NHS
Norfolk and Norwich
University Hospitals
NHS Foundation Trust

PATIENT DINING
A LA CARTE PICTORIAL MENU



V05

serco

IMPORTANT INFORMATION

PLEASE NOTE
All imagery in this menu is for representational purposes only.

GUIDE TO ORDERING

Please choose one starter + one main meal from either the daily specials, main meals, omelettes, jacket potatoes, sandwiches or salads + accompaniments + one dessert.

MEETING YOUR NUTRITIONAL NEEDS

We recognise that eating and drinking well while in hospital is a very important part of your care. This helps to fight infection, maintain weight and promote healing and recovery.

If you have a reduced appetite eating small amounts of energy dense foods coded ED on this menu can help with your recovery.

Hydration is essential to your wellbeing. There will be two hot beverage rounds mid morning and mid afternoon when you will also be offered a snack. Hot drinks are also served at each meal time. Water jugs will be refreshed twice a day; if you need an additional top up or exchange please ask your host or nurse for assistance.

ALLERGY INFORMATION

If you have a food allergy or intolerance, please advise your Nurse on admission and always inform your Ward Host Team before you place a meal order. We have an Allergen Free Menu available.

CARBOHYDRATE INFORMATION

This information is available if required for the management of your diabetes treatment, please speak to a your Ward Host who can provide you a copy.

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.**

Chicken Pork Beef Lamb Fish

BREAKFAST



BRANFLAKES



WEETABIX **(EC)**



CORNFLAKES



PRUNES (♥)



RICE KRISPIES



MANDARIN SEGMENTS (♥)



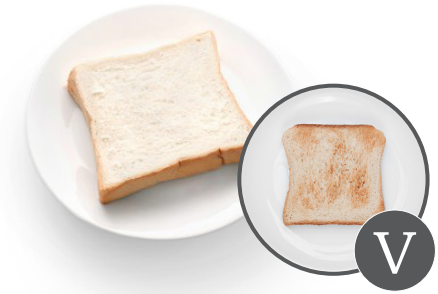
HOT OAT CEREAL **(EC)**



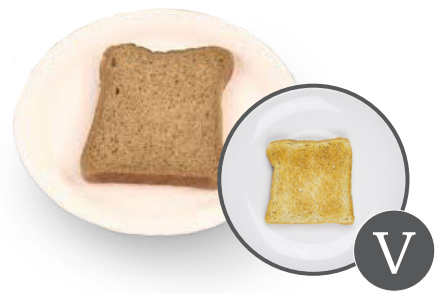
FRESH FRUIT (♥)
EC option available

BREAKFAST

BREAD OR TOAST



WHITE BREAD **(EC)**



WHOLEMEAL BREAD **(EC)**



BUTTER OR SUNFLOWER SPREAD **(VG)**

With a selection of jams, marmalade, marmite and honey



LOW FAT YOGHURT **(♥ D EC)**



THICK & CREAMY YOGHURT **(D EC)**

STARTER



FRUIT JUICE: Apple (♥)



FRUIT JUICE: Orange (♥)

OR



SOUP OF THE DAY
(ED EC)



