

SNACKS & DRINKS

DRINKS



Coffee



Tea



Fruit or Herbal Tea



Milk



Hot Chocolate or Malted Drink



Squash

Decaffeinated tea or coffee and non-dairy milk options are available on request.

SNACKS

Fresh Fruit
Yogurt

Cake Slice
Savoury Biscuits
Sweet Biscuits

A selection of snacks are served with your mid-morning and mid-afternoon drink.

SCHEDULED SERVICE TIME

Early Morning	Mid Afternoon
Breakfast	Supper
Mid Morning	Evening
Lunch	

Hot and cold drinks will be offered to you with your meals and throughout the day.



Hydration is essential to your wellbeing.

Your water jug will be refreshed twice a day; if you need a top up or new jug please ask your Ward Host or Nurse for assistance.



Breakfast

07:45 – 09:00



Lunch

12:15 – 13:45



Supper

17:15 – 18:45

YOUR WARD HOST TEAM

Your ward host team are here to help. Please let them know if you have any special requirements.

Your Ward Host will take your **lunch order** after breakfast and your **supper order** after lunch.

Meals are available in **small, standard or large** portions.

ADDITIONAL MENUS

We have the following alternative menus available:

Allergen Free	Vegan
Gluten Free	Renal
Low Residue	Kosher
Modified Texture	World Food & Halal
Level 4 pureed	African Caribbean and
Level 6 soft & bite-sized	Asian Vegetarian

MISSING A MEAL?

If you have been admitted to the ward after lunch or supper orders have been taken, we can still offer you a range of hot meals, a snack box or snacks. Please speak to your Ward Host or Nurse.

ALLERGY 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.

We have an Allergen Free Menu which contains dishes prepared free from: cereals containing gluten, milk, egg, fish, celery, crustaceans, molluscs, nuts, peanuts, sesame, sulphites, mustard and soya.

FISH BONES

Although every care has been taken to remove fish bones from our fish dishes, some may remain. Therefore, please take care when consuming fish dishes.

CARBOHYDRATE CONTENT

The carbohydrate content of these dishes is available from your Ward Host for patients counting carbohydrates as part of their Diabetes treatment.

YOUR FEEDBACK IS IMPORTANT TO US

We will ask if you would like to complete a short survey about your experience, to help us review and improve our patient catering services. If you have any feedback or queries during your stay, please speak to a nurse or your Ward Host.



University Hospital
Southampton
NHS Foundation Trust

Inpatient Dining

A LA CARTE



serco

BREAKFAST

Select any **four** of these:



CEREALS

Cornflakes
Rice Krispies
Weetabix
Branflakes
Porridge

Various milk options available including non-dairy.



BREAD OR TOAST

White
Wholemeal

Available with butter or sunflower spread and a selection of jams, marmalade, honey and marmite



YOGURT

Thick & Creamy
Low Fat
Various flavours available



FRUIT

Prunes in Juice
Seasonal Fresh Fruit

Hot and cold drinks are served with your breakfast and include the option of apple or orange juice.

Take a look inside to see our Lunch and Supper options.

Your Ward Host will be coming round to take your lunch order after breakfast.

LUNCH & SUPPER

Please choose **one starter** + **one main meal** from either the daily specials, jacket potatoes, main meals, sandwiches or salads + **sides** + **one dessert**.

STARTERS

Soup of the Day

Soft Bread Roll **V**

white or wholemeal options served with butter or sunflower spread **V**

Apple or Orange Juice **H**

★ DAILY SPECIALS ★

MONDAY

Chicken & Ham Pie **H**

TUESDAY

Sliced Gammon & Pineapple **H**

WEDNESDAY

Sweet & Sour Chicken **H**

THURSDAY

Chilli Con Carne

FRIDAY

Breaded Cod **H**

SATURDAY

Chicken Goujons

SUNDAY

Roast Beef in Gravy **H**

JACKET POTATOES

Plain Potato **H V** Cheddar Cheese **ED V**

Tuna Mayonnaise **ED H** Baked Beans **ED H V**

served with butter or sunflower spread **V**

LUNCH MAIN MEALS

Cottage Pie **H**

Lancashire Hotpot

BBQ Pork & Pepper **H**

Roast Chicken Breast in Gravy **H**

Chicken Curry **H**

Fish in Cheese Sauce **H**

Broccoli & Herb Quiche **ED V**

Vegetable Crumble **ED V**

Macaroni Cheese **V**

Cheese & Tomato Omelette **V**

SUPPER MAIN MEALS

Minced Beef Hotpot

Roast Pork in Gravy **H**

Chicken & Vegetable Casserole **H**

Chicken Tikka Masala **H**

Tuna Pasta Bake **H**

Vegetable Lasagne **ED V**

Bean Chilli **H V**

Cauliflower Cheese **V**

Plain Omelette **H V**

SANDWICHES

Corned Beef & Tomato Tuna Mayonnaise **ED**

Chicken Mayonnaise **ED** Egg Mayonnaise **ED V**

Ham Cheese **ED V**
Available on white or wholemeal

SALAD

Ham **H** Provençale Mixed Bean **H V**

Chicken **H** Cheddar Cheese & Egg **V**

Pink Salmon **H** Cheddar Cheese & Egg **V**

Salad base of lettuce, sweetcorn, carrots, cucumber, tomatoes + your topping choice

SIDES

Soft Bread Roll **V** Coleslaw **V**
white or wholemeal

Seasonal Side Salad **H V** Potato Salad **V**

Pickle **V**

A selection of dressings and condiments, butter or sunflower spread are available.

SEASONAL VEGETABLES

Broccoli **H V** Mashed Swede **H V**

Peas **H V** Minted Summer Vegetables **V**

Baby Carrots **H V**

POTATOES & RICE

Roast Potatoes Boiled Potatoes **H**

Mashed Potatoes Boiled Rice **H**

Chips all options **V**

DESSERTS

HOT DESSERTS

Chocolate Chip Sponge **ED V** Rice Pudding **H V**

Summer Fruit Crumble **ED V** Somerset Apple Cake **ED V**

Custard **V**

All served with custard or ice cream

COLD DESSERTS

Strawberry Cheesecake **V** Stewed Fruit **H V**

Ginger Drizzle Cake **ED V** Peaches in Juice **H V**

Raspberry Trifle **V** Fresh Fruit **H V**

Orange Jelly **H V**

Thick & Creamy Yogurt **V** Ice Cream **V**

Low Fat Yogurt **H V** Cheese & Crackers **V**

Ice cream also served with fruit or jelly

CODES USED IN THIS MENU

ED Energy Dense: more nourishing than those coded **H** as they contain more calories and/or protein. Suitable for patients with a reduced appetite.

H Healthy Options: contain moderate amounts of fat, sugar and salt. Suitable as part of a healthy balanced diet and for patients with diabetes.

V Vegetarian: free from meat, poultry, fish and all products derived from these. Suitable for vegetarians that consume, milk, eggs and their products. Vegan menu available.

Please ask your Ward Host for the Gluten Free Menu if you require a Gluten Free diet.