

The background of the entire page is a vibrant blue jungle scene. It features stylized dark blue leaves and branches. Several cartoon animals are depicted: a yellow parrot with large eyes in the top left; two brown monkeys, one hanging upside down and another on a branch; a large black gorilla on the right; a brown meerkat sitting on the bottom left; and a grey and white striped lemur on the bottom right. The title 'Children's Menu' is written in large, white, rounded letters across the middle of the page.

# Children's Menu

2023/2024

This menu has been specially prepared for our younger patients and littlest tummies. Breastfeeding mothers are welcome to order from this menu.

The Patient Dining Team is here to help you. Please let your ward host know if you have any special dietary requirements.

A continental style breakfast is available daily, ordering is at point of service.

Your ward host will take your lunch order after breakfast and your supper order after lunch.



Hot and cold drinks will be offered with your meals and throughout the day and snacks will be provided twice a day.





# BREAKFAST

For gluten free options please refer to Gluten Aware Menu. Vegan options please refer to Vegan Menu.

## Juice



Orange Juice  

Apple Juice  



## Cereals

*Served with hot or cold milk. Soya milk available on request.*

Cornflakes 

Ready Brek  

Rice Krispies 

Weetabix  

## ALLERGEN 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. Allergen information for all food and drinks is available on request.





## Toast & Bread

*Served with butter or unsaturated spread.*

Wholemeal bread **V**

White bread **V**

## Preserves

Assorted Jams **EC V**

Marmalade **EC V**

Marmite **EC V**

Honey **EC V**



## Yoghurt

Thick & Creamy Fruit Yoghurt **EC V**

Soya Yoghurt **EC V**

## Fresh Fruit

Apple **V**

Banana **V EC**

Easy Peel Orange **V**



# DRINKS & SNACKS

## Hot & Cold Drinks

Tea including decaffeinated tea **EC** **V**

Coffee including decaffeinated coffee **EC** **V**

Malted Milk Drink **EC** **V**

Hot Chocolate **EC** **V**

Full Fat or Semi Skimmed Milk **EC** **V**

Orange Juice **EC** **V**

Apple Juice **EC** **V**

Fruit Squash **EC** **V**

No Added Sugar Squash **EC** **V**



## Snacks

*A selection of snacks and fruit will be offered mid morning and mid afternoon snacks. Gluten free snacks available on request.*

Chocolate Milkshake **EC** **V**

Strawberry Milkshake **EC** **V**

Strawberry Jelly **EC** **V**

Fromage Frais **EC** **V**

KitKat **V**

Sweet Biscuits **V**

Blueberry Mini Muffin **EC** **V**

Milk Chocolate Tea Cake **EC** **V**

Quavers Cheese Snack **EC** **V**

Simply Sweet Popcorn **V**

Savoury Crackers **V**

Cheddar Cheese **EC** **V**

Vanilla Ice Cream **EC** **V**

Strawberry Ice Cream **EC** **V**

Peach & Pear Fruit Pot **EC** **V**

Apple **V**

Banana **V** **EC**

Easy Peel Orange **V**





# MISSED A MEAL?

If you have missed a meal or are hungry between meals you can request a **PICNIC BOX**. Please inform a member of the nursing staff and choose from the following items:

## Picnic Box

Orange Juice **EC** **V**

Apple Juice **EC** **V**

*Choice of sandwich on white or wholemeal bread:*

Plain Ham **EC**

Chicken Mayonnaise **EC**

Tuna Mayonnaise **EC**

Plain Cheese **V** **EC**

Egg Mayonnaise **EC** **V**

*Plus any TWO items from the list below:*

Sweet Biscuits **V**

Kit Kat **V**

Blueberry Mini Muffin **EC** **V**

Quavers Cheese Snack **EC** **V**

Savoury Crackers **V**

Cheddar Cheese **EC** **V**

Thick & Creamy Fruit Yoghurt **EC** **V**

Peach & Pear Fruit Pot **EC** **V**

Banana **EC** **V**





# INFANT MENU

## 7+ Months (stage 2)

Sweet Potato & Chickpea Stew **V**

Keralan Vegetable Curry **V**

Butternut Squash, Carrot & Broccoli **V**





# LUNCH & SUPPER

Choose from the following options:

- 1 Main, rice or potatoes, vegetables and dessert
- 2 Everyday favourites, rice or potatoes, vegetables and dessert
- 3 Lite bites and desserts

## Starters

Orange Juice **EC** **V**

Apple Juice **EC** **V**

## Main Meals

Chilli Con Carne (Halal) **EC**

Shepherds Pie (Halal) **EC**

Minced Beef and Carrots (Halal) **EC**

Jerk Chicken (Halal)

Curried Chicken (Halal)

