WELCOME TO
IMPERIAL COLLEGE HEALTHCARE
NHS TRUST

Please find enclosed your guide to meals, beverages and snacks. A wide range of menus for special diets are also available. Your ward host will take your meal orders at the bedside, please let us know your requirements.
Dietary coding and special diets

If you have any other specific dietary requirements or food allergies please inform your nurse when selecting meals and beverages. We have a full range of suitable dietary menus on offer.

**BALANCED CHOICE** Dishes that contain moderate amounts of fat, sugar and salt and are suitable as part of a balanced, healthy diet (suitable for those with diabetes).

**ENERGY DENSE** These dishes are more nourishing than balanced choice dishes.

**NGCI** No gluten containing ingredients have been used within these dishes. A Gluten Free dietary menu is also available for those with Coeliac disease.

**SOFT** Soft or moist foods that are easier to chew.

**VEGETARIAN** Suitable for lacto-ovo vegetarians where milk, egg and their products are consumed but excludes all meat, poultry, fish and ingredients or products derived from these e.g. gelatine and rennet.

**CULTURAL AND RELIGIOUS DIETARY CHOICES**
For Halal, Asian & African Caribbean menus please see page 20. Please ask for our Kosher menu if required.

If you would like to see the Catering Manager please ask a member of ward staff who will be happy to make the arrangements for you.
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Guide to portion sizes

Main courses and desserts are served in a standardised size, designed to ensure the menu delivers balanced nutrition. A smaller portion can be selected if required. Potatoes, rice and vegetables are always available in small, standard or large (double portion) sizes.

Service times

Breakfast served between 08:00 - 09:00
Lunch served between 13:00 - 14:00
Evening meal served between 18:00 - 19:00

Mid-morning and early afternoon snacks are served by the ward host.

Protected mealtimes

Every ward operates a protected mealtimes policy

This is a period of time when meal services take priority over other routine activities. Our aim is to provide a quiet and calm environment and the time you need to enjoy your meals without interruption.

Visitors are welcome at meal times to assist patients who need help with eating following agreement with the ward senior nurse.

Sandwiches

Available everyday, lunch and evening

Egg mayonnaise on white or wholemeal
Pink salmon & cucumber on white or wholemeal
Ham on white or wholemeal
Chicken, bacon & coleslaw on white or wholemeal
Coronation chicken on white or wholemeal
Plain cheese on white
Double cheese & onion on wholemeal
Breakfast

JUICES

- Orange juice 🍊 🍊 V
- Apple juice 🍏 🍊 V

CEREALS

With semi skimmed or full fat milk

- Cornflakes 🌶️ V
- Bran flakes 🌶️ V
- Hot oat cereal 🍁 S V
- Rice Krispies 🌶️ V
- Weetabix 🌶️ V

TOAST, BREADS & ROLLS

With butter or unsaturated spread

- Wholemeal bread 🌶️ V
- White bread 🌶️ V
- Soft white roll 🌶️ S V
- Soft wholemeal roll 🌶️ S V

PRESERVES

- Assorted jams
- Marmalade
- Marmite
- Honey

FRUITS

- Fresh banana, apple or easy peel orange 🍊 🍊 V

Beverages

- Tea
- Coffee
- Malted milk drink
- Hot chocolate
- Cold milk
- Fruit squash
- Fruit squash no added sugar

Snacks

A selection of sweet & savoury snacks, yoghurts and fruits will be offered mid morning and mid afternoon
Monday Lunch

**APPETISERS**

- Orange juice [G] [NG] [V]
- Apple juice [G] [NG] [V]
- Carrot & coriander soup [G] [NG] [S] [V]

**MAINS**

- Chicken & leek pie [G]
- Salmon & dill potato bake [G]
- Beef cottage pie [G] [NG] [S]
- Vegetable lasagne [G] [V]

- Gravy [S] available on request to accompany main courses

**SIDES**

- Potatoes, rice & breads
- Creamed potatoes [G] [S] [V]
- Sauté potatoes [G] [V]
- White roll with butter or spread [G] [S] [V]
- Wholemeal roll with butter or spread [G] [S] [V]

