabix **EC**
- Hot Oat Cereal **EC**

Various milk options available including non-dairy



BREAD OR TOAST

- White Wholemeal
- Available with butter or sunflower spread and a selection of jams, marmalade and yeast extract.
- Bread is **EC**.



YOGURT

- Thick & Creamy **D EC**
- Low Fat **♥ D EC**

Various flavours available



FRUIT

- Prunes **♥**
- Mandarin Segments **♥**
- Fresh Fruit **♥**
- Various options available including **EC**

All options are **V**. Fruit Juice (apple or orange) and hot drinks are served with your breakfast.

HOW DID WE DO?

Your feedback is important to us, please scan the QR code and complete our patient satisfaction survey or request a comment card from your Ward Host.



LUNCH & SUPPER

Please choose **one starter** + **one main meal** from either the daily options, jacket potatoes, salads or sandwiches + **sides** + **one dessert**.

STARTERS

Soup of the Day **EC V**

Available Lunch & Dinner
Served with a white or wholemeal soft roll.

Fortified Soups are also available **HC EC V**
Fruit juice is also available instead of soup.

SALAD

Lettuce, sweetcorn, carrot, cucumber,
tomato + **topping choice**

LUNCH

MON Turkey ♥

TUE Tuna Mayo

WED Cheese **HC V**

THU Tuna ♥

FRI Turkey ♥

SAT Tuna Mayo

SUN Cheese **HC V** Tuna ♥

DINNER

Egg ♥ **V**

Pink Salmon ♥

Ham

Egg ♥ **V**

Cheese
Ploughman's **HC V**

Ham

OMELETTES

Available Lunch & Dinner

Plain Omelette
♥ **EC V**

Cheese Omelette
HC EC V

SIDES

Daily selection of seasonal vegetables
and potatoes or rice ♥ **V**

Includes **EC** and **VG** options at each meal.

Selection of condiments, sunflower spread
or butter are available.

DAILY MAIN MEALS

LUNCH

MON Vegetable Quiche **HC V**

Chicken & Tomato Pasta Bake ♥

Savoury Minced Beef ♥ **EC**

TUE Cauliflower Cheese **EC V**

Chicken Chasseur ♥

Traditional Pasty **HC**

WED Vegetable Cottage Pie **HC V**

Salmon Crumble **HC**

Pasta Carbonara **HC EC**

THU Lentil Bolognese ♥ **EC V VG**

Potato Topped Chicken Pie **HC EC**

Sausages & Onion Gravy

FRI Tomato & Chickpea Gratin **HC V VG**

Fishcakes ♥ **EC**

Shepherd's Pie **HC EC**

SAT Baked Vegetable Pie **HC V**

Chicken & Vegetable Casserole ♥ **EC**

Beef Lasagne **HC EC**

SUN Macaroni Cheese **HC EC V**

Sliced Chicken in Gravy ♥

Cottage Pie ♥ **EC**

SANDWICHES

Egg Mayo **HC EC V** Cheese **HC V**

Tuna Mayo **HC EC** Ham

Available Lunch & Dinner on white or
wholemeal

Daily choice accompanied with your
choice of sides.

DINNER

MON Pasta in Tomato & Basil Sauce ♥
EC V VG

Potato Topped Chicken Pie **HC EC**

TUE Macaroni Cheese **HC EC V**

Cottage Pie ♥ **EC**

WED Cauliflower & Broccoli Pasta Bake
EC V

Beef Lasagne **HC EC**

THU Vegetable Lasagne **HC V**

Chicken Curry ♥ **EC**

FRI Cauliflower Cheese **EC V**

Chicken & Ham Pie ♥

SAT Creamy Vegetable Cheese Bake
HC EC V

Chilli Con Carne ♥

SUN Vegetable Curry ♥ **V VG**

Pasta Carbonara **HC EC**

JACKET POTATOES

Plain ♥ **V VG**

Cheese **HC V**

Tuna Mayo **HC**

Available Lunch & Dinner with butter **V**
or sunflower spread **V VG**

Baked Beans ♥ **V**

VG

Tuna ♥

DESSERTS

LUNCH HOT DESSERTS

Served with a choice of custard or ice cream.

DAILY Rice Pudding
♥ **EC V**

MON Chocolate
Chip Songe
HC V

TUE Jam Sponge
HC EC V

WED Apple Pie
HC V VG

THU Syrup Sponge
HC EC V

FRI Lemon
Sponge **HC V**

SAT Rhubarb
Crumble
HC V VG

SUN Somerset
Apple Cake
HC V

REDUCED SUGAR
Served with custard

Apple &
Blackberry
Crumble **HC D V**

Syrup Sponge
EC D V

Lemon Sponge
EC D V

Sultana Sponge
D V

Stewed Apple
EC D V

Syrup Sponge
EC D V

Lemon Sponge
EC D V

GOLD DESSERTS Available Lunch & Dinner

Cake or Pastry **V**

Cheese & Crackers
D V

Low Fat Yogurt
♥ **D EC V**

Thick & Creamy
Fruit Yogurt **D EC V**

Mousse **EC D V**
HC option available

Jelly **EC**
D option available

Ice Cream **D EC V**

Fresh Fruit ♥ **D VG**

Tinned Fruit ♥ **D VG**

CODES USED IN THIS MENU

♥ **Healthy Options:** contain moderate amounts of fat, sugar and salt. Suitable as part of a healthy balanced diet and for patients with diabetes.

D Lower sugar desserts <15g per portion

HC Higher Calorie: more nourishing than those coded ♥ as they contain more calories. Suitable for patients with a reduced appetite.

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: 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.