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.
## Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guide to portion sizes</td>
<td>4</td>
</tr>
<tr>
<td>Service times</td>
<td>4</td>
</tr>
<tr>
<td>Protected mealtimes</td>
<td>4</td>
</tr>
<tr>
<td>Sandwiches</td>
<td>4</td>
</tr>
<tr>
<td>Breakfast</td>
<td>5</td>
</tr>
<tr>
<td>Beverages</td>
<td>5</td>
</tr>
<tr>
<td>Snacks</td>
<td>5</td>
</tr>
</tbody>
</table>

## Menus

<table>
<thead>
<tr>
<th>Day</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday Lunch</td>
<td>6</td>
</tr>
<tr>
<td>Monday Evening</td>
<td>7</td>
</tr>
<tr>
<td>Tuesday Lunch</td>
<td>8</td>
</tr>
<tr>
<td>Tuesday Evening</td>
<td>9</td>
</tr>
<tr>
<td>Wednesday Lunch</td>
<td>10</td>
</tr>
<tr>
<td>Wednesday Evening</td>
<td>11</td>
</tr>
<tr>
<td>Thursday Lunch</td>
<td>12</td>
</tr>
<tr>
<td>Thursday Evening</td>
<td>13</td>
</tr>
<tr>
<td>Friday Lunch</td>
<td>14</td>
</tr>
<tr>
<td>Friday Evening</td>
<td>15</td>
</tr>
<tr>
<td>Saturday Lunch</td>
<td>16</td>
</tr>
<tr>
<td>Saturday Evening</td>
<td>17</td>
</tr>
<tr>
<td>Sunday Lunch</td>
<td>18</td>
</tr>
<tr>
<td>Sunday Evening</td>
<td>19</td>
</tr>
<tr>
<td>Halal, Asian &amp; African Caribbean</td>
<td>20</td>
</tr>
</tbody>
</table>

## Missed a meal?       | 22   |
## Your feedback is important to us | 23 |
## Food brought in from home | 23 |
## Need extra help at mealtimes? | 24 |
## Clean hands policy   | 24   |
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 🍊 🍊 🌿
Apple juice 🍏 🍊 🌿

CEREALS

With semi skimmed or full fat milk
Cornflakes 🌾
Bran flakes 🌾 🌿
Hot oat cereal 🌾 🌾 🌿
Rice Krispies 🌾 🌿
Weetabix 🌾

TOAST, BREADS & ROLLS

With butter or unsaturated spread
Wholemeal bread 🌾 🌿
White bread 🌾 🌿
Soft white roll 🌾 🌾 🌿
Soft wholemeal roll 🌾 🌾 🌿

PRESERVES

Assorted jams
Marmalade
Marmite
Honey

FRUITS

Fresh banana, apple or easy peel orange 🍊 🍊 🌿

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 🍊 MG V
Apple juice 🍏 MG V
Carrot & coriander soup 🥕 MG S V

MAINS

Braised sausages with onions 🥩
Ocean Pie 🌊 S
Chilli con carne 🌶️ MG
Cheese onion & red pepper quiche 🧀 V
Gravy 🟢 available on request to accompany main courses

SIDES

Potatoes, rice & breads
Creamed potatoes 🥔 S V
Boiled rice 🍚 MG V
White roll with butter or spread 🍩 S V
Wholemeal roll with butter or spread 🍩 S V
Vegetables
Broccoli, carrots, cauliflower 🥦 MG S V
Peas 🥦 MG V

SALADS

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

HOT DESSERTS

Red cherry pie 🍓 V
Custard 🧁 S V

COLD DESSERTS

Banoffee pie 🍦 V
Smooth & creamy fruit yoghurt 🍋 MG S V
Raspberry jelly 🍴 V
Banana 🍌 MG S V
Apple 🍏 MG V
Easy peel orange 🍊 MG V
Ice cream 🧁 V
Cheese & crackers 🧁 V
### Monday Evening

#### APPETISERS
- Orange juice [BC NG V]
- Apple juice [BC NG V]
- Creamy vegetable soup [BC NG S V]

#### MAINS
- Chicken & tomato pasta bake [BC S]
- Lentil cottage pie [BC V]
  - Gravy [S] available on request to accompany main courses

#### SIDES
- Potatoes, rice & breads
  - Creamed potatoes [BC S V]
  - Saute potatoes [BC V]
  - White roll with butter or spread [BC S V]
  - Wholemeal roll with butter or spread [BC S V]
- Vegetables & side salad
  - Cut green beans [BC NG V]
  - Beans in tomato sauce [BC S V]
  - Side salad [BC V]