- Vegetables
  - Broccoli, carrots, cauliflower [G] [NG] [S] [V]
  - Peas [G] [NG] [V]

**SALADS**

- Salad includes your choice of main with lettuce, tomato, cucumber, carrot & sweetcorn
- Roast beef salad [G]
- Tuna salad [G]
- Hard boiled egg salad [G] [V]

**SIDES**

- Potato sides
- Coleslaw [V]

**HOT DESSERTS**

- Blackcurrant frangipane [G] [V]
- Custard [S] [V]

**COLD DESSERTS**

- Banoffee pie [G] [V]
- Smooth & creamy fruit yoghurt [G] [S] [V]
- Raspberry jelly [S] [V]
- Banana [G] [NG] [S] [V]
- Apple [G] [NG] [V]
- Easy peel orange [G] [NG] [V]
- Ice cream [S] [V]
- Cheese & crackers [G] [V]
Monday Evening

APPETISERS

Orange juice 🍊 🍸 🍵
Apple juice 🍏 🍸 🍵
Creamy vegetable soup 🥦 🍸 🍵

MAINs

Lamb bolognese with pasta shells 🍚 🍳
Potato & cheese bake 🍳 🍳
Gravy 🍸 available on request to accompany main courses

SIDES

Potatoes, rice & breads
Creamed potatoes 🍳 🍳 🍵
Chipped potatoes 🍳
White roll with butter or spread 🍪 🍳 🍵
Wholemeal roll with butter or spread 🍪 🍳 🍵
Vegetables & side salad
Baby carrots 🍊 🍳 🍵
Beans in tomato sauce 🍊 🍳 🍵
Side salad 🍳 🍵

JACKET POTATOES

Jacket potato 🍳 🍳 🍵
Choice of fillings (butter or low fat spread optional)
Vegetarian cheddar 🧀 🍳 🍳
Soya chilli 🍳 🍳 🍵
Tuna mayonnaise 🍳 🍳
Curried chicken 🍳 🍳

OMELETTES

Tomato omelette 🍳 🍳 🍳 🍵

SALADS

Salad includes your choice of main with lettuce, tomato, cucumber, carrot & sweetcorn
Roast beef salad 🍳
Tuna salad 🍳
Hard boiled egg salad 🍳 🍵
Salad sides
Potato salad 🍵
Coleslaw 🍵

HOT DESSERTS

Sago pudding 🍳 🍳 🍵

COLD DESSERTS

Winterberry cheesecake 🍳 🍳 🍵
Fruit cocktail in juice 🍳 🍳 🍵
Smooth & creamy fruit yoghurt 🍳 🍳 🍳 🍵
Banana 🍌 🍳 🍵
Apple 🍌 🍳 🍵
Easy peel orange 🍊 🍳 🍵
Ice cream 🍳 🍵

A range of sandwiches are available to order, please see page 4
**Tuesday Lunch**

**APPETISERS**

- Orange juice  
- Apple juice  
- Cream of potato & leek soup

**MAINS**

- Bacon chop  
- Lancashire Hotpot  
- Fish in cheese & chive sauce  
- Roasted vegetable tart  
- Gravy available on request to accompany main courses

**SIDES**

- Potatoes, rice & breads  
- Creamed potatoes  
- Boiled potatoes  
- White roll with butter or spread  
- Wholemeal roll with butter or spread  
- Vegetables  
- Mashed carrot & swede  
- Mixed vegetables

**SALADS**

- Salad includes your choice of main with lettuce, tomato, cucumber, carrot & sweetcorn  
- Chicken salad  
- Roast beef salad  
- Cheese ploughman’s