BREAD ROLL
served with butter
or sunflower spread



BUTTER **(EC)** OR
SUNFLOWER SPREAD **(♥ EC)**

MAIN MEALS – LUNCH

MONDAY



VEGETABLE QUICHE **(HC)**



CHICKEN CHASSEUR **(♥)**



COTTAGE PIE **(♥ EC)**

TUESDAY



CHICKPEA CURRY **(♥ EC)**



SAUSAGES & ONION GRAVY



BEEF LASAGNE **(HC EC)**

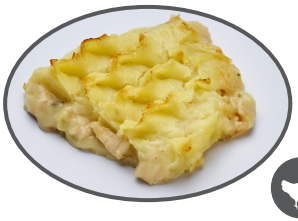
WEDNESDAY



PASTA IN TOMATO SAUCE **(♥ EC VG)**



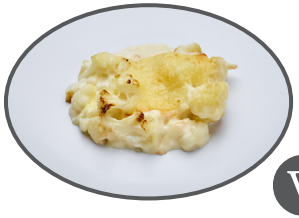
SALMON & BROCCOLI BAKE **(♥)**



POTATO TOPPED CHICKEN PIE **(HC EC)**

MAIN MEALS – LUNCH

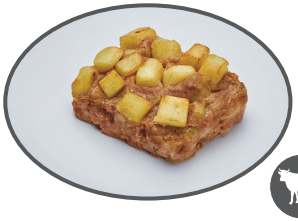
THURSDAY



CAULIFLOWER CHEESE **(EC)**



CHICKEN KORMA

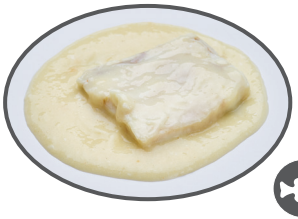


CORNED BEEF HASH

FRIDAY



VEGETABLE LASAGNE **(HC)**



FISH IN CHEESE SAUCE **(♥ EC)**



CHILLI CON CARNE **(♥)**

SATURDAY



VEGETABLE CURRY **(♥ VG)**



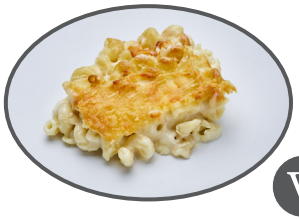
PASTA CARBONARA **(HC EC)**



SHEPHERD'S PIE **(HC EC)**

MAIN MEALS - LUNCH

SUNDAY



MACARONI CHEESE **(HC EC)**



SLICED CHICKEN IN GRAVY **(♥)**



MINCED BEEF HOTPOT **(♥ EC)**

MAIN MEALS - DINNER

MONDAY



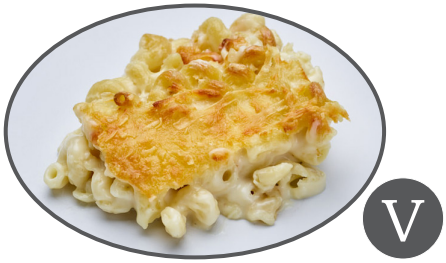
LENTIL & VEGETABLE PIE **(♥ HC)**



TRADITIONAL PASTY **(HC)**

MAIN MEALS - DINNER

TUESDAY



MACARONI CHEESE **(HC EC)**



CHILLI CON CARNE **(♥)**

WEDNESDAY



VEGETABLE COTTAGE PIE
(HC)



SWEET & SOUR CHICKEN
(♥)

