

## 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.

## 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** BC NG V

**Apple juice** BC NG V

Choice of sandwich

**Egg mayonnaise on white or wholemeal** BC ED S V

**Turkey on white or wholemeal** BC S

**Ham on white or wholemeal** ED

**Tuna mayonnaise on white or wholemeal** BC S

**Cheddar cheese on white** ED V

**Halal chicken** ED

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

Plus any two items from the list below:

**Crisps** V

**Cheese & crackers** ED V

**Carrot & orange finger muffin** ED V

**Sweet biscuits** V

**Smooth & creamy yoghurt** BC NG V

**Peach & pear pieces in juice** BC NG S V

**Banana** BC NG V

**Apple** BC NG V

If you require a gluten free snackbox please ask ward staff

## 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.

## 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

## 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.

## 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.

## 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.

Imperial College Healthcare **NHS**  
NHS Trust

# Menu



## 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.

patientdining  
by **sodexo**

## Breakfast

### JUICES

**Orange juice** BC NG V

**Apple juice** BC NG V

### CEREALS

With semi skimmed or full fat milk

**Cornflakes** BC V

**Bran flakes** BC V

**Hot oat cereal** BC S V

**Rice Krispies** BC V

**Weetabix** BC S V

### TOAST, BREADS & ROLLS

With butter or unsaturated spread

**Wholemeal bread** BC V

**White bread** BC V

**Soft white roll** BC S V

**Soft wholemeal roll** BC S V

### PRESERVES

**Assorted jams**

**Marmalade**

**Marmite**

**Honey**

### FRUITS

**Fresh banana, apple or easy peel orange** BC NG 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



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.

## Appetisers

Please choose one

**Apple juice** BC V

**Orange juice** BC V

**Soup of the day** V

**Nourishing cream of potato & leek soup** ED NG V

## Mains

Please choose either one hot main meal or one salad or one sandwich

**Haddock & chips**



Breaded haddock with chips & mushy peas

**Tuna pasta** ED S



Tuna in tomato sauce with courgettes and pasta twists, topped with cheese sauce & grated cheese

**Fish in a cheese & herb sauce** S



Hoki in cheese & herb sauce with parsley potatoes, minted pea puree & sliced carrots

**Chicken tikka masala** ED NG



Chicken in a tikka masala sauce with white rice

**Chicken breast in gravy** BC



Whole chicken breast in a rich gravy served with creamy mash, roast

potatoes, peas, cut green beans & sliced carrots

**Steak and kidney pie** ED



Steak & kidney in gravy topped with pastry served with chipped

potatoes & garden peas

**Savoury minced beef** NG S



Minced beef, onion & carrots in a tasty sauce, with creamed potatoes,

mashed carrot & swede

**Shepherds pie** BC NG S



Minced lamb in gravy topped with mashed potatoes & served with broccoli

**Lamb rogan josh** ED NG



Diced lamb in a rogan josh curry sauce, served with yellow rice and bombay potatoes

**Sausages & mashed potato** ED



Pork sausages, mashed potatoes, garden peas and baby carrots

**All day breakfast** ED



Plain omelette served with pork sausage, mini hash browns & baked beans

**Meatballs in tomato sauce** ED S



Small meatballs of minced pork in a tomato sauce with penne pasta

## VEGETARIAN

**Chickpea balti** ED NG V



Chickpea curry with yellow rice & bombay potatoes

**Cauliflower & broccoli tagliatelle** S V



With cheese sauce and paprika crumb garnish

**Jacket potato with beans & cheese** NG V



Jacket potato with beans and cheese

**Macaroni cheese** ED S V



Macaroni in a cheese sauce topped with grated cheese, with broccoli &

cauliflower florets

**Cheese omelette** ED NG S V



Cheese omelette with potato croquettes & baked beans

**Sweet potato & lentil curry** BC NG V



Sweet potato with lentils & mixed peppers in a mild curry sauce, served with

patna rice & peas

**Lentil cottage pie** BC V



Lentils & vegetables in a rich vegetarian gravy topped with mashed potatoes

served with baby carrots & garden peas

## SANDWICHES

**Egg mayonnaise on white** BC ED S V

**Egg mayonnaise on wholemeal** BC S V

**Pink salmon & cucumber on white** BC ED

**Pink salmon & cucumber on wholemeal** BC ED

**Ham on white** ED

**Ham on wholemeal** ED

**Chicken bacon & coleslaw on white** ED

**Chicken bacon & coleslaw on wholemeal** ED

**Coronation chicken on white** ED

**Coronation chicken on wholemeal** ED

**Cheese & pickle on white** ED V

**Cheddar cheese on white** ED V

## SALADS

Available lunchtime & evening every day. Salads include your choice of main plated with lettuce, tomato, cucumber, carrot & sweetcorn with your choice of sides

**Ham** BC NG

**Roasted vegetable quiche** ED V

**Pink salmon** BC NG

**Cheddar cheese** ED NG V

## Sides

**Side salad** BC NG V

**Coleslaw** V

**Potato salad** V

**Soft white roll** BC S V

**Soft wholemeal roll** BC S V

## Jacket potato & fillings

**Jacket potato** BC NG V

Choice of fillings (butter or unsaturated spread optional)

**Grated cheddar** ED NG V

**Tuna mayonnaise** BC NG

## Cold desserts

Available lunchtime & evening every day

**Thick & creamy yoghurt** BC V

**Pineapple pieces in juice** BC NG V

**Peach & pear pieces in juice** BC NG V

**Fresh apple** BC NG V

**Fresh banana** BC NG S V

**Easy peel orange** BC NG V

**Raspberry Jelly** S V

**Ice cream** S V

**Cheese & crackers** ED V

**Tiramisu** S V

**Winterberry cheesecake** ED S V

**Bannoffe pie** V

## Hot desserts

**Sticky toffee pudding with toffee sauce** V

**White chocolate & cranberry sponge with pureed raspberries** ED S V

**Pineapple upside down pudding with toffee sauce** BC V

**Apple & blackberry crumble with custard** BC V

**Rice pudding** NG S V

**Custard with pureed cherries in syrup** ED NG V

**Custard** S V  
(available with all hot desserts)



Please note all meals are subject to availability and seasonal change. We will inform you if your chosen meal is unavailable to allow you to make an alternative selection.

## 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.

### CULTURAL AND RELIGIOUS DIETARY CHOICES

In addition to this a la carte menu our cultural menu is also available for you to choose from.

**BC** **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).

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

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

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

**V** **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.