**HOT DESSERTS**

- Rice pudding

**COLD DESSERTS**

- Chocolate trifle  
- Smooth & creamy fruit yoghurt  
- Raspberry jelly  
- Banana  
- Apple  
- Easy peel orange  
- Ice cream  
- Cheese & crackers
<table>
<thead>
<tr>
<th><strong>Tuesday Evening</strong></th>
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<tbody>
<tr>
<td><strong>APPETISERS</strong></td>
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<tr>
<td>Orange juice 🍊 🍊 🍊</td>
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<td>Apple juice 🍊 🍊 🍊</td>
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<tr>
<td>Cream of tomato soup 🍊 🍊 🍊</td>
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<td><strong>MAINS</strong></td>
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<tr>
<td>Chicken escalope 🍊</td>
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<tr>
<td>Cauliflower &amp; broccoli pasta 🍊 🍊 🍊</td>
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<tr>
<td>Gravy 🍊 available on request to accompany main courses</td>
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<tr>
<td><strong>SIDES</strong></td>
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<td>Potatoes, rice &amp; breads</td>
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<td>Creamed potatoes 🍊 🍊 🍊</td>
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<td>Spicy potato wedges 🍊 🍊</td>
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<td>White roll with butter or spread 🍊 🍊 🍊</td>
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<tr>
<td>Wholemeal roll with butter or spread 🍊 🍊 🍊</td>
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<tr>
<td>Vegetables &amp; side salad</td>
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<tr>
<td>Sweetcorn 🍊 🍊</td>
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<tr>
<td>Beans in tomato sauce 🍊 🍊 🍊</td>
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<tr>
<td>Side salad 🍊 🍊</td>
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<td><strong>JACKET POTATOES</strong></td>
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<td>Jacket potato 🍊 🍊 🍊</td>
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<tr>
<td>Choice of fillings (butter or low fat spread optional)</td>
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<td>Vegetarian cheddar 🍊 🍊 🍊</td>
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<td>Soya chilli 🍊 🍊 🍊</td>
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<td>Tuna mayonnaise 🍊 🍊 🍊</td>
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<td>Curried chicken 🍊 🍊 🍊</td>
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<tr>
<td><strong>OMELETTES</strong></td>
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<tr>
<td>Plain omelette 🍊 🍊 🍊</td>
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<td><strong>SALADS</strong></td>
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<td>Salad includes your choice of main with lettuce, tomato, cucumber, carrot &amp; sweetcorn</td>
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<td>Chicken salad 🍊</td>
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<td>Roast beef salad 🍊</td>
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<tr>
<td>Cheese ploughman’s 🍊 🍊</td>
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<tr>
<td>Salad sides</td>
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<td>Potato salad 🍊</td>
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<td>Coleslaw 🍊</td>
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<tr>
<td><strong>HOT DESSERTS</strong></td>
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<tr>
<td>Bakewell tart 🍊 🍊</td>
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<td>Custard 🍊 🍊</td>
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<tr>
<td><strong>COLD DESSERTS</strong></td>
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<td>Banoffee pie 🍊 🍊</td>
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<tr>
<td>Peach slices in juice 🍊 🍊 🍊</td>
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<tr>
<td>Smooth &amp; creamy fruit yoghurt 🍊 🍊 🍊 🍊</td>
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<td>Banana 🍊 🍊 🍊 🍊</td>
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<td>Apple 🍊 🍊 🍊</td>
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<td>Easy peel orange 🍊 🍊 🍊 🍊</td>
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<td>Ice cream 🍊 🍊</td>
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A range of sandwiches are available to order, please see page 4
**Wednesday Lunch**

**APPETISERS**

Orange juice ☑ ☑ ☑
Apple juice ☑ ☑ ☑
Minted pea soup ☑ ☑ ☑ ☑

**MAINs**

Chicken & broccoli bake ☑
Sliced roast pork in gravy ☑ ☑
Savoury minced lamb ☑ ☑
Macaroni cheese ☑ ☑ ☑
Gravy ☑ available on request to accompany main courses

**SIDES**

Potatoes, rice & breads
Creamed potatoes ☑ ☑ ☑
Roast potatoes ☑
White roll with butter or spread ☑ ☑ ☑
Wholemeal roll with butter or spread ☑ ☑
Vegetables
Baby carrots ☑ ☑ ☑ ☑
Four seasons vegetables ☑ ☑ ☑

**SALADS**

Salad includes your choice of main with lettuce, tomato, cucumber, carrot & sweetcorn
Salmon salad ☑
Roasted vegetable quiche ☑
Mexican bean salad ☑ ☑