THURSDAY



LENTIL BOLOGNAISE **(♥ EC)**



COTTAGE PIE **(♥ EC)**

MAIN MEALS - DINNER

FRIDAY

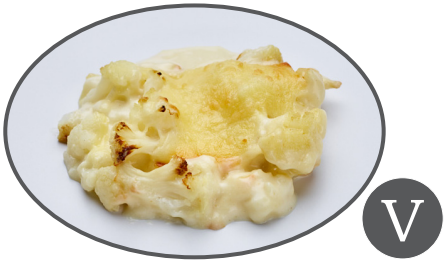


BAKED VEGETABLE PIE **(HC)**



BEEF BOLOGNAISE WITH PASTA **(♥)**

SATURDAY



CAULIFLOWER CHEESE **(EC)**



PORK MEATBALLS IN TOMATO & HERB SAUCE **(♥ EC)**

SUNDAY



PENNE PASTA & TOMATO SAUCE **(♥ EC VG)**



SAUSAGES & ONION GRAVY

JACKET POTATOES



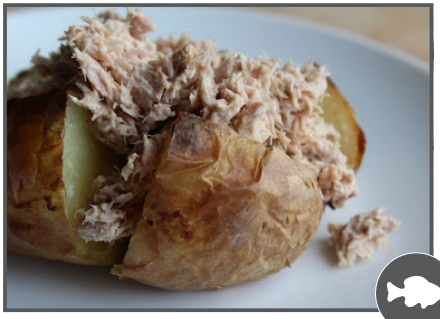
PLAIN POTATO **(♥ VG)**



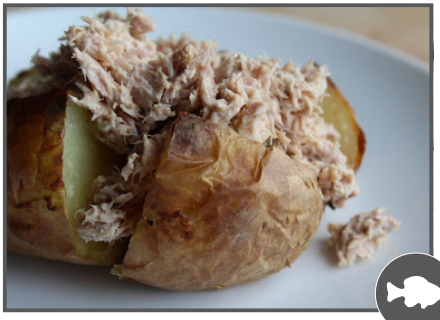
BAKED BEANS **(♥ VG)**



CHEESE **(HC)**



TUNA **(♥)**

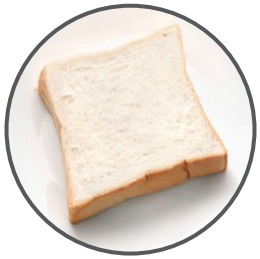


TUNA MAYONNAISE **(HC)**



BUTTER OR SUNFLOWER SPREAD **(VG)**

SANDWICHES



CHOOSE WHOLEMEAL OR WHITE BREAD

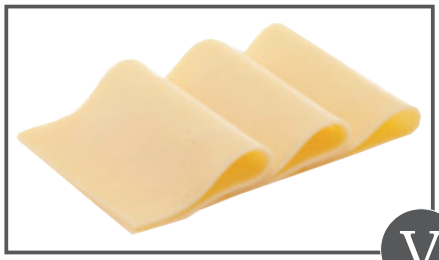




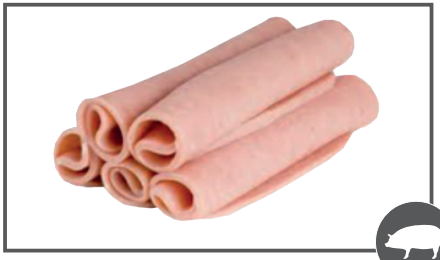
EGG MAYONNAISE **(HC EC)**



TUNA MAYONNAISE **(HC EC)**



CHEESE **(HC)**



HAM

SALAD

MONDAY

LUNCH



TURKEY **(♥)**

DINNER



PINK SALMON **(♥)**

TUESDAY

LUNCH



TUNA MAYO

DINNER



EGG **(♥)**

WEDNESDAY

LUNCH



CHEESE **(HC)**

DINNER



HAM

SALADS

THURSDAY

LUNCH



TUNA **(♥)**

DINNER



EGG **(♥)**

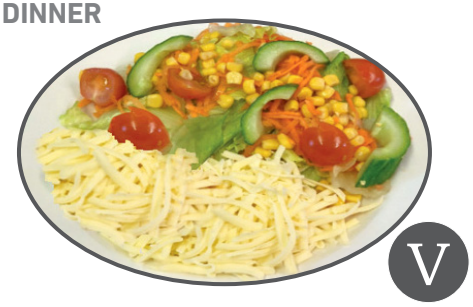
FRIDAY

LUNCH



TURKEY **(♥)**

DINNER



CHEESE PLOUGHMAN'S **(HC)**

SATURDAY

LUNCH



TUNA MAYO

DINNER



HAM

SALADS

SUNDAY

LUNCH



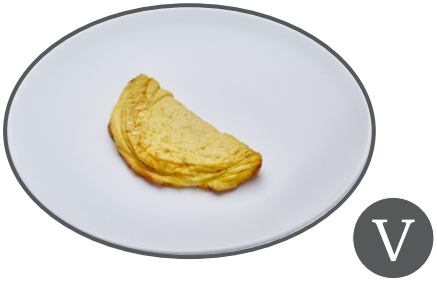
CHEESE **(HC)**

DINNER

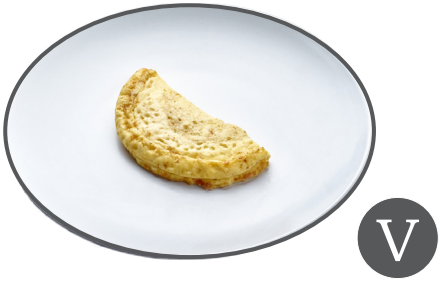


TUNA **(♥)**

OMELETTES



PLAIN OMELETTE **(♥ EC)**



CHEESE OMELETTE **(♥ EC)**

SIDES

Choose one option:



MASHED POTATO **(EC)**



WHITE RICE **(♥ EC VG)**



CHIPS **(VG)**



GARLIC BREAD



ROAST POTATOES **(VG)**



POTATO WEDGES **(VG)**

SIDES



PENNE PASTA (♥ **VG**)



YORKSHIRE PUDDING

Choose up to two options:



CARROTS (♥ **EC VG**)



GREEN BEANS (♥ **VG**)



BAKED BEANS (♥ **EC VG**)



MIXED VEGETABLES (♥ **VG**)

SIDES



PEAS **(♥ VG)**



SWEDE BATONS **(EC VG)**



SWEETCORN **(VG)**



SPROUTS **(VG)**



SIDE SALAD **(VG)**

CONDIMENTS



SALAD CREAM



TOMATO KETCHUP



MAYONNAISE



VINEGAR



BROWN SAUCE



TARTAR SAUCE

LUNCH HOT DESSERTS

Served with a choice of custard or ice cream.

