

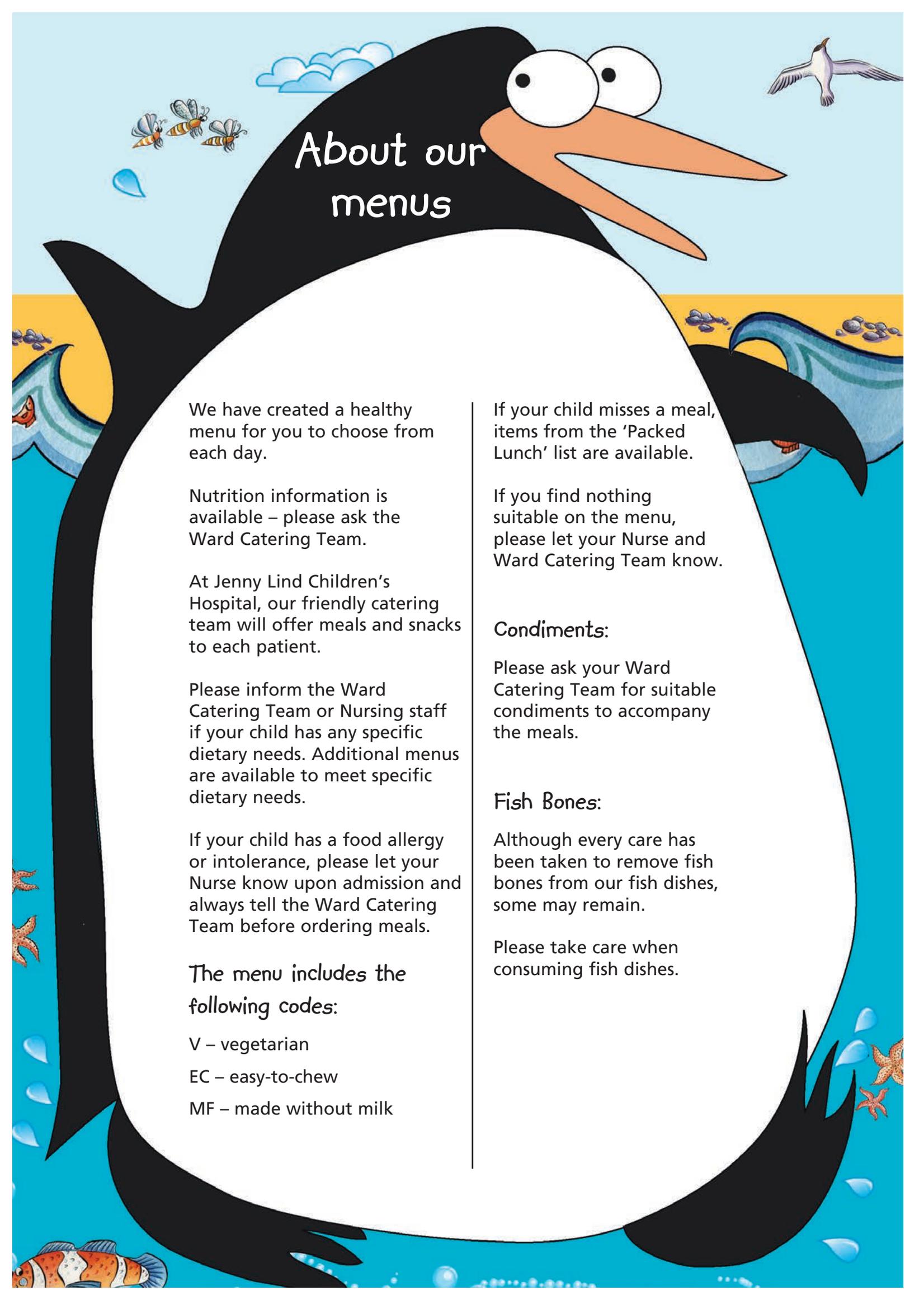
# Children's Menu

## Jenny Lind Children's Hospital

**Breakfast** 7.30am - 8.30am  
**Lunch** 12.00pm - 1.00pm  
**Supper** 5.00pm - 6.00pm

V	Vegetarian
EC	Easy-to-chew
MF	Made without Milk





# About our menus

We have created a healthy menu for you to choose from each day.