**Salad sides**

Potato salad ☑
Coleslaw ☑

**HOT DESSERTS**

Sticky toffee pudding ☑ ☑
Custard ☑ ☑

**COLD DESSERTS**

Strawberry cheesecake ☑ ☑
Smooth & creamy fruit yoghurt ☑ ☑ ☑ ☑
Raspberry jelly ☑ ☑
Banana ☑ ☑ ☑
Apple ☑ ☑ ☑
Easy peel orange ☑ ☑ ☑
Ice cream ☑ ☑
Cheese & crackers ☑ ☑
### Wednesday Evening

<table>
<thead>
<tr>
<th>APPETISERS</th>
<th>OMELETTES</th>
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<tbody>
<tr>
<td>Orange juice 🍊 🍊 🌾</td>
<td>Cheese omelette 🍊 🌾 🌾</td>
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<tr>
<td>Apple juice 🍊 🍊 🌾</td>
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<tr>
<td>Cheese &amp; broccoli soup 🤢 🌾</td>
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<th>MAINS</th>
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<tr>
<td>Potato &amp; tuna bake 🍈</td>
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<td>Vegetarian savoury mince pie 🤢</td>
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<tr>
<td>Gravy 🤢 available on request</td>
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<td>to accompany main courses</td>
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<td>Creamed potatoes 🍊 🌾 🌾</td>
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<td>Boiled potatoes 🍊 🍊 🌾</td>
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<td>White roll with butter or spread</td>
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<td>Wholemeal roll with</td>
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<td>butter or spread 🤢 🌾</td>
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<th>SALADS</th>
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<td>Salad includes your choice of</td>
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<tr>
<td>main with lettuce, tomato,</td>
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<td>cucumber, carrot &amp; sweetcorn</td>
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<th>HOT DESSERTS</th>
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<tr>
<td>Lemon sponge 🍊 🌾 🌾</td>
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<td>Custard 🌾</td>
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<th>COLD DESSERTS</th>
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<tr>
<td>Chocolate trifle 🍊 🌾</td>
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<tr>
<td>Pineapple pieces in juice 🍊 🌾</td>
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<tr>
<td>Smooth &amp; creamy fruit yoghurt 🍊</td>
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<td>Banana 🍊 🌾</td>
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<td>Apple 🍊 🌾</td>
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<td>Easy peel orange 🍊 🌾</td>
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<td>Ice cream 🌾</td>
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### APPETISERS

- Orange juice 🍊 🍊 🌾
- Apple juice 🍊 🍊 🌾
- Cheese & broccoli soup 🤢 🌾

### MAINS

- Potato & tuna bake 🍈
- Vegetarian savoury mince pie 🤢
- Gravy 🤢 available on request to accompany main courses

### SIDES

- Potatoes, rice & breads
- Creamed potatoes 🍊 🌾 🌾
- Boiled potatoes 🍊 🍊 🌾
- White roll with butter or spread 🤢 🌾
- Wholemeal roll with butter or spread 🤢 🌾
- Vegetables & side salad
- Peas 🍊 🍊 🌾
- Beans in tomato sauce 🍊 🌾 🌾
- Side salad 🍊 🌾

### JACKET POTATOES

- Jacket potato 🍈 🍈 🌾
  - Choice of fillings (butter or low fat spread optional)
- Vegetarian cheddar 🍊 🍊 🌾
- Soya chilli 🍊 🌾 🌾
- Tuna mayonnaise 🍊 🍊
- Curried chicken 🍊 🌾

A range of sandwiches are available to order, please see page 4
Thursday Lunch

**APPETISERS**

- Orange juice 
- Apple juice 
- Lentil soup

**MAINS**

- Beef & onion pie
- Chicken casserole
- Pork meatballs in tomato sauce
- Vegetable moussaka
- Gravy available on request to accompany main courses

**SIDES**

- Potatoes, rice & breads
- Creamed potatoes
- Spicy potato wedges
- White roll with butter or spread
- Wholemeal roll with butter or spread
- Vegetables
- Broccoli
- Sweetcorn

**SALADS**

- Salad includes your choice of main with lettuce, tomato, cucumber, carrot & sweetcorn
- Tuna salad
- Ham salad
- Cheese & egg salad
- Salad sides
- Potato salad
- Coleslaw

