DESSERTS & DRINKS

DESSERTS

HOT DESSERTS

Apple Crumble ED V

Rice Pudding **EC** V

Syrup Sponge ED V Jam Sponge ED V

Custard EC V

All served with custard or ice cream

COLD DESSERTS

Caramel Sundae	Ice Cream EC V
Chocolate Brownie	Jam Doughnut V
ED V Chocolate Mousse EC V	Peaches in Light Syrup ♥ EC V
Cheese & Crackers V	Thick & Creamy Yogurt <mark>EC V</mark>
Fresh Fruit ♥ V EC option available	Low Fat Yogurt

gurt 🛡 FC V

Ice cream also served with fruit



Non-dairy milk options are available on request. Drinks will be offered to you with your meals and throughout the day.

Breakfast Lunch Supper 08:00-09:00 12:00-14:00 17:00-19:00

YOUR WARD HOST TEAM

The team are here to help you during your stay, please make them aware of any special requirements. Your lunch order will be taken after breakfast and your supper order after your lunch. You can request your meal portion in small, medium or large.

HOW DID WE DO?

Your feedback is important to us, please scan the QR code and complete our patient satisfaction survey. Alternatively your Ward Host can complete the survey with you.



CARBOHYDRATE INFORMATION

This information is available if required for the management of your diabetes treatment, please speak to your Ward Host who can provide you а сору.

ADDITIONAL MENUS

We have the following alternative menus available:

Allergen Free	Vegan
Gluten Free	Renal
Low Fibre	Kosher
Level 4 Pureed	World Food & Hala
Level 6 Soft & Bite-Sized	

MISSED A MEAL?

Speak to your Ward Host or Nurse and they will arrange a hot meal or snack box for you.

ALLERGEN INFORMATION

If you have a food allergy or intolerance, please advise your Nurse on admission and always inform your Ward Host before you place a meal order. Allergen Free menu available.

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. Please speak with your Ward Host or nursing staff if you have any concerns.

University Hospital Southampton **NHS Foundation Trust**

Inpatient Dining



BREAKFAST & SNACKS

Select any **four** of these:



CEREALS

Branflakes

Cornflakes

Porridge EC

Rice Krispies

Weetabix EC

Various milk options available including non-dairy.



YOGURT

Thick & Creamy EC Various options

Low Fat **V** EC

Various flavours available.



BREAD OR TOAST

White

Wholemeal

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

Bread is EC.



FRESH FRUIT

available, including **V** EC.

All options are V. Fruit Juice (apple or orange) and hot drinks are served with your breakfast.

SNACKS

Biscuits V Cake Slice V Crisps V

Fresh Fruit V Malt Loaf 💙 V Yogurt EC V

EC options available. A selection of snacks are served with your mid-morning and midafternoon drink.

LUNCH & SUPPER

STARTERS

Soup ED EC

Bread Roll V served with butter or sunflower spread V

Apple or Orange Juice V

101 LUNCH MAIN MEALS

Penne Pasta in Tomato & Basil Sauce EC V

Vegetable Lasagne ED EC V

Chicken Curry • EC

Fish Pie **EC**

Corned Beef Hash ED EC

Cottage Pie • EC

101 SUPPER MAIN MEALS

Vegetable Curry 🛡 V 🔌

Macaroni Cheese ED EC V

Roast Chicken Breast in Gravy •

Fishcakes **V** EC

Sausages in Onion Gravy

Shepherd's Pie ED EC

Ć SALAD Chicken 🛡 Egg 🛡 V Ham Tuna 🛡 Salad base of lettuce, sweetcorn, carrots, cucumber, tomatoes + your

OMELETTE

topping choice

Plain Omelette **EC V**

Cheese Omelette EC V

JACKET POTATOES

Plain Potato • V Cheddar Cheese

Baked Beans • V

ED V

Tuna Mayonnaise ♥ ED

Served with your choice of fillings, butter V or sunflower spread V

SANDWICHES

Egg Mayonnaise ED EC V	Tuna Mayonnaise ED EC
Cheese ED V	Chicken 🛡
British Ham 🎔 EC	Ham & Cheese ED

Available on white or wholemeal bread. Option of side salad V or pickle V to your sandwich

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

DAILY SPECIALS *

MONDAY

Potato, Cheese & Leek Bake ED V

Sausage Roll ED

TUESDAY

Cauliflower Cheese EC V

Tuna Pasta Bake 🛡

WEDNESDAY

Vegetable Cottage Pie • EC V Pork Meatballs in Tomato & Herb Sauce V EC

THURSDAY

Bean Chilli 🛡 V

Chicken Tikka Masala 🛡 🔪

FRIDAY

Vegan Sausage Roll ED V

Battered Haddock •

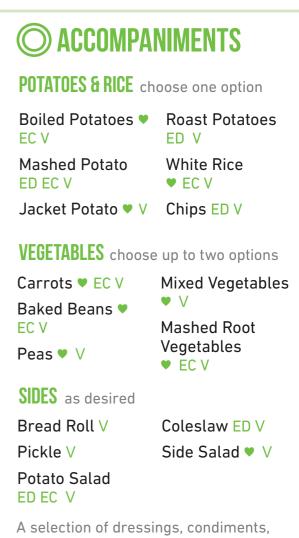
SATURDAY

Vegan Katsu Curry ED V

Chilli Con Carne 💌 🔪

SUNDAY

Cauliflower & Broccoli Pasta Bake V Roast Pork in Gravy •



and butter or sunflower spread are available

CODES USED IN THIS MENU

- ED Energy Dense: more nourishing than those coded as they contain more calories and/or protein. Suitable for patients with a reduced appetite.
- Healthy Options: contain moderate amounts of fat, sugar and salt. Suitable as part of a healthy balanced diet and for patients with diabetes.

EC Easy to Chew: tender, easier to cut and eat food options. Suitable for patients who have difficulty coping with firm foods (e.g. patients who have no teeth, loose dentures or sore mouth) or patients with swallowing difficulties. Refer to our modified texture menus if you need a Level 4 or Level 6 meal.

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



Spicy: some patients may find this spicy.