

MEAL TIMES



HOW YOU ORDER

Your Ward Host will take orders **after breakfast** for lunch and **after lunch** for supper. Meals are available in **small, standard** or **large** 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 box or snacks. Please speak to your Ward Host or Nurse.

YOUR HOST TEAM

Your Ward Host team are here to help you. All have been specifically trained in dietary requirements, and have information at hand as to the ingredients and nutritional content of all meals, snacks and desserts. If you need any information, or would like to comment on any aspect of the service or quality of the meals you have received, please just ask.

OUR MENU RANGE

Please let your Ward Host or member of the ward team know if you have any special dietary requirements. We have the following alternative menus available should you require them:

- Allergen Free
- Gluten Free
- Vegan
- Puréed
- Pre-mashed
- Fork Mashable
- Low Residue
- Renal
- Kosher
- World Food & Halal (African Caribbean, Asian Vegetarian and Chinese)

YOUR FEEDBACK IS IMPORTANT TO US

If the dining service does not meet your expectations please do not hesitate to speak to the Ward Host or Nurse.

It is also helpful to learn which meals you enjoyed and to hear from you when you think we are doing well.

During your stay we will ask if you would like to complete a short survey about your experience. Your feedback is important to us so that we continually review and improve the catering services for everyone.

NEED EXTRA HELP AT MEALTIMES?

All staff are committed to ensuring your stay is as comfortable and trouble free as possible. If at any time you need extra help please let a member of staff know, for example:

- Assistance with choosing a suitable meal for your dietary requirements
- Help cutting up your food
- Extra support or assistance with feeding

FOOD BROUGHT IN FROM HOME

For dietary and food safety reasons, relatives and other visitors are discouraged from bringing temperature sensitive food to the hospital for patients to consume.

- Where there are special circumstances please ensure you discuss these with a member of nursing staff in advance. We will record your request and any agreement reached.
- Hospital staff are not permitted to reheat any brought in foods.
- Please note: There is no obligation on us to store any brought in chilled items.

Inpatient Dining OLDER CHILDREN & YOUNG ADULTS



MEETING YOUR NUTRITIONAL NEEDS

We recognise that eating and drinking well while in hospital is a very important part of your care. Good nutrition helps to fight infection, maintain weight and promote healing and recovery. Our Ward Hosts are here to ensure your stay is as comfortable as possible.

HYDRATION

Adequate hydration is essential for your wellbeing. Water jugs are refreshed twice a day. Ask your Ward Host or Nurse if you require a top up or replacement.

ALLERGY INFORMATION

If you have a food allergy please advise your nurse on admission and always inform the Ward Host each time you place your meal order.

If you have food allergies we have an Allergen Free Menu which contains dishes prepared free from: cereals containing gluten, milk, egg, fish, celery, crustaceans, molluscs, 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. Please speak to your Ward Host or Nurse if you have any concerns.

CODES USED IN THIS MENU

ED These dishes are more nourishing and contain either more calories and or protein. Suitable for patients with a reduced appetite.

MF Cow's milk protein and lactose free.

S These dishes are soft or moist and easier to chew. Not suitable for patients with Dysphagia.

V Suitable for lacto-ovo vegetarians where milk, eggs and their products are consumed. These dishes exclude all meat, poultry, fish and all products derived from these.

BREAKFAST

Please choose from the following items:

FRUIT JUICES

[MF, V]

Apple : Orange : Pineapple : Tropical

CEREALS

Cornflakes [S, MF, V]
Rice Krispies [S, MF, V]
Coco Pops [S, MF, V]
Weetabix [S, MF, V]
Hot Oat Cereal [MF, V, S]
Ask your ward host for milk options.

BREAD & TOAST

White [S, V]
Wholemeal [S, V]
Gluten Free [S, V]
Croissant [S, V]

FRUITS

Fresh fruit
Ask your ward host for options [S, V]

CHEESE

Cheese [V]
Soft Cheese [V, S]

YOGHURT

Ask your ward host for options [S, V]

A selection of spreads and preserves are available from your Ward Host:

Butter or Sunflower Spread, a selection of Jams, Marmalade and Honey.

SANDWICHES

Ham [H]	Tuna Mayonnaise [ED, S]
Chicken & Sweetcorn [ED]	Egg Mayonnaise [ED, S, V]

Available on white or wholemeal bread.