**HOT DESSERTS**

- Rice pudding
- Custard

**COLD DESSERTS**

- Banoffee pie
- Smooth & creamy fruit yoghurt
- Raspberry jelly
- Banana
- Apple
- Easy peel orange
- Ice cream
- Cheese & crackers
A range of sandwiches are available to order, please see page 4

**Thursday Evening**

**APPETISERS**
- Orange juice 🍊 🥤 ✓✓ ✓
- Apple juice 🍊 🥤 ✓✓ ✓
- Carrot & coriander soup 🥫 ✓✓ ✓✓

**MAINS**
- Turkey cottage pie 🍖 🌛 ✓✓
- Cheese & onion pasty 🧀 ✓✓

Gravy 🔥 available on request to accompany main courses

**SIDES**
- Potatoes, rice & breads
- Creamed potatoes 🍳 ✓✓ ✓✓
- Spicy potato wedges 🍥 ✓✓
- White roll with butter or spread 🍪 ✓✓ ✓✓
- Wholemeal roll with butter or spread 🍪 ✓✓ ✓✓

- Vegetables & side salad
- Carrot, cauliflower & broccoli 🥕✓✓✓✓
- Beans in tomato sauce 🍆 ✓✓ ✓✓
- Side salad 🥗 ✓✓

**JACKET POTATOES**
- Jacket potato 🍇 ✓✓ ✓

Choice of fillings (butter or low fat spread optional)

- Vegetarian cheddar 🧀 ✓✓ ✓
- Soya chilli 🏞 ✓✓ ✓
- Tuna mayonnaise 🍐 ✓✓
- Curried chicken 🍗 ✓✓

**OMELETTES**
- Plain omelette 🍚 ✓✓ ✓

**SALADS**
- Salad includes your choice of main with lettuce, tomato, cucumber, carrot & sweetcorn
  - Tuna salad 🍗
  - Ham salad 🍗
  - Cheese & egg salad 🧀 ✓✓

- Salad sides
  - Potato salad ✓✓
  - Coleslaw ✓✓

**HOT DESSERTS**
- Apricot crumble 🍯 ✓✓
- Custard ✓✓

**COLD DESSERTS**
- Tiramisu 🍩 ✓✓ ✓✓
- Fruit cocktail in juice 🍊 ✓✓ ✓✓
- Smooth & creamy fruit yoghurt 🍌 ✓✓ ✓✓
- Banana 🍌 ✓✓ ✓✓
- Apple 🍏 ✓✓ ✓
- Easy peel orange 🍊 ✓✓ ✓✓
- Ice cream 🍦 ✓✓

A range of sandwiches are available to order, please see page 4
**Friday Lunch**

### APPETISERS

- Orange juice [G] [N] [V]
- Apple juice [G] [N] [V]
- Cheese & broccoli soup [G] [N] [S] [V]

### MAINS

- Breaded haddock [G]
- Chicken à la king [G]
- Beef bolognese with penne pasta [G] [S]
- Vegetarian sausage hotpot [G] [V]
- Gravy [S] available on request to accompany main courses

### SIDES

- Potatoes, rice & breads
- Creamed potatoes [G] [S] [V]
- Chipped potatoes [V]
- White roll with butter or spread [G] [S] [V]
- Wholemeal roll with butter or spread [G] [S] [V]
- Vegetables
  - Mushy peas [G] [S] [V]
  - Sliced carrots [G] [S] [V]

### SALADS

- Salad includes your choice of main with lettuce, tomato, cucumber, carrot & sweetcorn
  - Roast beef salad [G]
  - Roast pork salad [G]
  - Cheese & tomato quiche salad [G] [V]
- Salad sides
  - Potato salad [V]
  - Coleslaw [V]

### HOT DESSERTS

- Jam & coconut sponge [G] [S] [V]
- Custard [S] [V]

### COLD DESSERTS

- Chocolate trifle [S] [V]
- Smooth & creamy fruit yoghurt [G] [S] [V]
- Raspberry jelly [S] [V]
- Banana [G] [S] [V]
- Apple [G] [S] [V]
- Easy peel orange [G] [S] [V]
- Ice cream [S] [V]
- Cheese & crackers [G] [V]
Friday Evening