Chicken & Tomato Pasta

Roast Chicken

Tuna & Pasta Cheese Bake

Fish Pie with a Potato Top **EC**

Salmon Bake **EC**

Battered Fish

Vegetable Lasagne **EC** **V**

Macaroni Cheese **EC** **V**

Vegetable Jalfrezi **EC** **V**

Vegetable Hotpot **V**







## Everyday Favourites

Plain Omelette **EC** **V**

Cheese Omelette **EC** **V**

Vegetarian Sausages **EC** **V**

Tomato and Cheese Pizza **EC** **V**

Fish Fingers

Fish Fillet in a Bun



## Potatoes & Rice

Chips **V**

Sauté Potatoes **V**

Mashed Potato **EC** **V**

Rice & Peas **V**

Jollof Rice **EC** **V**

Plain Rice **EC** **V**



## Vegetables

Baked Beans **EC** **V**

Carrots **EC** **V**

Garden Peas **EC** **V**

Sweetcorn **V**

Mixed Vegetables **V**

Side Salad **V**



## ALLERGEN INFORMATION

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# LITE BITES

## Soup

*Served with a bread roll and your choice of butter or unsaturated spread.*

Cream of Chicken **EC**

Cream of Tomato **EC V**

## Jacket Potatoes

*Served with butter and your choice of 1 or 2 fillings.*

Baked Jacket Potato **V**

Grated Cheddar Cheese **EC V**

Baked Beans **V**

Tuna Mayonnaise **EC**





## Salad Bowl

*Served with a bread roll and butter with your choice of mayonnaise or salad cream.*

Chicken Salad

Ham Salad

Tuna Salad

Cheddar Cheese Salad **V**

*Add a salad accompaniment:*

Coleslaw **V**

Potato Salad **V**

Hummus **EC V**

## Sandwiches

*Available on white or wholemeal bread.*

Ham **EC**

Chicken Mayonnaise **EC**

Tuna Mayonnaise **EC**

Plain Cheese **EC V**






# LITE BITES

## Toasted Sandwiches

*Available on white or wholemeal bread.*

Ham

Cheese 

**ADD:**

Lettuce

Tomato

Onion

Mayonnaise





# DESSERTS

## Hot Desserts

*Served with custard or ice cream.*

Rice Pudding with Nutmeg **EC** **V**

Apple Crumble **EC** **V**

Chocolate Sponge **EC** **V**

Custard **EC** **V**

## Cold Desserts

Vanilla Ice Cream **EC** **V**

Strawberry Ice Cream **EC** **V**

Strawberry Jelly **EC** **V**

Fresh Fruit Salad **V**

Thick & Creamy Fruit Yoghurt **EC** **V**

Soya Yoghurt **EC** **V**

Custard Pot **EC** **V**

Cheddar Cheese **EC** **V**

Savoury Crackers **V**

Apple **V**

Banana **EC** **V**

Easy Peel Orange **V**



# SERVICE TIMES

## MEALS

BREAKFAST is served between 08.00 - 09.00

LUNCH is served between 12.30 - 13.30

SUPPER is served between 17.45 - 18.45

There may be slight variations according to ward based agreement.

## SNACKS

Mid morning and mid afternoon snacks are served between meals.

## BEVERAGES

There are 7 beverage rounds: early morning and evening served by nursing staff, whilst those accompanying meal times and snack service will be served by the ward host.

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## PROTECTED MEALTIMES

Most wards operate a policy of protected mealtimes. This is a period of time when meal service takes priority over routine activities. Our aim is to provide you a quiet and calm environment, and the time you need to enjoy your meals without interruption.

## ALLERGEN 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. Allergen information for all food and drinks is available on request.

## FISH BONES

Although every care has been taken to remove fish bones from our dishes, some may remain. Therefore, please take care when consuming fish dishes.

## THERAPEUTIC DIETS

The following therapeutic menus are available:

- Allergen Aware
- Gluten Aware
- Level 4 Pureed
- Level 5 Minced & Moist
- Level 6 Soft & Bite-sized
- Dementia NOSH
- Lower Fibre and Clear & Free Fluid

Please ask your ward host or nursing staff.

## CULTURAL & RELIGIOUS DIETS

We have Vegan and Kosher Menus available and a Halal, Asian, Jain, African and Caribbean Menu is available.

## MENU CODING

**EC** EASY TO CHEW These dishes are suitable for patients who have difficulty coping with firm foods due to having no teeth or sore mouths. Not suitable for patients with difficulty swallowing (dysphagia) these patients should refer to the modified texture menus.

**V** VEGETARIAN These dishes are made without meat, poultry, fish and products derived from these such as gelatine. Suitable for vegetarians that consume milk, egg and their products. A Vegan menu is available.

## NEED EXTRA HELP AT MEALTIMES?

We 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 the nursing staff know, for example:

- assistance choosing a meal suitable for your dietary requirements
- help cutting up your food or extra support and assistance with feeding.

## FOOD 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 obtain permission from a member of the nursing staff prior to bringing food from home into the hospital. We will record your request and any agreement reached.

Please note:

- hospital staff are not permitted to reheat any food brought from home
- there is no obligation on us to store any chilled items brought from home. If we agree these must be labelled with the patients name and the date it was brought in. All food will be discarded after 24 hours.

## YOUR FEEDBACK IS IMPORTANT

We will ask you to complete a short survey about your experience, to help us review and improve our patient dining services. If you have any feedback or queries during your stay, please speak to a nurse or your ward host.

**For more information about the Patient Dining Service and to view electronic copies of menus please scan this QR Code**