Nutrition information is available – please ask the Ward Catering Team.

At Jenny Lind Children's Hospital, our friendly catering team will offer meals and snacks to each patient.

Please inform the Ward Catering Team or Nursing staff if your child has any specific dietary needs. Additional menus are available to meet specific dietary needs.

If your child has a food allergy or intolerance, please let your Nurse know upon admission and always tell the Ward Catering Team before ordering meals.

*The menu includes the following codes:*

V – vegetarian

EC – easy-to-chew

MF – made without milk

If your child misses a meal, items from the 'Packed Lunch' list are available.

If you find nothing suitable on the menu, please let your Nurse and Ward Catering Team know.

## **Condiments:**

Please ask your Ward Catering Team for suitable condiments to accompany the meals.

## **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.

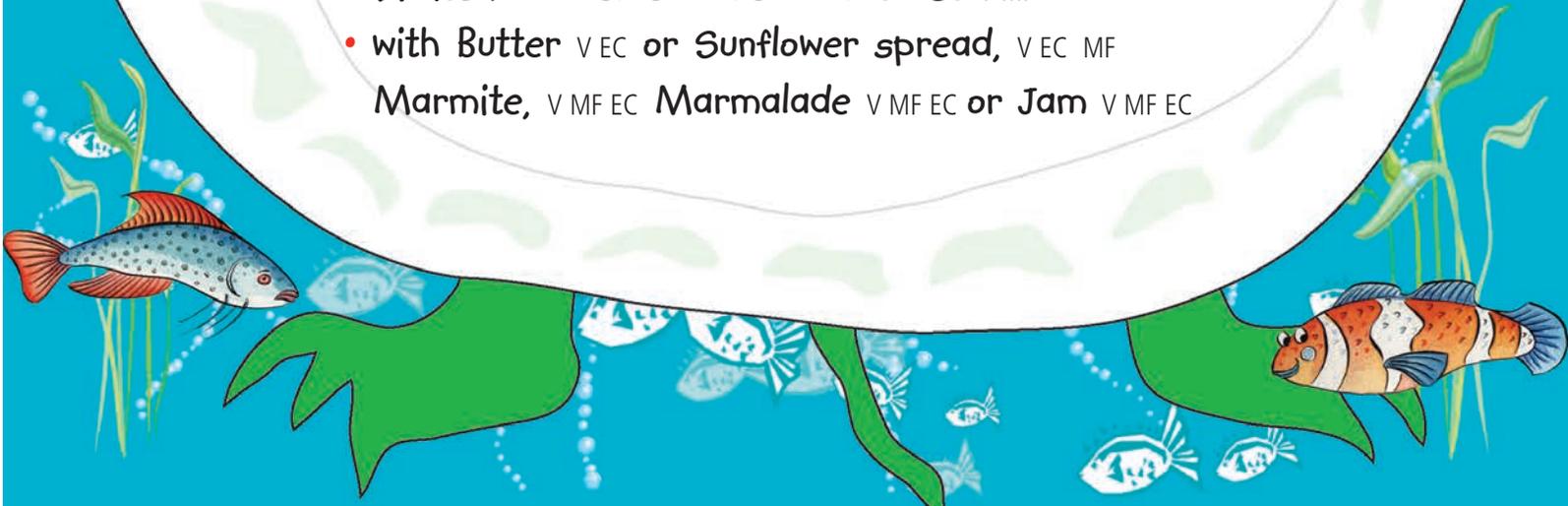


# Breakfast



## A choice of 3 from the following

- **Juice** (Orange or Apple) or **Squash** (Orange, Lemon or Blackcurrant) V EC WF
- **Fresh fruit** - Apple, banana or satsuma V MF
- **Cereals with milk:** (Soya milk available)
  - Cornflakes V MF
  - Rice Krispies V MF
  - Coco Pops V
  - Weetabix V EC
  - Branflakes V
- **Homemade Porridge** V EC (MF options available)
- **Yoghurts** - options available V EC
- **White / wholemeal bread or toast** V MF
- **with Butter** V EC or **Sunflower spread,** V EC MF
- Marmite,** V MF EC **Marmalade** V MF EC or **Jam** V MF EC