**APPETISERS**

- Orange juice 🍊 NR V
- Apple juice 🍌 NR V
- Cream of potato & leek soup 🥤 NR S V

**MAINS**

- Cornish pasty 🥧
- Quorn & pasta in tomato sauce S V
- Gravy 🍤 available on request to accompany main courses

**SIDES**

- Potatoes, rice & breads
- Creamed potatoes 🍟 S V
- Sauté potatoes 🍟 V
- White roll with butter or spread 🍭 S V
- Wholemeal roll with butter or spread 🍭 S V
- Vegetables & side salad
- Broccoli 🥕 NR S V
- Beans in tomato sauce 🍆 NR S V
- Side salad 🥗 NR V

**JACKET POTATOES**

- Jacket potato 🍦 NR NR V
  - Choice of fillings (butter or low fat spread optional)
- Vegetarian cheddar 🧀 NR V
- Soya chilli 🥤 NR V
- Tuna mayonnaise 🥤 NR
- Curried chicken 🦚 S

**OMELETTES**

- Cheese omelette 🧀 NR S V

**SALADS**

- Salad includes your choice of main with lettuce, tomato, cucumber, carrot & sweetcorn
- Roast beef salad 🍴
- Roast pork salad 🍴
- Cheese & tomato quiche salad 🧀 V

**SIDE SALADS**

- Potato salad V
- Coleslaw V

**HOT DESSERTS**

- Rice pudding 🍺 S V

**COLD DESSERTS**

- Winterberry cheesecake 🍪 V
- Peach slices in juice 🍣 NR V
- Smooth & creamy fruit yoghurt 🍋 NR S V
- Banana 🍌 NR S V
- Apple 🍏 NR V
- Easy peel orange 🍊 NR V
- Ice cream 🍨 V

A range of sandwiches are available to order, please see page 4
Saturday Lunch

**APPETISERS**

- Orange juice 🍊 🍊 🍊
- Apple juice 🍊 🍊 🍊
- Cream of tomato soup 🍊 🍊 🍊 🍊

**MAINS**

- Chicken tikka masala 🦚 🍊
- Shepherds pie 🍊 🍊 🍊
- Pasta carbonara (bacon) 🍊 🍊
- Vegetable goulash with herb dumpling 🥦
- Gravy 🍊 available on request to accompany main courses

**SIDES**

- Potatoes, rice & breads
- Creamed potatoes 🍊 🍊 🍊
- Boiled rice 🍊 🍊 🍊
- White roll with butter or spread 🍊 🍊 🍊
- Wholemeal roll with butter or spread 🍊 🍊 🍊
- Vegetables
- Mashed swede 🍊 🍊 🍊
- Peas 🍊 🍊

**SALADS**

- Salad includes your choice of main with lettuce, tomato, cucumber, carrot & sweetcorn
- Smoked mackerel salad 🍊
- Cheese ploughman’s salad 🍊
- Egg salad 🍊

**SALADS SIDES**

- Potato salad 🍊
- Coleslaw 🥗

**HOT DESSERTS**

- Apple pie 🍊
- Custard 🍊

**COLD DESSERTS**

- Strawberry shortcake sundae 🍓
- Smooth & creamy fruit yoghurt 🍊 🍊 🍊 🍊
- Raspberry jelly 🍊
- Banana 🍊 🍊 🍊
- Apple 🍊 🍊
- Easy peel orange 🍊 🍊 🍊
- Ice cream 🍊
- Cheese & crackers 🍪
### Saturday Evening

**APPETISERS**

- Orange juice 🍊 🍊 🍊
- Apple juice 🍊 🍊 🍊
- Carrot & coriander soup 🥦 🍊 🍊 🍊

**MAINS**

- Corned beef & bean hash 🍱 🍱
- Broccoli & herb quiche 🥦 🍊
- Gravy 🍴 available on request to accompany main courses

**SIDES**

- Potatoes, rice & breads
- Creamed potatoes 🍊 🍊 🍊
- Croquette potatoes 🍊
- White roll with butter or spread 🍭 🍊 🍊 🍊
- Wholemeal roll with butter or spread 🍭 🍊 🍊 🍊
- Vegetables & side salad
- Mixed vegetables 🍥 🍥
- Beans in tomato sauce 🌮 🍊 🍊 🍊
- Side salad 🍊

