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

Yogurts EC V

Fresh Fruit ♥ V

Tinned Fruit ♥ V

Cheese & Crackers V

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. Please ask your Nurse on duty.

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

Grazing AM 10:00 – 14:00

Grazing PM 16:00 – 18:30

This menu has been designed to provide a selection of lighter meals and snacks at a more flexible time to suit you.

If you would like to order anything from this menu please advise your ward host. Some items are prepared to order, please allow up to 20 minutes at peak times for any food to be cooked.

NEUTROPENIC DIETARY ADVICE

The content of this menu has been approved by the Dietetic Team as being suitable for patients who have been recommended to follow Neutropenic Dietary Advice.

OUT OF HOURS GRAZING

If you would like a meal outside of the grazing menu times, we can offer you a range of hot meals, snacks or snack bag between 19:30 and 07:00. Please speak to your Ward Host or Nurse.

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.

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. Therefore, 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.

NHS
Norfolk and Norwich University Hospitals
NHS Foundation Trust

Inpatient Dining

GRAZING

For patients on Mulbarton Ward Only

You can order meals from the Standard menu and/or the Grazing menu to suit your individual requirements



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

DRINKS

Chocolate Milkshake HC V

Strawberry Milkshake HC V

SOUPS

Cheesy Leek & Potato HC EC V

Tomato & Lentil HC EC V

Bread Roll V VG
White or wholemeal option served with butter or sunflower spread V

PASTRIES & BREAD

SWEET PASTRIES

Croissant V

Pancake V

SAVOURY PASTRIES

Cheese & Onion Slice V

Sausage Roll HC

BREAD, TOAST & CRUMPETS

Toasted Crumpet V VG

Bread EC V VG or Toast V VG
white or wholemeal

Served with butter or sunflower spread, jam and marmalade V.

HOT MEALS

MINI MEALS

Cheese & Potato Bake HC EC V

Macaroni Cheese HC EC V

Chicken Tikka Masala HC EC

Corned Beef Hash HC

JACKET POTATOES

Plain ♥ V VG

Baked Beans ♥ V VG

Cheddar Cheese HC V

Tuna ♥

Tuna Mayonnaise HC

All served with butter or sunflower spread V

DESSERTS

HOT DESSERTS

Rice Pudding EC V

Reduced sugar options

Lemon Sponge with Custard EC V

Sultana Sponge with Custard V

Apple & Blackberry with Custard HC V

Syrup Sponge with Custard EC V

COLD DESSERTS

Lemon Drizzle Cake V

Caramel Sundae EC V

Strawberry Sundae EC V

Thick & Creamy Yogurt EC V

Jelly EC

Ice Cream EC V

Fruit Ice Lollies EC V VG

Milky Ice Lollies EC V

Pineapple Fruit Pot ♥ V VG

Please see Standard menu for additional choices

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 **Easier to Chew:** suitable for patients who have difficulty coping with firm foods due to having no teeth, badly fitted dentures or sore mouths. **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.**

Please ask your Ward Host for the Gluten Free Menu if you require a Gluten Free diet.