# Packed Lunch

Please select from the list below

Assorted sandwiches:

Cheese v, egg mayonnaise v, tuna mayonnaise, ham

Ready salted crisps v MF

Quavers v

Fresh fruit: Apple, Banana, Satsuma v MF

Yoghurt v EC (MF options available)

Cake/biscuits v

Drink: Apple Juice, Orange Juice v EC MF

## Snacks

Yoghurts v EC (MF available)

Tomato Quarters v MF

Cucumber Slices v MF

Crisps v (MF available)

Quavers v

Apple v MF

Banana v EC MF

Satsuma v MF

Milkshake v EC

Ice Cream v EC

Rice Pudding v EC

Custard Pot v EC

Cake Bar v

Biscuits v

Crackers and Cheese v

Cheese Sandwich v

Jam Sandwich v

Please ask a member of staff for snacks



# Monday



## Lunch

Soup: Cream of Tomato V or Chicken Bread Roll V MF

Sandwich Snack Box (V available)

Vegetable Quiche V

Chicken & Tomato Pasta Bake

Savoury Minced Beef EC MF

Turkey Salad MF

Baked Beans V MF on Toast V

Plain Pasta V MF

Mashed Potato V (MF available)

White Rice V MF

Garlic Bread V

Veg of the day V MF (EC available)

Side Salad V MF

Baked beans V MF

Gravy V EC MF

Dessert: Served with custard or ice cream V EC

Chocolate Chip Sponge V MF

Jam Doughnut V

Stawberry Mousse V EC

Jelly EC MF

Yoghurt V EC

Fresh or Tinned Fruit V MF (EC available)

## Supper

Soup: Cream of Tomato V or Chicken Bread Roll V MF

Sandwich Snack Box (V available)

Pasta in Tomato & Basil Sauce V

Potato Topped Chicken Pie EC

Egg Salad V MF

Baked Beans V MF on Toast V

Jacket Potato,

Cheese V, Baked Beans V MF or Tuna Mayo MF

Plain Pasta V MF

Mashed Potato V (MF available)

Garlic Bread V

Veg of the day V MF (EC available)

Side Salad V MF

Gravy V EC MF

Dessert:

Ice Cream V EC

Jam Doughnut V

Stawberry Mousse V EC

Jelly EC MF

Yoghurt V EC

Fresh or Tinned Fruit V MF (EC available)

# Tuesday



## Lunch

Soup: Cream of Tomato V or Chicken  
Bread Roll V M

Sandwich Snack Box (V available)

Cauliflower Cheese V EC

Chicken Goujons MF

Traditional Pasty

Tuna Mayonnaise Salad MF

Baked Beans V MF on Toast V

Plain Pasta V MF

Mashed Potato V EC (MF available)

Chips V MF

Veg of the day V MF (EC available)

Baked Beans V MF

Side Salad V MF

Gravy V EC MF

Dessert: Served with custard  
or ice cream V EC

Jam Sponge V

Jam Doughnut V

Stawberry Mousse V EC

Jelly EC MF

Yoghurt V EC

Fresh or Tinned Fruit V MF (EC available)

## Supper

Soup: Cream of Tomato V or Chicken  
Bread Roll V M

Sandwich Snack Box (V available)

Macaroni Cheese V

Hot Dog (Sausage) in a Roll MF

Pink Salmon Salad MF

Baked Beans V MF on Toast V

Jacket Potato,

Cheese V, Baked Beans V MF

or Tuna Mayo MF

Plain Pasta V MF

Mashed Potato V EC (MF available)

Potato Wedges V MF

Veg of the day V MF (EC available)

Baked Beans V MF

Side Salad V MF

Gravy V EC MF

Dessert:

Ice Cream V EC

Chocolate Éclair V

Stawberry Mousse V EC

Jelly EC MF

Yoghurt V EC

Fresh or Tinned Fruit V MF (EC available)

# Wednesday

## Lunch

Soup: Cream of Tomato V or Chicken  
Bread Roll V M

Sandwich Snack Box (V available)

