

SNACKS & DRINKS

DRINKS



Non-dairy milk options are available on request.

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.

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.



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.

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.

Inpatient Dining PLATED



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BREAKFAST

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.

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 main meals, 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

MAIN MEALS

- | | |
|--|---|
| Sweet Potato & Bean Chilli
with rice ED EC V | Vegetable Hotpot
with potatoes, broccoli and carrots ♥ V |
| Cheese & Tomato Omelette
with diced potato and vegetables ED V | Macaroni Cheese
with mixed vegetables ED V |
| Chicken Curry
with rice ED | Sweet & Sour Chicken
with rice and mixed vegetables ♥ |
| Roast Chicken Breast
with roast potatoes, gravy, sprouts
and mashed carrots ♥ | Smoked Haddock in Cheese & Chive
Sauce
with parsley boiled potatoes and carrots EC |
| Sausages & Mashed Potato
with peas and onion gravy | Meatballs & Pasta in Tomato and Basil
Sauce ED EC |
| Chilli Con Carne
with rice, peas and sweetcorn | Beef Casserole
with mashed potato and carrots EC |

MEALS FOR SMALLER APPETITES

These meals contain at least 500kcal and 20g protein in a smaller portion size! Great for those with reduced appetite or those working on increasing their weight.

- | | |
|--|---|
| Cheese & Potato Bake
with broccoli ED EC V | Pasta Carbonara
with chicken, mushroom and ham ED |
|--|---|

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. | 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. |
| ♥ 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. | |

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

SALAD

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

SANDWICHES

- | | |
|--|---------------------------------------|
| Egg Mayonnaise
ED EC V | Tuna Mayonnaise
ED EC |
| Cheese ED V | Chicken ♥ |
| British Ham ♥ EC | Ham & Cheese ED |
- All available on white or wholemeal bread. Option of side salad V or pickle V to add to your sandwich

ACCOMPANIMENTS

- | | |
|------------------------------------|---------------------------|
| Bread Roll | Coleslaw ED |
| Pickle | Side Salad ♥ |
| Potato Salad
ED EC | |
- All options are V. A selection of dressings, condiments and butter or sunflower spread are available

DESSERTS

HOT DESSERTS

- Apple Crumble ED V
- Lemon Sponge ED EC V
- Rice Pudding EC V
- Stewed Apple & Custard EC V
- Custard EC V

All served with custard or ice cream

COLD DESSERTS

- Chocolate Brownie ED V
- Caramel Sundae EC V
- Chocolate Mousse EC V
- Jam Doughnut V
- Ice Cream EC V
- Peaches in Light Syrup ♥ EC V
- Thick & Creamy Yogurt EC V
- Low Fat Yogurt ♥ EC V
- Cheese & Crackers V
- Fresh Fruit ♥ V
EC option available
- Ice cream also served with fruit