#### JACKET POTATOES
- Jacket potato [BC NG V]
  - Choice of fillings (butter or low fat spread optional)
- Vegetarian cheddar [BC NG V]
- Soya chilli [BC NG V]
- Tuna mayonnaise [BC NB]
- Curried chicken [BC S V]

#### OMELETTES
- Tomato omelette [BC NB S V]

#### SALADS
- Salad includes your choice of main with lettuce, tomato, cucumber, carrot & sweetcorn
  - Roast beef salad [BC]
  - Tuna salad [BC]
  - Hard boiled egg salad [BC V]
  - Salad sides
    - Potato salad [V]
    - Coleslaw [V]

#### HOT DESSERTS
- Rice pudding [BC S V]

#### COLD DESSERTS
- Winterberry cheesecake [BC S V]
  - Fruit cocktail in juice [BC NB V]
  - Smooth & creamy fruit yoghurt [BC NB S V]
  - Banana [BC NB S V]
  - Apple [BC NB V]
  - Easy peel orange [BC NB V]
  - Ice cream [S V]

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

**APPETISERS**

- Orange juice 🍊🍇🥦
- Apple juice 🍊🍇💙
- Cream of potato & leek soup 🍊🍇 действие

**MAINS**

- Potato, bacon & cheese bake 🍊🍇
- Stewed steak & herb dumpling 🍊🍇
- Fish in parsley sauce 🍊🍇
- Macaroni cheese 🍊🍇
- Gravy 🍊 доступно на запрос

**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 salad 🍊
- Cheese ploughman’s 🍊

**HOT DESSERTS**

- Apple & raspberry crumble 🍊
- Custard 🍊

**COLD DESSERTS**

- Chocolate trifle 🍊
- Smooth & creamy fruit yoghurt 🍊
- Raspberry jelly 🍊
- Banana 🍊
- Apple 🍊
- Easy peel orange 🍊
- Ice cream 🍊
- Cheese & crackers 🍊
Tuesday Evening

**APPETISERS**

- Orange juice # # V
- Apple juice # # V
- Cream of tomato soup # # # V

**MAINs**

- Lamb pie #
- Bean & mushroom stroganoff # # # V
- Gravy # available on request to accompany main courses

**SIDES**

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

**JACKET POTATOES**

- Jacket potato # # # V
  - Choice of fillings (butternut or low fat spread optional)
- Vegetarian cheddar # # # V
- Soya chilli # # # V
- Tuna mayonnaise # # #
- Curried chicken # # S

**OMELETTES**

- Plain omelette # # V

**SALADS**

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

**HOT DESSERTS**

- Chocolate sponge # # V
- Chocolate sauce # # # V

**COLD DESSERTS**

- Banoffee pie # # # V
- Peach slices in juice # # # V
- Smooth & creamy fruit yoghurt # # # # # V
- Banana # # # # V
- Apple # # # V
- Easy peel orange # # # # V
- Ice cream # # V

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

## APPETISERS
- Orange juice 🍊🍇
- Apple juice 🍊🍇
- Minted pea soup 🌿

## MAINS
- Bacon chop 🍎ἠ
- Chicken breast in bbq sauce 🍎ἠ
- Beef cottage pie 🍎ἠ
- Vegetarian sausage hotpot 🍎

*Gravy 🍲 available on request to accompany main courses*

## SIDES
- Potatoes, rice & breads
- Creamed potatoes 🍎
- Saute 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
- Baked lemon tart 🍎
- Custard 🍎

## COLD DESSERTS
- Strawberry cheesecake 🍎
- Smooth & creamy fruit yoghurt 🍎
- Raspberry jelly 🍎
- Banana 🍎
- Apple 🍎
- Easy peel orange 🍎
- Ice cream 🍎
- Cheese & crackers 🍎
Monday Evening

APPETISERS
-------------------------
Orange juice  
Apple juice  
Cheese & broccoli soup

MAINS
-------------------------
Cod fish fingers  
Tomato & basil quiche  
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

JACKET POTATOES
-------------------------
Jacket potato  
Choice of fillings (butter or low fat spread optional)

OMELETTE
-------------------------
Cheese omelette

SALADS
-------------------------
Salad includes your choice of main with lettuce, tomato, cucumber, carrot & sweetcorn

