

# SNACKS & DRINKS

## DRINKS



Tea



Malted Drink



Milk



Squash

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

## SNACKS




- Fresh Fruit **V**
- Yogurt **EC V**
- Cake Slice **V**
- Sweet Biscuits **V**
- Cheese & Crackers (supper only) **V**

*Extra nourishing snacks are available for those who have been encouraged to have higher calorie menu choices. These include HiCal Jelly (not suitable for those with diabetes) and Complian Mousse. Please place your order with the housekeeper (MUST≥1).*

Snacks are served with your mid-morning, mid-afternoon and supper drink.

## SCHEDULED SERVICE TIME

- |             |               |
|-------------|---------------|
| Breakfast   | Mid Afternoon |
| Mid Morning | Evening Menu  |
| Lunch       | Supper        |

-  **Breakfast\***  
07:00 – 08:30
-  **Lunch**  
12:00 – 13:00
-  **Evening Meal**  
17:00 – 18:00

\* Breakfast items available until 9:30

### ABOUT THIS MENU

Items on this menu have been selected because they are lower in salt, potassium and phosphate but still provide adequate protein and calories. These are suitable for people with poor kidney function.

### 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 **evening meal order** after lunch.

### ADDITIONAL MENUS

We have the following alternative menus available should you require them:

- |                  |                    |
|------------------|--------------------|
| Extra Nourishing | Modified Texture   |
| Allergy Aware    | Vegan              |
| Gluten Free      | World Food & Halal |
| Low Fibre        | Finger food        |

### MISSING A MEAL?

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

### ALLERGY INFORMATION

If you have a food allergy or intolerance, please advise your Nurse on admission and always inform your Ward Catering Team before you place a meal order.

We have an Allergy Aware Menu which contains dishes prepared free from: cereals containing gluten, celery, egg, fish, milk (and other dairy products), molluscs, mustard, nuts, peanuts, crustaceans, lupins, soya, sulphites and sesame.

### 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.

### 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.

Inpatient Dining

# RENAL



Please wash your hands or use the wipes provided before each meal.



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# BREAKFAST

Select from these options:



### CEREALS

- Cornflakes **V**
- Rice Krispies **V**
- Weetabix **EC V**
- Porridge **EC V**

Various milk options available including non-dairy.



### BREAD OR TOAST

- White **V**
- Wholemeal **V**
- Pancake **EC V**

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



### YOGURT

- Thick & Creamy **EC V**

Various flavours available.



### FRUIT

- Fresh Fruit **V**

Various options available.

Hot and cold drinks are served with your breakfast.

Take a look inside to see our Lunch and Evening Meal options.

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

# LUNCH & EVENING MEAL

Please choose **one main meal** from either the main meals, omelettes, salads or sandwiches + **sides** + **one dessert**.

## LUNCH MAIN MEALS

Served with peas, carrots, coleslaw or a side salad.

Beef Lasagne **E EC**

Shepherd's Pie **H EC**

Chicken Curry  
with rice **H EC**

Ham & Leek Bake **E**

Minced Beef Hotpot **EC H**

Cottage Pie **H EC**

Vegetarian Cottage Pie **H EC V**

Penne Pasta in a Tomato & Herb Sauce  
**H V**

## EVENING MAIN MEALS

Served with two vegetables and one potato or a side. Please choose from the daily selection.

### MONDAY

Baked Chicken & Vegetable Pie **E**  
Cauliflower Cheese **EC V**

### TUESDAY

Salmon Crumble **EC E**  
Vegetable Lasagne **E EC V**

### WEDNESDAY

Chicken & Pasta  
with tomatoes & herbs **H**  
Cheese & Onion Pie **EC E V**

### THURSDAY

Steak Pie with flaky pastry top **E**  
Crunchy Vegetable Bake **E V**

### FRIDAY

Battered Fish  
Macaroni Cheese **V**

### SATURDAY

Sausages in Onion Gravy  
Vegetable Pie **E V**

### SUNDAY

Fish Pie **H EC**  
Vegetarian Hotpot **V H**

## ★ ROAST OF THE DAY ★

### MONDAY

Roast Beef in Gravy **H**

### TUESDAY

Roast Chicken Breast  
in Gravy **H**

### WEDNESDAY

Roast Lamb in Gravy **H**

### THURSDAY

Roast Pork in Gravy **H**

### FRIDAY

Roast Chicken Breast  
in Gravy **H**

### SATURDAY

Roast Beef in Gravy **H**

### SUNDAY

Roast Chicken Breast in Gravy  
Sage & Onion Stuffing **H**

Served with a selection of  
vegetables and potatoes.

## OMELETTES

Plain  
**EC V**

Cheese & Tomato  
**EC V**

## SALAD

Salad base of lettuce, carrots, cucumber,  
tomatoes + topping choice.

Ham **H**

Chicken **H**

Tuna  
Mayonnaise **H**

Egg **H V**

## SANDWICHES

A daily selection of sandwiches is  
available on white or wholemeal  
bread. Please ask your Ward Host  
for details.

## SIDES

Bread Roll **V**  
white or wholemeal

Daily selection  
of Vegetables &  
Potatoes **H V**

Coleslaw **E V**

Includes  
**EC Options**

Side Salad **H V**

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

## DESSERTS

### HOT DESSERTS

Stewed Apple &  
Custard **H EC V**

Rice Pudding  
**H EC V**

Custard **H EC V**

Hot Dessert  
of the Service  
Please ask your  
ward host for  
information **E V**

### COLD DESSERTS

Tinned Fruit in  
Juice **H V**

Lemon Drizzle  
Cake **E EC V**

Strawberry  
Trifle **EC V**

Raspberry  
Dessert **H EC V**

Thick & Creamy  
Yogurt **H EC V**

Reduced Sugar  
Jelly **H EC**

Fresh Fruit **H V**

HiCal Jelly **E EC**

Ice Cream **H EC V**

## CODES USED IN THIS MENU

**E** High Energy: more nourishing than those coded **H** as they contain more calories. Suitable for patients with a reduced appetite.

**H** Healthy Options: contain moderate amounts of fat, sugar and salt. Desserts contain moderate amounts of sugar. 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). