SNACKS & DRINKS

DRINKS

Coffee

Tea

Fruit or Herbal Tea

Milk

Hot Chocolate

Squash

Decaffeinated tea or coffee and non-diary 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

HC snacks available

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 Morning

Lunch

Mid Afternoon

Supper

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

NHS
Norfolk and Norwich University Hospitals
NHS Foundation Trust

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.



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 EC

Low Fat ♥ 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	DINNER
MON	Turkey ♥	Pink Salmon ♥
TUE	Tuna Mayo	Egg ♥ V
WED	Cheese HC V	Ham
THU	Tuna ♥	Egg ♥ V
FRI	Turkey ♥	Cheese Ploughman's HC V
SAT	Tuna Mayo	Ham
SUN	Cheese HC V	Tuna ♥

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

Daily choice accompanied with your choice of sides.

LUNCH

MON Vegetable Quiche HC V
Chicken Chasseur ♥
Cottage Pie ♥ EC

TUE Chickpea Curry ♥ V VG
Sausages & Onion Gravy
Beef Lasagne HC EC

WED Pasta in Tomato Sauce ♥ EC V VG
Salmon & Broccoli Bake ♥
Potato Topped Chicken Pie HC EC

THU Cauliflower Cheese EC V
Chicken Korma
Corned Beef Hash HC EC

FRI Vegetable Lasagne HC V
Fish in Cheese Sauce ♥ EC
Chilli Con Carne ♥

SAT Vegetable Curry ♥ V VG
Pasta Carbonara HC EC
Shepherd's Pie HC EC

SUN Macaroni Cheese HC EC V
Sliced Chicken in Gravy ♥
Minced Beef Hotpot ♥ EC

DINNER

MON Lentil & Vegetable Pie ♥ HC V
Traditional Pasty HC

TUE Macaroni Cheese HC EC V
Chilli Con Carne ♥

WED Vegetable Cottage Pie ♥ EC V
Sweet & Sour Chicken ♥

THU Lentil Bolognaise ♥ EC V
Cottage Pie ♥ EC

FRI Baked Vegetable Pie HC V
Beef Bolognaise with Pasta ♥

SAT Cauliflower Cheese EC V
Pork Meatballs in Tomato & Herb Sauce ♥ EC

SUN Penne Pasta & Tomato Sauce ♥ EC V VG
Sausages & Onion Gravy

SANDWICHES

Egg Mayo HC EC V
Cheese HC V
Tuna Mayo HC EC
Ham

Available Lunch & Dinner on white or wholemeal

JACKET POTATOES

Plain ♥ V VG
Baked Beans ♥ V VG
Cheese HC V
Tuna ♥
Tuna Mayo HC

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

DESSERTS

LUNCH HOT DESSERTS

Served with a choice of custard or ice cream.

		REDUCED SUGAR
DAILY	Rice Pudding ♥ EC V	Served with custard
MON	Apple & Blackcurrent Sponge HC EC V	Jam Sponge HC EC V
TUE	Somerset Apple Cake EC V	Syrup Sponge EC V
WED	Syrup Sponge HC EC V	Lemon Sponge EC V
THU	Apple Pie HC V VG	Sultana Sponge V
FRI	Spotted Dick HC VG	Jam Sponge HC EC V
SAT	Jam Sponge HC EC V	Apple & Blackberry Crumble HC EC V
SUN	Chocolate Chip Sponge HC V	Lemon Sponge EC V

COLD DESSERTS Available Lunch & Dinner

Cake or Pastry V
Cheese & Crackers V
Low Fat Yogurt ♥ EC V
Thick & Creamy Fruit Yogurt EC V
Mousse EC V
HC option available
Jelly EC
Ice Cream EC V
Fresh Fruit ♥ VG
Tinned Fruit ♥ 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:** 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.**