SIDES
-------------------------
Potato salad  
Coleslaw

HOT DESSERTS
-------------------------
Apple crumble  
Custard

COLD DESSERTS
-------------------------
Chocolate trifle  
Pineapple pieces 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
### Thursday Lunch

#### APPETISERS
- Orange juice  
- Apple juice  
- Lentil soup

#### MAINS
- Suffolk Hotpot
- Beef casserole
- Turkey cottage pie
- Penne pasta in leek 
- Gravy available on request

#### SIDES
- Potatoes, rice & breads
- Creamed potatoes  
- Spicy potato wedges  
- White roll with butter or spread  
- Wholemeal roll with butter or spread

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

#### HOT DESSERTS
- Rice pudding
- Custard

#### COLD DESSERTS
- Banoffee pie
- Smooth & creamy fruit yoghurt
- Raspberry jelly
- Banana
- Apple
- Easy peel orange
- Ice cream
- Cheese & crackers
APPETISERS

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

MAINs

Southern fried chicken escalope
Cauliflower cheese 🍈 🍊
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

Pineapple sponge 🍊
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 🍊🍊🍊
Apple juice 🍊🍊🍊
Cheese & broccoli soup 🥒 NGX SV

MAINS
Breaded haddock 🍖 🍖
Pork meatballs in tomato sauce 🍖 S
Fish Portuguese 🍖 NGX S
Vegetable Moussaka 🍖 V
Gravy S available on request to accompany main courses

SIDES
Potatoes, rice & breads
Creamed potatoes 🍳 S V
Chipped potatoes V
White roll with butter or spread 🍖 S V
Wholemeal roll with butter or spread 🍖 S V
Vegetables
Mushy peas 🍆 S V
Sliced carrots 🍊 🍊 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

Salad sides
Potato salad 🍔
Coleslaw 🍪

HOT DESSERTS
Apple & blackcurrant pie 🍒 V
Custard S V

COLD DESSERTS
Chocolate trifle S V
Smooth & creamy fruit yoghurt 🍓 🍓 S V
Raspberry jelly S V
Banana 🍌 🍌 S V
Apple 🍎 🍎 V
Easy peel orange 🍊 🍊 V
Ice cream S V
Cheese & crackers 🍙 V
Friday Evening

**APPETISERS**
- Orange juice [m] [g] [v]
- Apple juice [m] [g] [v]
- Cream of potato & leek soup [m] [g] [s] [v]

**MAINS**
- Chicken & leek pie [g]
- Broccoli in cheese sauce [s] [v]
- Gravy (available on request to accompany main courses)

**SIDES**
- Potatoes, rice & breads
- Creamed potatoes [m] [s] [v]
- Sauté potatoes [g]
- White roll with butter or spread [m] [s] [v]
- Wholemeal roll with butter or spread [m] [s] [v]
- Vegetables & side salad
- Broccoli [g] [m] [s] [v]
- Beans in tomato sauce [m] [s] [v]
- Side salad [m] [v]

**JACKET POTATOES**
- Jacket potato [m] [g] [v]
- Choice of fillings (butter or low fat spread optional)
- Vegetarian cheddar [m] [g] [v]
- Soya chilli [m] [g] [v]
- Tuna mayonnaise [m] [g]
- Curried chicken [m] [s]

**OMELETTES**
- Cheese omelette [m] [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 [m] [v]
- Salad sides
- Potato salad [v]
- Coleslaw [v]

**HOT DESSERTS**
- Rice pudding [m] [s] [v]

**COLD DESSERTS**
- Winterberry cheesecake [m] [s] [v]
- Peach slices in juice [m] [g] [v]
- Smooth & creamy fruit yoghurt [m] [g] [s] [v]
- Banana [m] [g] [s] [v]
- Apple [m] [g] [v]
- Easy peel orange [m] [g] [v]
- Ice cream [s] [v]

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

APPETISERS

Orange juice 🍊 MG V
Apple juice 🍏 MG V
Cream of tomato soup 🍅 ED NG S V

MAINS

Moroccan lamb 🇪 Ngb
Savoury minced beef 🍗 S Ngb
Suffolk hotpot 🍛 Ed
Macaroni provencale S V
Gravy S available on request to accompany main courses