DAILY



RICE PUDDING **(♥ EC)**

MONDAY



APPLE & BLACKCURRENT SPONGE **(♥ EC)**

TUESDAY



SOMERSET APPLE CAKE **(HC)**

WEDNESDAY



SYRUP SPONGE **(HC EC)**

THURSDAY



APPLE PIE **(HC VG)**

FRIDAY



SPOTTED DICK **(HC VG)**

LUNCH HOT DESSERTS

SATURDAY



V

JAM SPONGE **(HC EC)**

SUNDAY



V

CHOCOLATE CHIP SPONGE **(HC)**

LUNCH HOT DESSERTS - REDUCED SUGAR

Served with custard

MONDAY



V

JAM SPONGE **(HC EC)**

TUESDAY



V

SYRUP SPONGE **(EC)**

LUNCH HOT DESSERTS - REDUCED SUGAR

WEDNESDAY



V

LEMON SPONGE **(EC)**

THURSDAY



V

SULTANA SPONGE

FRIDAY



V

JAM SPONGE **(HC EC)**

SATURDAY



V

APPLE & BLACKBERRY CRUMBLE **(HC EC)**

SUNDAY



V

LEMON SPONGE **(EC)**

COLD DESSERTS

Available Lunch & Dinner



V

CAKE OR PASTRY



V

CHEESE & CRACKERS



V

THICK & CREAMY YOGHURT **(EC)**



V

LOW FAT YOGHURT **(♥ EC)**



V

MOUSSE **(EC)**
H OPTION AVAILABLE



V

JELLY **(EC)**
H OPTION AVAILABLE

COLD DESSERTS



V

ICE CREAM **(EC)**



V

FRESH FRUIT **(♥ VG)**



V

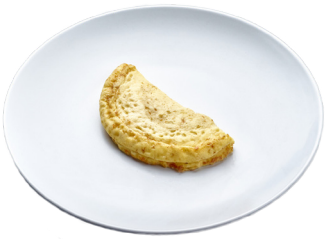
TINNED FRUIT **(♥ VG)**

FINGER MENU – MAIN



V

PLAIN OMELETTE **(♥ EC)**



V

CHEESE OMELETTE **(HC EC)**



V

VEGETABLE QUICHE **(HC)**



V

CHEESE & TOMATO PIZZA



FISHCAKES **(♥ EC)**



FISH FINGERS **(♥)**

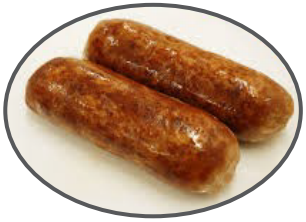
FINGER MENU – MAIN



CHICKEN GOUJONS



TRADITIONAL PASTY **(HC)**



SAUSAGES

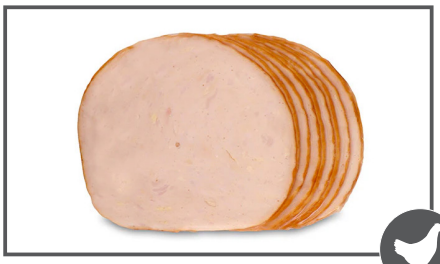


SAUSAGE ROLL **(HC)**

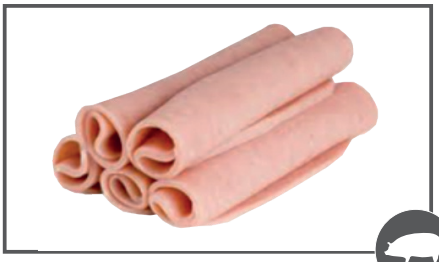
FINGER MENU – COLD OPTIONS



HARD BOILED EGG **(♥ EC)**



TURKEY SLICES **(♥)**



SLICED HAM **(EC)**

FINGER MENU – POTATOES / PASTA



ROAST POTATOES



BOILED POTATOES (♥ EC)



CHIPS



PLAIN PASTA (♥ EC)



POTATO WEDGES

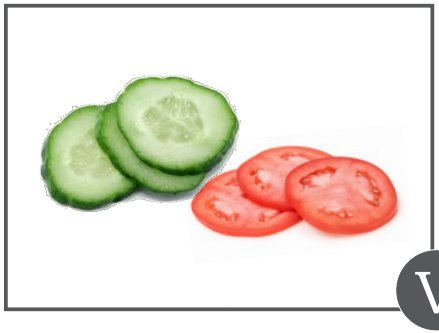


GARLIC BREAD

FINGER MENU – VEGETABLES



CARROTS (SLICED) **(♥ EC)**



CUCUMBERS & TOMATOES **(♥)**



GREEN BEANS **(♥)**



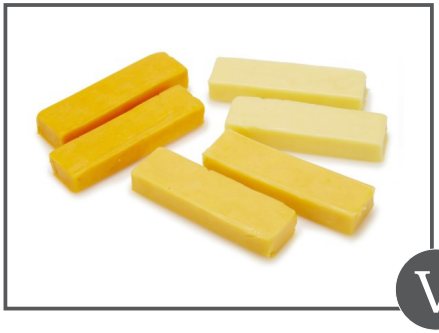
CARROT & SWEDE BATONS **(♥)**

FINGER MENU – SIDES



V

SALTED CRISPS



V

CHEESE STICKS **(HC)**



V

BREAD ROLL

FINGER MENU – DESSERTS



V

CAKE OR PASTRY



V

SATSUMA SEGMENTS
(♥)



V

CHEESE & CRACKERS



V

BANANA
(♥ EC)