INPATIENT DINING

LOW RESIDUE

BREAKFAST

Cornflakes ♥ V VG
Rice Krispies ♥ V VG

Bread EC V VG or Toast V VG
served with spread and preserves

STARTER

Chicken Soup EC
Tomato Soup HC EC V

Orange Juice ♥ EC V VG
Apple Juice ♥ EC V VG

MAIN MEALS

Plain Omelette ♥ EC V
Macaroni Cheese HC EC V
Fishcakes ♥ EC
Chicken Hotpot HC
Minced Beef HC EC

Cheese Omelette HC EC V
Fish Fingers ♥
Sliced Chicken in Gravy ♥
Sausages

SIDES

White Bread Roll V VG
Carrots ♥ EC V VG
Mashed Swede ♥ EC V VG

Boiled Potatoes ♥ V VG
Mashed Potato EC V
White Rice ♥ EC V VG

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JACKET POTATO

Do not eat the skin of the potato.
Served with your choice of butter V or sunflower spread V VG

Plain ♥ V VG
Cheese HC V
Tuna ♥
Tuna Mayonnaise HC

SANDWICHES

Available on white bread

Egg Mayonnaise HC EC V
Cheese HC V
Tuna Mayonnaise HC EC
Ham

DESSERTS

Available with custard or ice cream

HOT DESSERTS

Rice Pudding ♥ EC V
Lemon Sponge & Custard EC V
Stewed Apple & Custard ♥ EC V
Custard EC V

COLD DESSERTS

Thick & Creamy Yogurt EC V
Ice Cream EC V
Mousse EC V
HC option available
Peach Slices in Juice ♥ EC V VG

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.**

VG **Vegan:** free from all animal products including meat, poultry, fish, milk, eggs and all products derived from these. **Vegan menu available.**

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.