**JACKET POTATOES**

- Jacket potato 🍠 🍊 🍊
- Choice of fillings (butter or low fat spread optional)
- Vegetarian cheddar 🍧 🍊 🍊 🍊
- Soya chilli 🍆 🍊 🍊 🍊
- Tuna mayonnaise 🍊 🍊
- Curried chicken 🍦 🍊

**OMELETTES**

- Tomato omelette 🍦 🍊 🍊 🍊

**SALADS**

- Salad includes your choice of main with lettuce, tomato, cucumber, carrot & sweetcorn
- Smoked mackerel salad 🍤
- Cheese ploughman’s salad 🍔 🍊
- Egg salad 🍔
- Salad sides
- Potato salad 🍊
- Coleslaw 🍊

**HOT DESSERTS**

- Chocolate chip muffin 🍪 🍊
- Chocolate sauce 🍦 🍊 🍊 🍊

**COLD DESSERTS**

- Tiramisu 🍪 🍊 🍊 🍊
- Pears halves in natural juice 🍊 🍊 🍊
- Smooth & creamy fruit yoghurt 🍊 🍊 🍊 🍊
- Banana 🍦 🍊 🍊 🍊
- Apple 🍊 🍊
- Easy peel orange 🍊 🍊 🍊
- Ice cream 🍦

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**A range of sandwiches are available to order, please see page 4**
## Sunday Lunch

### APPETISERS

<table>
<thead>
<tr>
<th>Item</th>
<th>BC</th>
<th>NG</th>
<th>V</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange juice</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple juice</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Creamy vegetable soup</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### MAINS

<table>
<thead>
<tr>
<th>Item</th>
<th>BC</th>
<th>NG</th>
<th>V</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steak &amp; kidney pie</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken breast in gravy</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stuffing ball</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sausage &amp; bean casserole</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Cauliflower cheese</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gravy available on request to accompany main courses</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### SIDES

<table>
<thead>
<tr>
<th>Item</th>
<th>BC</th>
<th>NG</th>
<th>V</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potatoes, rice &amp; breads</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Creamed potatoes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roast potatoes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>White roll with butter or spread</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wholemeal roll with butter or spread</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetables</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mixed vegetables</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### SALADS

<table>
<thead>
<tr>
<th>Item</th>
<th>BC</th>
<th>NG</th>
<th>V</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salad includes your choice of main with lettuce, tomato, cucumber, carrot &amp; sweetcorn</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ham ploughman’s salad</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corned beef salad</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mexican bean salad</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salad sides</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potato salad</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coleslaw</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### HOT DESSERTS

<table>
<thead>
<tr>
<th>Item</th>
<th>BC</th>
<th>NG</th>
<th>V</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blueberry muffin loaf</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Custard</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### COLD DESSERTS

<table>
<thead>
<tr>
<th>Item</th>
<th>BC</th>
<th>NG</th>
<th>V</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banoffee pie</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Smooth &amp; creamy fruit yoghurt</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Raspberry jelly</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Banana</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Easy peel orange</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ice cream</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheese &amp; crackers</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Sunday Evening

APPETISERS

- Orange juice 🍊 🌶️ 🌶️
- Apple juice 🍏 🌶️ 🌶️
- Lentil soup 🌶️ 🌶️ 🌶️

MAINS

- Beef lasagne 🌶️
- Harvest vegetable pie 🌶️ 🌶️
- Gravy 🌶️ available on request to accompany main courses

SIDES

- Potatoes, rice & breads
- Creamed potatoes 🌶️ 🌶️
- Spicy potato wedges 🌶️
- White roll with butter or spread 🌶️ 🌶️
- Wholemeal roll with butter or spread 🌶️ 🌶️
- Vegetables & side salad
- Baby carrots 🌶️ 🌶️
- Beans in tomato sauce 🌶️ 🌶️
- Side salad 🌶️

JACKET POTATOES

- Jacket potato 🌶️ 🌶️
- Choice of fillings (butter or low fat spread optional)
- Vegetarian cheddar 🌶️ 🌶️
- Soya chilli 🌶️ 🌶️
- Tuna mayonnaise 🌶️ 🌶️
- Curried chicken 🌶️