Vegetable Cottage Pie V EC

Fish Fingers EC

Pasta Carbonara EC

Cheese Salad V

Baked Beans V MF on Toast V

Plain Pasta V MF

Mashed Potato V EC (MF available)

Potato Wedges V MF

Garlic Bread V

Veg of the day V MF (EC available)

Side Salad V MF

Gravy V EC MF

Dessert: Served with custard  
or ice cream V EC

Jam Doughnut V

Apple Pie V

Stawberry Mousse V EC

Jelly EC MF

Yoghurt V EC

Fresh or Tinned Fruit V MF (EC available)

## Supper

Soup: Cream of Tomato V or Chicken  
Bread Roll V M

Sandwich Snack Box (V available)

Plain Omelette V

Cheese & Tomato Pizza V

Beef Lasagne EC

Ham Salad MF

Baked Beans V MF on Toast V

Jacket Potato,

Cheese V, Baked Beans V MF

or Tuna Mayo MF

Plain Pasta V MF

Mashed Potato V EC (MF available)

Garlic Bread V

Veg of the day V MF (EC available)

Baked beans V MF

Side Salad V MF

Dessert:

Ice Cream V EC

Jam Doughnut V

Stawberry Mousse V EC

Jelly EC MF

Yoghurt V EC

Fresh or Tinned Fruit V MF (EC available)

# Thursday

## Lunch

Soup: Cream of Tomato V or Chicken  
Bread Roll V M

Sandwich Snack Box (V available)

Lentil Bolognese V EC MF

Potato Topped Chicken Pie EC

Sausages MF

Tuna Salad MF

Baked Beans V MF on Toast V

Plain Pasta V MF

Mashed Potato V EC (MF available)

Garlic Bread V

Veg of the day V MF (EC available)

Baked Beans V MF

Side Salad V MF

Gravy V EC MF

Dessert: Served with custard  
or ice cream V EC

Syrup Sponge V

Chocolate Éclair V

Stawberry Mousse V EC

Jelly EC MF

Yoghurt V EC

Fresh or Tinned Fruit V MF (EC available)

## Supper

Soup: Cream of Tomato V or Chicken  
Bread Roll V M

Sandwich Snack Box (V available)

Vegetable Lasagne V EC

Vegetable Burger in a Bun V MF

Chicken Curry EC MF

Egg Salad V

Baked Beans V MF on Toast V

Jacket Potato, cheese V,  
baked beans V MF or tuna mayo MF

Plain Pasta V MF

Chips V MF

White Rice V EC MF

Garlic Bread V

Veg of the day V MF (EC available)

Baked beans V MF

Dessert:

Ice Cream V EC

Chocolate Éclair V

Stawberry Mousse V EC

Jelly EC MF

Yoghurt V EC

Fresh or Tinned Fruit V MF (EC available)

# Friday

## Lunch

Soup: Cream of Tomato v or Chicken  
Bread Roll v M

Sandwich Snack Box (V available)

Cheese Omelette v MF

Fishcakes EC

Shepherd's Pie EC

Turkey Salad MF

Baked Beans v MF on Toast v

Plain Pasta v MF

Mashed Potato v EC (MF available)

Chips v MF

Garlic Bread v

Veg of the day v MF (EC available)

Baked Beans v MF

Side Salad v MF

Gravy v EC MF

Dessert: Served with custard  
or ice cream v EC

Rice Pudding

Lemon Sponge v

Jam Doughnut v

Stawberry Mousse v EC

Jelly EC MF

Yoghurt v EC

Fresh or Tinned Fruit v MF (EC available)

## Supper

Soup: Cream of Tomato v or Chicken  
Bread Roll v M

Sandwich Snack Box (V available)

Cauliflower Cheese v

Chicken & Ham Pie

Sausage Roll

Cheese Ploughman Salad v

Baked Beans v MF on Toast v

Jacket Potato, cheese v,  
baked beans v MF or tuna mayo MF

Plain Pasta v MF

Mashed Potato v EC (MF available)

Garlic Bread v

Veg of the day v MF (EC available)

Side Salad v MF

Gravy v EC MF

Dessert:

