

# DESSERTS & DRINKS

## DESSERTS

### HOT DESSERTS

- |                       |                        |
|-----------------------|------------------------|
| Apple Crumble<br>ED V | Rice Pudding<br>♥ EC V |
| Syrup Sponge ED V     | Jam Sponge ED V        |
| Custard<br>EC V       |                        |

All served with custard or ice cream

### COLD DESSERTS




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

Ice cream also served with fruit

## DRINKS

- |  |  |  |
|--|--|--|
| <br>Coffee<br>Decaf available | <br>Tea<br>Decaf available        | <br>Fruit or Herbal Tea |
| <br>Milk                      | <br>Hot Chocolate or Malted Drink | <br>Squash              |

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

- |  |  |  |
|--|--|--|
|  |  |  |
| <b>Breakfast</b><br>08:00 – 09:00  | <b>Lunch</b><br>12:00 – 14:00  | <b>Supper</b><br>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 a copy.

### ADDITIONAL MENUS

We have the following alternative menus available:

- |                           |                    |
|---------------------------|--------------------|
| Allergen Free             | Vegan              |
| Gluten Free               | Renal              |
| Low Fibre                 | Kosher             |
| Level 4 Pureed            | World Food & Halal |
| 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.

**NHS**  
University Hospital  
Southampton  
NHS Foundation Trust

Inpatient Dining

# A LA CARTE



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# BREAKFAST & SNACKS

Select any **four** of these:



### CEREALS

- Branflakes
- Cornflakes
- Porridge EC
- Rice Krispies
- Weetabix EC

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.
- Bread is EC.



### YOGURT

- Thick & Creamy EC
  - Low Fat ♥ EC
- Various flavours available.



### FRESH FRUIT

- Various options available, including ♥ EC.

All options are V.

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

## SNACKS

- |              |                 |
|--------------|-----------------|
| Biscuits V   | Fresh Fruit ♥ V |
| Cake Slice V | Malt Loaf ♥ V   |
| Crisps V     | Yogurt EC V     |

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

# LUNCH & SUPPER

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

## STARTERS

- Soup ED EC
- Bread Roll V  
served with butter or sunflower spread V
- Apple or Orange Juice ♥ V

## 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

## SUPPER MAIN MEALS

- Vegetable Curry ♥ V 🌶️
- Macaroni Cheese ED EC V
- Roast Chicken Breast in Gravy ♥
- Fishcakes ♥ EC
- Sausages in Onion Gravy
- Shepherd's Pie ED EC

## SALAD

- Egg ♥ V
  - Chicken ♥
  - Tuna ♥
  - Ham
- Salad base of lettuce, sweetcorn, carrots, cucumber, tomatoes + **your topping choice**

## OMELETTE

- Plain Omelette ♥ EC V
- Cheese Omelette ♥ EC V

## JACKET POTATOES

- Plain Potato ♥ V
  - Baked Beans ♥ V
  - Cheddar Cheese 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

## 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 ♥ 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 ♥

## ACCOMPANIMENTS

### POTATOES & RICE choose one option

- Boiled Potatoes ♥ EC V
- Roast Potatoes ED V
- Mashed Potato ED EC V
- White Rice ♥ EC V
- Jacket Potato ♥ V
- Chips ED V

### VEGETABLES choose up to two options


- Carrots ♥ EC V
- Mixed Vegetables ♥ V
- Baked Beans ♥ EC V
- Mashed Root Vegetables ♥ EC V
- Peas ♥ V

### SIDES as desired

- Bread Roll V
- Coleslaw ED V
- Pickle V
- Side Salad ♥ V
- Potato Salad ED EC V

A selection of dressings, condiments, 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.
- 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.
-  Spicy: some patients may find this spicy.