

Nourishing Menu

2023/2024

This menu has been specifically tailored to the needs of the patients in our Care of the Elderly wards.

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 the 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.

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.

Hydration is essential to your wellbeing. Your water jug will be refreshed twice a day, unless your ward host is advised otherwise by nursing staff. If you need a top up or new jug, please ask your ward host or nursing staff for assistance.

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

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 inside the A La Carte Menu.

MENU CODING

BC BALANCED CHOICE These dishes contain moderate amounts of fat, sugar and salt. Suitable as part of a balanced, healthy diet and for patients with diabetes.

HE HIGHER ENERGY These dishes are more nourishing than those coded BC as they contain more calories and/or protein. Suitable for those with a reduced appetite.

EC EASY TO CHEW These dishes are suitable for those 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 advised not to reheat food brought from home - this is for food safety reasons
- 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

To help us review and improve our patient dining services, we will ask you to complete a short survey about your experience. 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



BREAKFAST

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

JUICE

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

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

CEREALS

Served with full fat or semi skimmed milk.

Skimmed milk and soya milk available on request.

Cornflakes **BC** **V**

Bran Flakes **BC** **V**

Hot Oats Cereal **BC** **EC** **V**

Rice Krispies **BC** **V**

Weetabix **BC** **EC** **V**

BEVERAGES, SNACKS & SNACK BOXES

BEVERAGES

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

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

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

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

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

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

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

Missed a Meal?

SNACK BOX

Available for those who have missed a meal or are hungry between meals. Please inform a member of the nursing staff and choose from the following items:

JUICE

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

Apple Juice **BC** **EC** **RS** **V**

SANDWICH

On white or wholemeal bread, gluten free options available.

Plain Ham

Chicken Mayonnaise

Tuna Mayonnaise **EC**

Cheddar Cheese **V**

TOAST & BREAD

Served with butter or unsaturated spread.

Wholemeal bread **BC** **V**

White bread **BC** **V**

PRESERVES

Assorted Jams **EC** **V**

Marmalade **EC** **V**

Marmite **EC** **V**

Honey **HE** **EC** **V**

FRESH FRUIT

Apple **BC** **V**

Banana **BC** **EC** **V**

Easy Peel Orange **BC** **V**

STANDARD SNACKS

A selection of sweet biscuits, savoury snacks, yoghurt and fruit will be offered mid morning and mid afternoon snacks. Gluten free and modified texture snacks available.

- Sweet Biscuits
- Filled Sponge Cake
- Selection of Yoghurts
- Cake Slice
- Cheese & Crackers
- Fresh Fruit

Cheese & Onion **HE** **EC** **V**

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

Hummus, Bean & Carrot **V**

Plus any TWO items from the list below:

Sweet Biscuits **HE** **V**

Cake Slice **EC** **V**

Cheese & Crackers **HE** **V**

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

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

Apple **BC** **V**

Banana **EC** **BC** **V**

Easy Peel Orange **BC** **V**

LUNCH & SUPPER

STARTERS

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

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

Cream of Chicken Soup **EC** **V**

Leek & Potato Soup **EC** **V**

Red Pepper & Tomato Soup **EC** **V**

Please ask your ward host for Soup of the Day option. Soup is served with a bread roll and your choice of butter or unsaturated spread.

DAILY SPECIALS

Please choose a main, rice or potatoes, vegetables and dessert.

MONDAY Beef Lasagne **HE** **EC**
Soya Mince Chilli **BC** **EC** **V**

TUESDAY Salmon Bake **HE** **EC**
Cauliflower & Broccoli Pasta **HE** **EC** **V**

WEDNESDAY Creamy Chicken Casserole **HE**
Soya Pasta Bolognaise **BC** **EC** **V**

THURSDAY Fish Pie with a Potato Top **BC** **EC**
Vegetable Lasagne **HE** **EC** **V**

FRIDAY Battered Fish **HE** **EC**
Vegetarian Sausages **BC** **EC** **V**

SATURDAY Minced Beef & Onion Pie **HE**
Soya Mince Chilli **BC** **EC** **V**

SUNDAY Roast Beef in Gravy **BC**
Broccoli and Herb Quiche **HE** **V**

MAIN MEALS AVAILABLE DAILY

Please choose a main, rice or potatoes, vegetables and dessert.

Roast Chicken **BC**

Chicken & Mushroom Pie **HE**

Fish in Parsley Sauce **BC** **EC**

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

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

Creamy Lentil, Tomato and Cauliflower Daal **HE** **EC** **V**

POTATOES & RICE

Please ask your ward host for potatoes/rice of the day options.

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

Boiled Rice **HE** **EC** **V**

Steamed Potatoes **BC** **EC** **V**

Sauté Potatoes **HE** **V**

VEGETABLES

Please ask your ward host for vegetables of the day options.

Carrots **BC** **EC** **V**

Sweetcorn **HE** **V**

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

Mashed Swede **HE** **EC** **V**

Mixed Vegetables **BC** **V**

LIGHTER OPTIONS

If you prefer a smaller meal please choose from the lighter options and a dessert.

LIGHTER OPTION 1: omelette, rice or potatoes and vegetables.

LIGHTER OPTION 2: a jacket potato with butter and your choice of 1 or 2 fillings.

LIGHTER OPTION 3: a sandwich and side salad with your choice of mayonnaise or salad cream.

LIGHTER OPTION 4: a salad served with a bread roll and butter with your choice of coleslaw or potato salad and mayonnaise or salad cream.

OMELETTES

Choose rice or potatoes and vegetables to complete your meal.

Plain Omelette **V**

Cheese Omelette **HE V**

JACKET POTATOES

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

Baked Jacket Potato **BC V**

Grated Cheddar Cheese **HE V**

Baked Beans **V**

Tuna Mayonnaise **BC**

SANDWICHES

Available on white or wholemeal bread.

Served with a side salad with your choice of mayonnaise or salad cream.

Plain Ham

Chicken Mayonnaise

Tuna Mayonnaise **EC**

Cheddar Cheese **V**

Cheese & Onion **HE EC V**

Egg Mayonnaise **EC V**

Hummus, Bean & Carrot **V**

SALADS

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

Ham Salad

Chicken Salad **BC**

Tuna Salad

Egg Salad **BC** **V**

Cheddar Cheese Salad **V**

Cheese & Onion Quiche Salad **HE** **V**

SALAD SIDES

Coleslaw **HE** **V**

Potato Salad **V**

HOT DESSERTS

Served with custard, ice cream or double cream.

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

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

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

COLD DESSERTS

Raspberry Trifle **EC** **V**

Strawberry Cheesecake **EC** **V**

Strawberry Jelly & Cream **HE** **EC** **V**

Peach Slices & Cream **HE** **EC** **V**

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

Natural Yoghurt **BC** **EC** **V**

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

Cheese & Crackers **V**

Apple **BC** **V**

Banana **BC** **EC** **V**

Easy Peel Orange **BC** **V**