OMELETTES

- Plain omelette 🌶️

SALADS

- Salad includes your choice of main with lettuce, tomato, cucumber, carrot & sweetcorn
- Ham ploughman’s salad 🌶️
- Corned beef salad 🌶️
- Mexican bean salad 🌶️ 🌶️
- Salad sides
  - Potato salad 🌶️
  - Coleslaw 🌶️

HOT DESSERTS

- Ground rice pudding 🌶️ 🌶️

COLD DESSERTS

- Strawberry cheesecake 🌶️
- Pineapple pieces in natural juice 🌶️ 🌶️
- Smooth & creamy fruit yoghurt 🌶️ 🌶️ 🌶️
- Banana 🌶️ 🌶️
- Apple 🌶️
- Easy peel orange 🌶️
- Ice cream 🌶️

A range of sandwiches are available to order, please see page 4
In addition to the main course meals described below a wide selection of vegetarian soups, salads and hot and cold desserts are available from the standard menu.

Asian Halal meals

- Chicken korma, masoor dal
- Lamb masala, chana dal & rice
- Chicken biryani, whole moong dal & rice

Asian vegan meals

- Mixed vegetable curry, masoor dal & rice
- Green bean masala, urad dal & rice
- Aaloo gobi, whole moong dal & rice
- Chick pea masala, toor dal & rice
- Spinach masala, chana dal & rice

Arabic Halal meal

- Lamb & green bean masala sauce, traditional vegetables & rice
Western Halal meals

- Lamb tikka, bean feast, vegetables and potatoes
- Chicken nuggets, chips and baked beans
- Roast chicken, beans, vegetables and potatoes
- Pasta with minced lamb and vegetables
- Fish fillet in parsley sauce and potatoes
- Vegetarian bean pasta served with vegetables

Caribbean meals

- Curried goat
- Stewed mutton
- Stewed chicken
- Ackee with saltfish
- Minced lamb & okra
- Spinach, cabbage & okra

Spicy marley vegetables & rice are served with each meal.
Missed a meal?

SNACK BOX

If you have missed a meal and would like a snack box please inform a member of the nursing staff, you can choose from the following items:

**Orange juice** ☑ ☐ ☑
**Apple juice** ☑ ☐ ☑

Choice of sandwich

**Egg mayonnaise on white or wholemeal** ☑ ☐ ☑ ☑
**Turkey on white or wholemeal** ☑ ☐
**Ham on white or wholemeal** ☑
**Tuna mayonnaise on white or wholemeal** ☑ ☐
**Cheddar cheese on white** ☑ ☑
**Halal chicken** ☑
**NGCI diet - Your choice of ham, cheese, egg mayonnaise or tuna on gluten free bread** ☑

Plus any two items from the list below:

**Crisps** ☑
**Cheese & crackers** ☑
**Carrot & orange finger muffin** ☑
**Sweet biscuits** ☑
**Smooth & creamy yoghurt** ☑ ☑ ☑
**Peach & pear pieces in juice** ☑ ☑ ☑
**Banana** ☑ ☑
**Apple** ☑ ☑

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Your feedback is important to us

If the dining service does not meet your expectations please do not hesitate to speak to your ward nurse.

It is also helpful to learn which meals you enjoyed and to hear from you when you think we are doing well.

During your stay we will ask if you would like to complete a short survey about your experience. Your feedback is important to us so that we continually review and improve the catering services for everyone.

Food brought in 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 discuss this with a member of nursing staff in advance. We will record your request and any agreement reached.

- Hospital staff are not permitted to reheat any brought in foods.

- There is no obligation on us to store any brought in chilled items. If we do agree these must be labelled with the patients name, a clear description and date the food was brought in. In any event all foods will be discarded after a 24 hr period.
Need extra help at mealtimes?

All staff 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 suitable meal for your dietary requirements
• help cutting up your food
• extra support or assistance with feeding
• anything else

Clean hands policy

We encourage all patients to wash their hands before eating. Please ask a member of staff if you need any assistance. A hand wipe will also be provided on your meal tray.