

# A la Carte Menu

2024/2025

**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.

# 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

A continental style breakfast is available daily.

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

\* There may be slight variations according to ward based agreement.

## SNACKS

Mid morning and mid afternoon snacks are served between meals.

## DRINKS

There are 7 beverage rounds: early morning, breakfast, mid-morning, lunch, mid-afternoon, supper and evening.

Your water jug will be refreshed twice a day, unless your ward host is advised otherwise by your nurse. If you need a top up or a new jug, please ask your ward host or nurse.

## 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.

## NEED EXTRA HELP AT MEALTIMES?

We are committed to ensuring your stay is as comfortable and as 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 food safety reasons, relatives and other visitors are discouraged from bringing temperature sensitive food to the hospital for patients to consume. In the unlikely event that you need to bring in food, please ensure you obtain permission from your nurse before bringing any food into the hospital. Your nurse will record your request, any agreement reached and ensure that food safety is maintained. Please note:

- for food safety reasons, hospital staff are advised not to reheat 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 patient's name, the date brought in and discarded after 24 hours.

## CULTURAL & RELIGIOUS MENUS

Halal, Asian Vegan, Jain, African and Caribbean dishes are available in this menu. We also have a Kosher menu and a Plant-based menu available, please ask your ward host or nurse.

## MENU CODING

**HP** HIGHER PROTEIN These dishes contain more protein per portion to meet the increased needs of those who may be at risk of malnutrition, or have a higher protein need to support immune function and physical recovery.

**HE** HIGHER ENERGY These dishes contain more calories per portion to meet the increased needs of those who may be at risk of malnutrition, or have a reduced appetite or have higher energy needs to support physical recovery.

**BC** BALANCED CHOICE These dishes contain moderate amounts of fat, sugar and salt per portion and are suitable for those who do not have increased nutritional needs and are following general healthy eating dietary advice.

**EC** EASY TO CHEW These dishes are suitable for those with dental issues, sore mouths or other medical conditions that make it difficult to bite, chew or swallow regular foods. Patients with difficulties swallowing (dysphagia) who may benefit from a modified texture diet should be referred to Speech and Language Therapy for assessment.

**V** VEGETARIAN These dishes are suitable for those who eat eggs, milk and dairy products. They exclude all meat, poultry, fish, shellfish, crustaceans and ingredients derived from them e.g. gelatine and rennet. A vegan (plant-based) menu is available.

**KD** KIDNEY FRIENDLY These dishes are lower in salt and restrict foods that are high in potassium and phosphate, making them suitable for patients who need to follow a kidney friendly diet.

## ALLERGEN INFORMATION

If you have a food allergy please advise your nurse on admission and always inform the ward host when 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 MENUS

Where patients have specific dietary requirements due to a condition or treatment we have therapeutic menus are available, please ask your ward host or nurse:

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

## SUSTAINABILITY

The NHS has committed to reaching net zero carbon emissions by 2040 for the emissions it controls directly and by 2045 for the emissions it influences. Food and catering sustainability is considered in terms of the environmental impact of the whole food supply chain, from procurement to waste. With each menu review we strive to deliver nutritionally appropriate and more sustainable food and drink choices.

## 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 your ward host or nurse.



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

## BREAKFAST

Gluten Aware and Plant-based Menus are available, please speak with your ward host.

### JUICE

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

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

### CEREALS

Served with full fat or semi skimmed milk.  
Skimmed milk and soya milk available on request.

Cornflakes **BC** **KD** **V**

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

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

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

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

### YOGHURT

Natural Yoghurt **HP** **EC** **KD** **V**

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

Soya Fruit Yoghurt **HP** **EC** **KD** **V**

## DRINKS, SNACKS & SNACK BOXES

### DRINKS

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

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

### STANDARD SNACKS

A selection of sweet biscuits, savoury snacks, yoghurt and fruit will be offered mid morning and mid afternoon snacks.

Selection of Sweet Biscuits **HE** **V**

### TOAST & BREAD

Served with butter or unsaturated spread.

