

Renal Menu

2023/2024

This menu has been specially prepared for patients with impaired kidney function. The foods on this menu are lower in salt, potassium and phosphate.

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, ordering is at point of service.

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 any 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

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**

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

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

SANDWICH

On white or wholemeal bread.

Chicken Mayonnaise

Tuna Mayonnaise **EC**

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

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

Hummus, Bean & Carrot **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**

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

FRESH FRUIT

Apple **BC** **V**

Pear **BC** **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
- Strawberry Filled Cake Slice
- Selection of Yoghurts
- Plain Cake Slice
- Cheese & Crackers
- Fresh Fruit

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**

Pear **BC** **V**

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

LUNCH & SUPPER

STARTERS

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

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

Vegetable Soup **HE** **V**

Chicken Soup **HE** **V**

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 Bolognese **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

Roast Chicken **BC**

Chicken & Mushroom Pie **HE**

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

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

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

POTATOES & RICE

Please ask your ward host for the potatoes/rice of today's options.

No Added Salt Mashed Potato **HE** **EC** **V**

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

Boiled Potatoes **BC** **EC** **V**

Sauté Potatoes **HE** **V**

LIGHTER OPTIONS

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

LIGHTER OPTION 2: a sandwich and side salad with your choice of mayonnaise or salad cream.

LIGHTER OPTION 3: 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**

VEGETABLES

Please ask your ward host for the 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**

SALADS

Served with a bread roll and butter with your choice and mayonnaise or salad cream. Choose a salad side accompaniment.

Chicken Salad **BC**

Tuna Salad

Egg Salad **BC V**

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

SALAD SIDES

Coleslaw **HE V**

Potato Salad **V**

SANDWICHES

Available on white or wholemeal bread. Served with a side salad with your choice of mayonnaise or salad cream.

Chicken Mayonnaise

Tuna Mayonnaise **EC**

Cheese & Onion **HE EC V**

Egg Mayonnaise **EC V**

Hummus, Bean & Carrot **V**

CULTURAL MEALS

The meat in these meals is halal.

Roast Chicken, Potato, Beans & Vegetables BC

Pasta & Minced Lamb with Beans & Vegetables BC EC

Chicken Korma HE

Served with a lentil accompaniment and fluffy rice

Chicken Biryani HE

Served with a lentil accompaniment and fluffy rice

African Jollof Rice with Chicken HE

Arabic Lamb BC

Lightly spiced sauce with green beans, served with basmati rice

Aloo Gobi Potatoes and Cauliflower HE V

In a tomato spiced sauce, served with a lentil accompaniment and fluffy basmati rice

DESSERTS

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

Choose TWO items.

Raspberry Trifle HE EC V

Strawberry Cheesecake HE 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

Pear BC V

Easy Peel Orange BC V
