

SNACKS & DRINKS

DRINKS



Tea



Milk



Squash

Non-dairy milk options are available on request.

SNACKS

Apple ♥ Digestive Biscuits

Madeira Cake Slice EC Rich Tea Biscuits

All options are V. A selection of snacks are served with your mid-morning, mid-afternoon and evening drink.

SCHEDULED SERVICE TIME

Early Morning Mid Afternoon

Breakfast Supper

Mid Morning Evening

Lunch

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



Breakfast
07:30 – 09:00



Lunch
12:00 – 13:30



Supper
17:00 – 18:30

ABOUT THIS MENU

The renal main courses are formulated to be lower in salt, potassium and phosphate whilst providing adequate protein and calories. These are suitable for people with very poor kidney function.

YOUR WARD HOST & NURSING TEAM

Your ward host and the nursing 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.

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 Ward Host or Nurse.

ALLERGY INFORMATION

If you have a food allergy please advise your nurse on admission and always inform the Ward Host 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, 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.

CARBOHYDRATE CONTENT

The carbohydrate content of these dishes is available from your Ward Host for patients counting carbohydrates as part of their Diabetes treatment.

Inpatient Dining

RENAL



serco

BREAKFAST

Select any **four** of these:



CEREALS

Branflakes

Cornflakes

Rice Krispies

Weetabix EC

Various milk options available including non-dairy.



BREAD OR TOAST

White

Wholemeal

Served with butter or sunflower spread and a selection of jams, marmalade or honey. Bread is EC.



YOGURT

Thick & Creamy EC

Low Fat ♥ EC

Various flavours available

All options are V

Hot and cold drinks are served with your breakfast.



FRUIT

Apple ♥

YOUR FEEDBACK IS IMPORTANT TO US

We want you to enjoy the catering services during your stay and hope that they meet your expectations. If you would like to complete a short survey to share your experience, please scan the QR code with your own smart device. Alternatively we have comment cards available on request from your ward host.



LUNCH & SUPPER

Please choose **one main meal** from either the main meals, salads or sandwiches + **one dessert**.

MAIN MEALS

Pasta in Tomato & Basil Sauce ♥ EC
V VG

Plain Omelette ♥ EC V

Cauliflower Cheese EC V

Chicken Curry ♥ EC

Sweet & Sour Chicken ♥

Chicken & Vegetable Casserole ♥ EC

Roast Chicken ♥

Salmon Crumble HC

Fishcakes ♥ EC

Chilli Con Carne ♥

POTATOES & RICE

LUNCH & DINNER

Boiled Potatoes* ♥ EC V VG

Mashed Potatoes* EC V

White Rice ♥ EC V VG

SUNDAY LUNCH

Roast Potatoes* V VG

*Potatoes are pre-soaked and double boiled

VEGETABLES

LUNCH & DINNER

Peas ♥ V VG

Broccoli ♥ EC V VG

Carrots ♥ EC V VG

Cauliflower ♥ EC V VG

SALAD

Cheese HC V Tuna Mayonnaise

Turkey ♥ Tuna ♥

Salad base of lettuce, sweetcorn, carrots, cucumber + topping choice

SANDWICHES

Egg Mayonnaise Cheese
HC EC V HC

Tuna Mayonnaise
HC

Available on white or wholemeal

SNACK BAG

Renal Menu Thick & Creamy
Sandwich Choice Yogurt EC V

Apple Digestive Biscuits
♥ V VG V

ACCOMPANIMENT

Bread Roll V VG

White or wholemeal option served with butter or sunflower spread V

DESSERTS

LUNCH HOT DESSERTS

Served with a choice of custard or ice cream.

MON Syrup Sponge HC V
Rice Pudding ♥ EC V

TUE Jam Sponge HC EC V
Rice Pudding ♥ EC V

WED Apple Pie HC V
Rice Pudding ♥ EC V

THU Syrup Sponge HC EC V
Rice Pudding ♥ EC V

FRI Lemon Sponge HC V
Rice Pudding ♥ EC V

SAT Rhubarb Crumble HC V
Rice Pudding ♥ EC V

SUN Somerset Apple Cake HC V
Rice Pudding ♥ EC V

COLD DESSERTS

Served everyday Lunch & Dinner

Lemon Drizzle Cake V

Ice Cream EC V

Jelly EC

Mousse EC V
HC option available

Thick & Creamy Yogurt EC V

Low Fat Yogurt ♥ EC V

Tinned Fruit (no juice) ♥ V VG

Apple ♥ V 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.

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

EC **Easy to Chew:** tender, easier to cut and eat food options. 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. Vegan menu available.

VG **Vegan:** Free from all animal products including meat, poultry, fish, milk, eggs and all products derived from these. Vegan menu available.