SIDES

Potatoes, rice & breads
Creamed potatoes 🍥 S V
Boiled rice 🍩 Ed S V
White roll with butter or spread 🍩 Ed S V
Wholemeal roll with butter or spread 🍩 Ed S V
Vegetables
Mashed swede 🥜 Ed NG S V
Peas 🥕 Ed NG V

SALADS

Salad includes your choice of main with lettuce, tomato, cucumber, carrot & sweetcorn
Smoked mackerel salad 🍤
Cheese ploughman’s salad 🥗 V
Egg salad 🥨 V

Salad sides
Potato salad 🍝
Coleslaw 🥗 V

HOT DESSERTS

Apricot frangipane 🍷 V
Custard 🍷 V

COLD DESSERTS

Strawberry shortcake sundae 🍓
Smooth & creamy fruit yoghurt 🍓 Ed S V
Raspberry jelly 🍓 S V
Banana 🍌 Ed NG S V
Apple 🍏 Ed NG V
Easy peel orange 🍊 Ed NG V
Ice cream 🍦 S V
Cheese & crackers 🥪 V
**Saturday Evening**

### APPETISERS
- Orange juice 🍊 🍉 🍁
- Apple juice 🍊 🍉 🍁
- Carrot & coriander soup 🍊 🍉 🍁

### MAINS
- Salmon fish cake 🍊
- Spinach & ricotta ravioli in cheese sauce 🍊 🍉 🍁
- 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
- Sticky toffee pudding 🍊
- Custard 🍁

### 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
Orange juice (BC NG V)
Apple juice (BC NG V)
Creamy vegetable soup (BC NG S V)

MAINS
Chicken & mushroom pie (BC)
Sliced roast pork in gravy (BC)
Yorkshire pudding (V)
Shepherds pie (BC NG $)
Cauliflower cheese (S V)
Gravy $ available on request to accompany main courses

SIDES
Potatoes, rice & breads
Creamed potatoes (BC $ V)
Roast potatoes (BC V)
White roll with butter or spread (BC $ V)
Wholemeal roll with butter or spread (BC $ V)

Vegetables
Broccoli (BC NG $ V)
Roasted vegetables (BC V)

SALADS
Salad includes your choice of main with lettuce, tomato, cucumber, carrot & sweetcorn
Ham ploughman’s salad (BC)
Corned beef salad (BC)
Mexican bean salad (BC V)

Salad sides
Potato salad (V)
Coleslaw (V)

HOT DESSERTS
Apple sponge (BC S V)
Custard (S V)

COLD DESSERTS
Banoffee pie (BC V)
Smooth & creamy fruit yoghurt (BC NG S V)
Raspberry jelly (S V)
Banana (BC NG S V)
Apple (BC NG V)
Easy peel orange (BC NG V)
Ice cream (S V)
Cheese & crackers (BC V)
APPETISERS
Orange juice  BC NG V
Apple juice  BC NG V
Lentil soup  BC NG S V

MAINs
Beef bolognese with penne pasta  BC S
Lentil cottage pie  BC V
Gravy  S available on request to accompany main courses

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

JACKET POTATOES
Jacket potato  BC NG V
Choice of fillings (butter or low fat spread optional)
Vegetarian cheddar  BC NG V
Soya chilli  BC NG V
Tuna mayonnaise  BC NG
Curried chicken  BC S

OMELETTES
Plain omelette  BC S V

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

HOT DESSERTS
Ground rice pudding  BC S V

COLD DESSERTS
Strawberry cheesecake  BC V
Pineapple pieces in natural juice  BC NG V
Smooth & creamy fruit yoghurt  BC NG S V
Banana  BC NG S V
Apple  BC NG V
Easy peel orange  BC NG V
Ice cream  BC V

A range of sandwiches are available to order, please see page 4
Halal, Asian & African Caribbean

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 NF NG V
- Apple juice NF NG V

Choice of sandwich
- Egg mayonnaise on white or wholemeal NF NS V
- Turkey on white or wholemeal NF
- Ham on white or wholemeal NF
- Tuna mayonnaise on white or wholemeal NF NS
- Cheddar cheese on white NF V
- Halal chicken NF

NGCI diet - Your choice of ham, cheese, egg mayonnaise or tuna on gluten free bread NF

Plus any two items from the list below:
- Crisps V
- Cheese & crackers NF V
- Carrot & orange finger muffin NF V
- Sweet biscuits V
- Smooth & creamy yoghurt NF NG V
- Peach & pear pieces in juice NF NS V
- Banana NF NG V
- Apple NF NG V
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.