LUNCH & SUPPER

Please choose your **starter** + **one main meal** from either the main meals, comfort food, jacket potatoes, sandwiches, salads or the daily specials + **one dessert**.

STARTER

Tomato Soup [S, V] or Chicken Soup [S]
Bread Roll [V]
with butter or sunflower spread

MAIN MEALS

Beef Lasagne [ED, S]	Tuna Pasta Bake [S]
Minced Lamb Shepherd's Pie [S]	Macaroni Cheese [S, V]
Chicken Goujons [MF]	Vegetable Crumble [ED, V]
Chicken & Vegetable Pie [ED]	Plain Omelette [S, V]
Fish in Cheese Sauce [S]	Pasta in Creamy Vegetable Sauce [S, V]

All served with a daily selection of vegetables, potatoes, rice or garlic bread.

SALAD BOWL

Ham [H, MF]	Egg [V]
Tuna [MF]	Cheese [H, V]

Lettuce, tomato, cucumber, carrot and sweetcorn topped with your choice.

SALAD SIDES

Coleslaw [ED, V]	Grated Cheddar Cheese [ED, V]
Potato Salad [ED, V]	Piladelphia Cheese [S]
Vegetable Sticks [MF, V]	Bread Roll <i>with butter or sunflower spread</i> [V]
Houmous [MF, V]	

A selection of condiments are available.

POTATOES, RICE AND BREAD

Garlic bread [V]
Mashed potatoes [V, S] : Chips [MF, V]
Roast Potatoes [MF, V] :
Potato wedges [MF, V] : Boiled rice [MF, V]

OUR DAILY SPECIALS

MON: Chicken & Vegetable Casserole [MF]
Cheese & Onion Pie [ED, S, V]
TUE: Pork Sausages in Onion Gravy [S, MF]
Cheese Flan [ED, S, V]
WED: Pork Sausage Roll [ED, MF]
Cheese & Tomato Omelette [S, V]
THU: Corned Beef Hash [ED, S, MF]
Penne Pasta in Tomato & Basil Sauce [S, MF, V]
FRI: Chilli Con Carne [S, MF]
Vegetable Lasagne [ED, S, V]
SAT: Meatballs in Tomato Sauce [S]
Vegetable Quiche [ED, V]
SUN: Roast Beef in Gravy [MF]
Cheesy Potato Bake [S, V]

COMFORT FOOD

Pepperoni Pizza [ED]	Beef Burger in a bun [ED, MF]
Four Cheese Pizza [ED, V]	Chicken Burger in a bun [MF]
Chicken Dippers [MF]	Vegetarian Burger in a bun [MF, V]
Fish Fingers [MF]	Quorn Sausage Hotdog [V]

All served with a side salad

JACKET POTATOES

Plain [H, V]	Cheddar Cheese [ED, V]
Baked beans [ED, H, V]	Tuna Mayonnaise [ED]

All served with butter or sunflower spread and your choice of fillings.

VEGETABLES

Country Vegetables : Peas : Baked Beans
Diced Carrots [S] : Sweetcorn : [MF, V]

SNACKS & DRINKS

Hot and cold drinks will be offered to you throughout the day.

SCHEDULED SERVICE TIME

Early morning	Mid afternoon
With breakfast	After supper
Mid morning	Evening
After lunch	

DRINKS

Tea : Hot chocolate : Decaffeinated Coffee
Ovaltine : Milk : Squash : Fruit Juice

SNACKS

Fresh Fruit : Fruity Pot : Cake : Yoghurt
Fromage Frais : Custard Pot
Rice Pudding Pot : Chocolate Bar
Sweet Biscuits : Cheese and Crackers

A maximum of 2 snacks are available with your mid-morning and mid-afternoon drinks.

DESSERT

HOT

Plum & Cherry Pie [ED, V]	Apple Crumble [ED, V]
Jam Sponge [ED, S, V]	Stewed Apple & Custard [S, V]
Rice Pudding [S, V]	Custard [S, V]

All served with custard or ice cream

COLD

Blackcurrant Cheesecake [S, V]	Thick & Creamy Yoghurt [S, V]
Lemon Drizzle Cake [ED, S, MF, V]	Creamy Soya Dessert [MF, S, V]
Strawberry Mousse [S, V]	Fresh Fruit banana, satsuma or apple [MF, V]
Fruit Cocktail in Juice [MF, V]	Fruit Jelly [MF, S, V]
	Ice cream [S, V]

Ice Cream also served with fruit or jelly