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

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

### PRESERVES

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

Marmalade **EC** **KD** **V**

Marmite **EC** **V**

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

### FRESH FRUIT

Apple **BC** **KD** **V**

Banana **BC** **V**

Easy Peel Orange **BC** **EC** **KD** **V**

Plain Sponge Cake Slice **EC** **KD** **V**

Fruit Sponge Cake Slice **V**

Chocolate Sponge Cake Slice **EC** **V**

Cheese and Crackers **HP** **HE** **KD** **V**

Low Fat Natural Yoghurt **HP** **EC** **KD** **V**

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

Soya Fruit Yoghurt **HP** **EC** **KD** **V**

Apple **BC** **KD** **V**

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

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

## Missed a Meal?

### SNACK BOX

Available for those who have missed a meal or are hungry between meals, please ask your nurse.

Choose from the following items:

#### JUICE

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

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

#### SANDWICH

Available for those who have missed a meal or are hungry between meals, please ask your nurse.

Chipotle Chilli Falafel **KD** **V**

Free Range Egg Mayonnaise **KD** **V**

Cheddar Cheese **HP** **KD** **V**

Tuna Mayonnaise **BC** **KD**

Chicken Mayonnaise **BC** **KD**

Wiltshire Ham **BC**

Plus any TWO items from the list below:

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

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

Cheese & Crackers **HP** **HE** **KD** **V**

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

Soya Fruit Yoghurt **BC** **EC** **KD** **V**

Apple **BC** **KD** **V**

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

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

## LUNCH & SUPPER

### STARTERS

Soup is served with a bread roll and your choice of butter or unsaturated spread.

**Orange Juice**  

**Apple Juice**   





**Leek & Potato Soup**  


**Cream of Chicken Soup**  





Please choose a Main Meal, Jacket Potato, Sandwich or Salad and a Dessert.

### MAIN MEALS

Additional gravy is available, please ask your ward host.




**Soya Mince Hot Pot** Soya mince and split peas in a tomato based sauce, topped with seasoned sliced potatoes.    

**Butternut Squash Curry** Butternut squash in a spicy caramelised onion, coconut and lentil daal served with basmati rice.    

**Vegetable and Bean Chilli** A medium spiced tomato chilli with red kidney beans, chick peas and red lentils, served with long grain rice.    




**Cauliflower and Broccoli Pasta** Cauliflower, broccoli and pasta in a rich cheese sauce.     





**Macaroni Cheese** Higher in Salt Macaroni pasta in a creamy cheese sauce with wholegrain mustard.     




**Cheese Omelette** Served with mashed potato and baked beans.   




**Vegetarian All Day Breakfast** Omelette, vegetarian sausage, sauté potatoes and baked beans.    




**Fish and Chips** Battered fish with chips and peas.  




**Potato Top Fish Pie** White fish, smoked haddock, leeks and herbs in a white sauce with a mashed potato top, served with garden peas.   

**Salmon Florentine** Steamed salmon with a spinach cheese sauce, served with steamed potatoes and sliced carrots.    





**Butter Chicken** Chicken breast strips in mildly spiced buttery tomato based curry with coriander, served with basmati rice.   



**Spanish Chicken** Chicken breast strips, bacon lardons and mixed peppers in a mildly smoked tomato sauce, served with long grain rice.   

**Roast Chicken** Chicken breast with a sage and onion stuffing ball, served with roast potatoes, orange and yellow carrots, green beans, broccoli and gravy.   

**Pork and Leek Sausages with Mash** Higher in Salt Two pork and leek sausages served with mashed potato, onion gravy and garden peas.   

**All Day Breakfast** Plain omelette, pork sausage, bacon, sliced potatoes and baked beans  

**Shepherd's Pie** Traditional lamb mince with carrots and onions, topped with a mashed potato, served with garden peas.    

**Beef Lasagne** Pasta sheets layered with a rich beef tomato bolognese, topped with a mornay cheese sauce and served with broccoli florets.   

### JACKET POTATOES

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

**Jacket Potato with butter or spread**  

**Jacket Potato with baked beans**  

**Jacket Potato with cheddar cheese**   

**Jacket Potato with tuna mayonnaise**  

### SALADS

Served with coleslaw and a bread roll with your choice of butter or unsaturated spread. Salad cream and mayonnaise available, please ask your ward host.

