



NHS

Imperial College Healthcare
NHS Trust

Children's Menu

2024/2025

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

BREAKFAST

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

Juice

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

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

Cereals

Served with hot or cold milk. Soya milk available please ask your ward host.

Coco Pops **V**

Cornflakes **V**

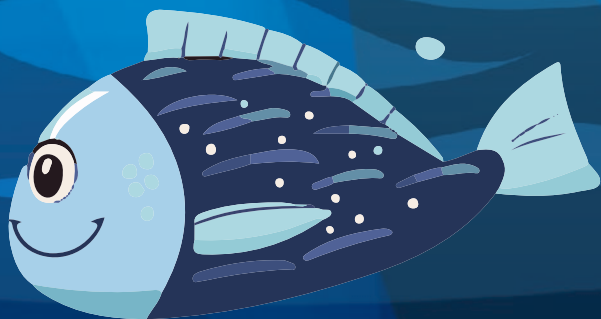
Ready Brek **EC** **V**

Rice Krispies **V**

Weetabix **EC** **V**

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.



MENU CODING

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.

Yoghurt

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

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

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

Toast & Bread

White or wholemeal bread available 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**

Fresh Fruit

Apple **V**

Banana **EC** **V**

Easy Peel Orange **V**



DRINKS & SNACKS

Hot & Cold Drinks

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**

Snacks

A selection of sweet and savoury snacks and fruit will be offered mid morning and mid afternoon snacks. Gluten free snacks available please speak with your ward host

Chocolate Milkshake

(no added sugar) **EC** **V**

Strawberry Milkshake

(no added sugar) **EC** **V**

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

Fromage Frais Little Stars **EC** **V**

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

Sweet Biscuits Mini Pack **V**

KitKat **V**

Chocolate Coated Caramel Wafer **V**

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

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

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

Simply Sweet Popcorn **V**

Cheese and Crackers **V**

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

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

Peach and Pear Fruit Pot **EC** **V**

Fresh Fruit - Apple, Banana
or Orange **V**



MISSED A MEAL?

Picnic 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 V

SANDWICH

*Available on white or wholemeal bread.
Gluten free options available.*

Cheddar Cheese EC V

Tuna Mayonnaise

Chicken Mayonnaise

Wiltshire Ham

Plus any TWO items from the list below:

Sweet Biscuits Mini Pack V

Toffee Cake EC V

Flapjack V

KitKat V

Quavers Cheese Snack EC V

Cheese and Crackers V

Thick & Creamy Fruit Yoghurt EC V

Soya Fruit Yoghurt EC V

Peach and Pear Fruit Pot EC V

Banana EC V

INFANT MENU

4+ Months

Apple and Pear Puree Pot EC V

Mango, Yoghurt, Coconut and
Oat Pouch EC V

Butternut Squash Carrot and
Broccoli Pouch EC V

7+ Months

Beef Ragu with Pasta Pot EC

Keralan Vegetable Curry with
Wholegrain Rice Pot EC V



LUNCH & SUPPER

Starters

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

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

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

Cream of Chicken Soup **EC**

Cream of Tomato **EC** **V**

Butternut Squash Carrot & Broccoli Pouch **EC** **V**

PLEASE CHOOSE A MAIN MEAL, EVERYDAY FAVOURITE OR JACKET POTATO, SANDWICH OR SALAD AND A DESSERT

Main Meals

Gravy and condiments are available, please ask your ward host. Dishes containing meat suitable for those following a Halal diet have been highlighted.

Butter Bean and Vegetable Hotpot **V**

Hotpot made with onions, peppers, split peas, butter beans, courgettes, green beans and topped with sauté potatoes.

Soya Mince Pasta Bolognese **EC** **V**

Soya mince pasta bolognaise with penne pasta.

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

Cauliflower, chickpeas and courgettes in a creamy tomato and lentil daal.

Broccoli and Herb Quiche **V**

Broccoli and herbs in savoury cheese custard baked in pastry

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

Macaroni in creamy cheese sauce with mustard.

