



Imperial College Healthcare
NHS Trust

Nourishing Menu

2024/2025

This menu has been specifically tailored to the increased nutritional requirements of patients on our Care of the Elderly wards.

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

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.

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.

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 available, please ask your ward host or nurse:

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

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.

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  

Apple Juice  

CEREALS

Served with full fat or semi skimmed milk.

Skimmed milk and soya milk available on request.

Cornflakes  

Bran Flakes  

Hot Oats Cereal   

Rice Krispies  

Weetabix   

YOGHURT



Natural Yoghurt   

Thick & Creamy Fruit Yoghurt   

Soya Fruit Yoghurt   

TOAST & BREAD

Served with butter or unsaturated spread.

Wholemeal bread  

White bread  

PRESERVES

Assorted Jams  

Marmalade  

Marmite  

Honey   

FRESH FRUIT

Apple  

Banana  

Easy Peel Orange   

DRINKS, SNACKS & SNACK BOXES

DRINKS

Tea including decaffeinated tea  

Coffee including decaffeinated coffee  

Malted Milk Drink   

Hot Chocolate   

Full Fat or Semi Skimmed Milk   

Fruit Squash  

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  

Plain Sponge Cake Slice  

Fruit Sponge Cake Slice 

Chocolate Sponge Cake Slice  

Cheese and Crackers   

Low Fat Natural Yoghurt   

Thick & Creamy Fruit Yoghurt   

Soya Fruit Yoghurt   

Apple  

Banana   

Easy Peel Orange  



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  


Apple Juice  


SANDWICH


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

Chipotle Chilli Falafel 

Free Range Egg Mayonnaise 

Cheddar Cheese  

Tuna Mayonnaise 


Chicken Mayonnaise 



Wiltshire Ham 




Plus any TWO items from the list below:



Sweet Biscuits  

Cake Slice  



Cheese & Crackers   

Thick & Creamy Fruit Yoghurt  

Soya Fruit Yoghurt   

Apple  

Banana   

Easy Peel Orange  

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

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.   

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.    

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

Fish and Chips Battered fish with chips and peas.  




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




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.  

Chicken and Mushroom Pie Chicken and mushrooms in white sauce with a hint of tarragon topped with short crust savoury pastry, served with steamed potatoes and 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.   

CULTURAL MEALS





JAIN, HALAL, ASIAN VEGAN, AFRICAN & CARIBBEAN

Jain dishes do not contain root vegetables such as potatoes, onions, garlic and carrots. Vegan dishes 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). Dishes containing meat suitable for those following a Halal diet have been highlighted.

Yellow Mung Bean Stew **JAIN** A yellow lentil soup served with basmati rice.    

Mixed Vegetable Curry Higher in Salt **VEGAN** Served with a lentil accompaniment and rice.   

Potato and Cauliflower Curry **VEGAN** Served with a lentil accompaniment and basmati rice.   

Chickpea Masala **VEGAN** Served with a lentil accompaniment and basmati rice.    

Chicken Nuggets **HALAL** Served with chips, bake beans and vegetables.  


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



Chicken Biryani and Moong Daa **HALAL** A creamy biryani sauce, served with a lentil accompaniment and rice.   

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

Brown Stewed Chicken **HALAL** Stewed chicken in a vibrant vegetable stew served with vegetable rice. 

Jollof Rice with Chicken **HALAL** Gently spiced Africa-style chicken stew served with white rice. 

Chicken Stew **HALAL** Gently spiced African-style chicken stew served with white rice. 

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

JACKET POTATOES

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

Jacket Potato with butter  

Jacket Potato with 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 **V**

Free Range Egg Mayonnaise **V**

Cheddar Cheese **HP V**

Tuna Mayonnaise **BC**

Chicken Mayonnaise **BC**

Wiltshire Ham **BC**

HOT DESSERTS

Served with custard, ice cream or double cream.

Rice Pudding with Nutmeg **EC V**

Apple Crumble **HE EC V**

Chocolate Sponge **HP HE EC V**

COLD DESSERTS

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

Lemon Cake **HE EC V**

Raspberry and Coconut Cake **HE EC V**

Vanilla Cheese Cake **HP HE EC V**

Strawberry Jelly and Cream **EC V**

Peach Slices and Cream **HE EC V**

Ice Cream **EC V**

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

Natural Yoghurt **HP BC EC V**

Cheese and Crackers **HP HE V**

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