

ACCOMPANIMENTS

Choose from the following to accompany your main meal

POTATOES / PASTA

Choose 1 option

Roast Potatoes V

Boiled Potatoes
♥ EC V

Chips V

Plain Pasta ♥ EC V

Potato Wedges V

Garlic Bread V

VEGETABLES

Choose up to 2 options

Carrots (sliced) ♥ EC V

Cucumber &
Tomato Slices ♥ V

Green Beans V

Carrot & Swede
Batons V

SIDES

As desired

Salted Crisps V

Cheese Sticks HC V

Bread Roll V

DESSERTS

Please choose 1 of the following options

Cake or Pastry V

Cheese & Crackers V

Satsuma Segments ♥ V

Banana ♥ EC V

CODES USED IN THIS MENU

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

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

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.

ALLERGEN INFORMATION

If you have a food allergy or intolerance, please advise your Nurse on admission and always inform your Nurse and Ward Catering Team before you place a meal order.

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.

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.



This menu has been specifically designed to help patients eat and drink independently. All the items on this menu can be eaten without cutlery. Please let your Nurse know if you would like assistance with eating and drinking.



Please wash your hands or use the wipes provided before each meal.



BREAKFAST

HOT DRINKS & JUICE

Choose hot drink and juice of your choice



Coffee

(decaf available)



Tea

(decaf available)



Hot

Chocolate



Juice

(apple or orange
♥ EC V)

CHOOSE BREAKFAST OPTIONS

All options are V



BREAD

Choose white or
wholemeal bread

Toast

Bread EC

Pancakes

Crumpet



SPREADS & PRESERVES

Jams EC

Marmalade EC

Marmite EC

Butter EC

Sunflower Spread EC



FRUIT

Banana ♥ EC V



LUNCH & DINNER



MAIN MEALS

Please choose 1 of the below options

Plain Omelette ♥ EC V

Cheese Omelette ♥ EC V

Vegetable Quiche HC V

Cheese & Tomato Pizza V

Fishcakes ♥ EC

Fish Fingers ♥

Chicken Goujons

Traditional Pasty HC

Sausages

Sausage Roll HC



COLD OPTIONS

Hard Boiled Egg

♥ EC V

Turkey Slices ♥

Sliced Ham EC



SANDWICHES

Choose white or wholemeal bread

Cheese HC V

Egg Mayonnaise HC EC V

Tuna Mayonnaise HC V

Ham