Tuna and Pasta Cheese Bake

Tuna and pasta in a cheese sauce with a baked cheese topping.

Fish Pie with a Potato Top **EC**

Pollock, smoked haddock, leeks and herbs in a creamy sauce topped with creamed potato

Main Meals - continued

Salmon Bake **EC**

Salmon and cauliflower in cheese sauce with baked cheese topping.

Battered Fish

White fish in deep fried batter coating.

Curried Chicken **HALAL**

Caribbean style chicken curry.

Jerk Chicken **HALAL**

Chicken pieces in a jerk style sauce.

Roast Chicken

Roast chicken breast.

Chicken and Tomato Pasta

Chicken and pasta in a tomato and herb sauce.

Minced Lamb and Carrots **HALAL**

Stewed minced lamb with carrots.

Shepherd's Pie **EC**

Lamb mince with onions and carrots, topped with mashed potato.



Rice & Potatoes

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

Rice and Peas **V**

Jollof Rice **V**

Sauté Potatoes **V**

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

Chips **V**

Vegetables

Carrots **EC** **V**

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

Sweetcorn **V**

Mixed Vegetables **V**

Baked Beans **V**

Side Salad **V**

Everyday Favourites

Choose rice or potatoes and a vegetable accompaniment. Ketchup and mayonnaise are available, please ask your ward host.

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

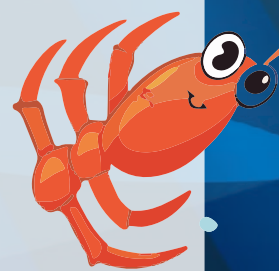
Cheese Omelette **EC** **V**

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

Fish Fingers

Fish Fillet in a Burger Bun

Tomato and Cheese Pizza **V**



LITE BITES

CHOOSE A JACKET POTATO, SALAD BOWL
OR SANDWICH AND A DESSERT

Jacket Potatoes

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

Jacket Potato with butter or spread **V**

Jacket Potato with baked beans **V**

Jacket Potato with cheddar cheese **V**

Jacket Potato with tuna mayonnaise

Salad Bowl

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

Cheddar Cheese Salad **V**

Egg Salad **V**

Tuna Salad

Chicken Salad

Ham Salad

Sandwiches

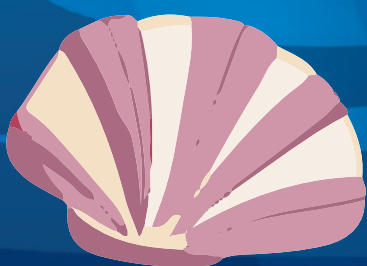
Available on white or wholemeal bread.

Cheddar Cheese **V**

Tuna Mayonnaise

Chicken Mayonnaise

Wiltshire Ham



DESSERTS

Hot Desserts

Served with custard or ice cream.

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

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

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

Cold Desserts

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

Toffee Cake **EC** **V**

Lemon Cake **EC** **V**

Vanilla Cheese Cake **EC** **V**

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

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

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

Fresh Fruit Salad **EC** **V**

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

Soya Fruit Yogurt **EC** **V**

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

Cheese and Crackers **V**

Fresh Fruit - Apple, Banana
or 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

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 new jug, please ask your ward host or nurse.

PROTECTED MEALTIMES

The children's 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 a quiet and calm environment, and the time needed to enjoy meals without interruption.

ALLERGEN INFORMATION

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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 available, please ask your ward host or nurse:

- Allergen Aware
- Kidney Friendly
- Gluten Aware
- Clear & Free Fluids
- Lower Fibre

CULTURAL & RELIGIOUS DIETS

Dishes containing meat suitable for those following a Halal diet have been highlighted. Asian Vegan, Jain, African and Caribbean dishes are available in the A la Carte menu. We also have a Kosher menu and a Plant-based menu available, please ask your ward host or nurse.

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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.
- nuts or foods containing them should not be brought onto the children's wards

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