**Provençale Bean Salad**    

**Cheddar Cheese Salad**  

**Egg Salad**   

**Tuna Salad**   

**Chicken Salad**   

**Ham Salad** 

### SANDWICHES

Available on white or wholemeal bread.

**Chipotle Chilli Falafel**  

**Free Range Egg Mayonnaise**  

**Cheddar Cheese**   

**Tuna Mayonnaise**  

**Chicken Mayonnaise**  

**Wiltshire Ham** 

## HOT DESSERTS

Served with custard, ice cream or double cream.

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

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

Chocolate Sponge **HP** **HE** **EC** **KD** **V**

## COLD DESSERTS

Please choose a cake served with custard or ice cream, or TWO of the other items.

Lemon Cake **HE** **EC** **KD** **V**

Raspberry and Coconut Cake **HE** **EC** **V**

Vanilla Cheese Cake **HP** **HE** **EC** **KD** **V**

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

Peach Slices in juice **EC** **KD** **V**

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

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

Low Fat Natural Yoghurt **HP** **BC** **EC** **KD** **V**

Cheese and Crackers **HP** **HE** **KD** **V**

Fresh Fruit - Apple, Banana or Easy Peel Orange **BC** **V**

## CULTURAL MENU

### JAIN MEALS

These meals do not contain root vegetables such as potatoes, onions, garlic and carrots.

**Khichdi and Kadhi** A mixture of lentils and rice (Khichdi) served with a yoghurt based soup (Kadhi). **BC** **EC** **KD** **V**

**Vegetable Shaak, Khichdi and Kadhi** A vegetable curry served with mixture of lentils and rice (Khichdi) and a yoghurt based soup (Kadhi). **BC** **KD** **V**

**Yellow Mung Bean Stew** A yellow lentil soup served with basmati rice. **HP** **HE** **EC** **V**

### ASIAN VEGAN MEALS

These meals are 100% plant-based, containing vegetables, beans, pulses and whole grains, they do not contain any animal products (meat, poultry or fish) or animal-derived ingredients (dairy, eggs or honey).

**Mixed Vegetable Curry** *Higher in Salt* Served with a lentil accompaniment and rice. **HP** **HE** **KD** **V**

**Potato and Cauliflower Curry** Served with a lentil accompaniment and basmati rice. **HP** **HE** **KD** **V**

**Chickpea Masala** Served with a lentil accompaniment and basmati rice. **HP** **HE** **EC** **V**

### HALAL MEALS

The meat in these meals is halal.

#### WESTERN HALAL

**BBQ Chicken Wings** Served with sliced potatoes, a bean feast and vegetables. **HP**

**Chicken Nuggets** Served with chips, baked beans and vegetables. **HP** **HE**

**Roast Chicken** Served with sliced potatoes, beans, vegetables and gravy. **HP** **BC** **KD**

**Pasta and Minced Lamb** Served with beans and vegetables. **HP** **BC** **EC** **KD**

#### ASIAN HALAL

**Chicken Korma and Masoor Daal** A coconutty korma sauce, served with a lentil accompaniment and rice. **HP** **BC** **KD**

**Chicken Biryani and Moong Daal** A creamy biryani sauce, served with a lentil accompaniment and rice. **HE** **HP** **EC** **KD**

**Lamb Masala and Chana Daal** A classic tikka masala sauce, served with a lentil accompaniment and basmati rice. **HE** **HP**

## AFRICAN HALAL

---

**Jollof Rice with Chicken** Jollof rice with succulent chicken pieces. **HP HE EC KD**

---

**Chicken Stew** Gently spiced chicken stew served with white rice. **HP KD**

---

## AFRICAN-CARIBBEAN

---

**Spinach Cabbage and Okra Stew** **Higher in Salt** A vibrant vegetable stew served with vegetable rice. **KD V**

---

**Ackee with Saltfish** Saltfish in an vibrant vegetable stew served with vegetable rice.

---

**Brown Stewed Chicken** **Higher in Salt** Stewed chicken in a vibrant vegetable stew served with vegetable rice. **HP KD**

---

