INPATIENT DINING

EMERGENCY DEPARTMENT

This standard menu is available to the Emergency Department and Outpatients areas. Additional diet meals including Vegan, Halal, Asian and Texture Modified are available on request.

SNACK BAG

1. STANDARD OPTION 1

Orange Juice or Water ♥ V VG
Sandwich option
Apple ♥ V VG
Thick & Creamy Yogurt EC V
Biscuits (mini-pack) V

2. STANDARD OPTION 2

Orange Juice or Water ♥ V VG
Sandwich option
Apple ♥ V VG
Crisps V VG
Biscuits (mini-pack) V

3. EASY TO CHEW

Orange Juice or Water ♥ V VG
Tuna Mayonnaise or
Egg Mayonnaise Sandwich HC
Banana ♥ EC V VG
Thick & Creamy Yogurt EC V
Sponge Cake EC V

4. VEGETARIAN

Orange Juice or Water ♥ V VG
Cheese or Egg Mayonnaise
Sandwich HC V
Apple ♥ V VG
Thick & Creamy Yogurt EC V
Sponge Cake EC V

5. VEGAN

Orange Juice or Water ♥ V VG
Vegan Sandwich V VG
Fresh Fruit ♥ V VG
Soya Yogurt EC V VG

SANDWICHES

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

Available on white or wholemeal

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HOT MEALS & ADDITIONAL ITEMS

HOT BOWLS

Cheese & Potato Bake
HC EC V

Macaroni Cheese HC EC V

Chicken Biryani HC

Corned Beef Hash HC

OMELETTES

Plain ♥ EC V

Cheese HC EC V

JACKET POTATOES

Plain Potato ♥ V VG

Baked Beans ♥ V VG

Cheese HC V

Tuna Mayonnaise HC

Tuna ♥

ADDITIONAL ITEMS ON REQUEST

Soup EC (V available)
Fruit Juice ♥ EC V VG
Thick & Creamy Yogurt EC V
Ice Cream EC V

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.**

ALLERGY 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.

CARBOHYDRATE CONTENT

If you have diabetes and are carbohydrate aware, the carbohydrate content of meals in this menu are available from your Nurse or Ward Catering Team.

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. Please speak to your Nurse or Ward Catering Team if you have any concerns.