Ice Cream v EC

Jam Doughnut v

Stawberry Mousse v EC

Jelly EC MF

Yoghurt v EC

Fresh or Tinned Fruit v MF (EC available)



# Saturday

## Lunch

Soup: Cream of Tomato v or Chicken  
Bread Roll v M

Sandwich Snack Box (V available)  
Vegetable Burger in a Bun v  
Chicken & Vegetable Casserole EC MF  
Beef Lasagne EC  
Tuna Mayonnaise Salad MF  
Baked Beans v MF on Toast v

Plain Pasta v MF  
Mashed Potato v EC (MF available)  
Potato Wedges v MF  
Garlic Bread v  
Veg of the day v MF (EC available)  
Baked beans v MF  
Side Salad v MF  
Carrot & Cucumber v WF MF  
Gravy v EC MF

Dessert: Served with custard  
or ice cream v EC

Rhubarb Crumble v MF  
Chocolate Éclair v  
Strawberry Mousse v EC  
Jelly EC MF  
Yoghurt v EC  
Fresh or Tinned Fruit v MF (EC available)

## Supper

Soup: Cream of Tomato v or Chicken  
Bread Roll v M

Sandwich Snack Box (V available)  
Plain Omelette v EC  
Chicken Goujons MF  
Chilli Con Carne MF  
Ham Salad MF  
Baked Beans v MF on Toast v

Jacket Potato, cheese v,  
baked beans v MF or tuna mayo MF

Plain Pasta v MF  
Mashed Potato v EC (MF available)  
White Rice v EC MF  
Veg of the day v MF (EC available)  
Baked Beans v MF  
Side Salad v MF

Dessert:

Ice Cream v EC  
Chocolate Éclair v  
Strawberry Mousse v EC  
Jelly EC MF  
Yoghurt v EC  
Fresh or Tinned Fruit v MF (EC available)

# Sunday



## Lunch

Soup: Cream of Tomato V or Chicken  
Bread Roll V M

Sandwich Snack Box (V available)

Macaroni Cheese V EC

Sliced Chicken in Gravy MF

Cottage Pie EC

Cheese Salad V

Baked Beans V MF on Toast V

Plain Pasta V MF

Mashed Potato V EC (MF available)

Roast Potatoes V MF

Yorkshire Pudding V

Veg of the day V MF (EC available)

Baked Beans V MF

Side Salad V MF

Gravy V EC MF

Dessert: Served with custard  
or ice cream V EC

Somerset Apple Cake V MF

Blueberry Muffin V

Strawberry Mousse V EC

Jelly EC MF

Yoghurt V EC

Fresh or Tinned Fruit V MF (EC available)

## Supper

Soup: Cream of Tomato V or Chicken  
Bread Roll V M

Sandwich Snack Box (V available)

Cauliflower & Broccoli Pasta V

Pasta Carbonara EC

Beef Burger in a Bun

Tuna Salad MF

Baked Beans V MF on Toast V

Jacket Potato, cheese V,  
baked beans V MF or tuna mayo MF

Plain Pasta V MF

Potato Wedges V MF

Garlic Bread V

Veg of the day V MF (EC available)

Baked Beans V MF

Side Salad V MF

Dessert:

Ice Cream V EC

Blueberry Muffin V

Strawberry Mousse V EC

Jelly EC MF

Yoghurt V EC

Fresh or Tinned Fruit V MF (EC available)

# Our other catering facilities



**OPEN**

Monday - Friday  
7.30am to 4.30pm  
Level 2

**OPEN**

Monday - Friday  
7.00am to 5.30pm  
Level 2

**OPEN**

Monday - Friday  
7.00am to 3.00pm  
Level 1

**OPEN**

Monday - Friday  
7.00am to 8.00pm  
Saturday  
9.00am to 6.00pm  
Level 2

**OPEN**

Monday - Sunday  
7.00am to 1.00pm  
Level 1

Our patient services team are proud to work here - your questions and feedback will help us to improve.

- Do you feel satisfied with the quality of food and our catering services?
- Do you find this hospital clean?
- Is there anything else we can do to improve our services for you?

Call: 01603 646098 or email: [patientservices@norwich.serco.com](mailto:patientservices@norwich.serco.com)

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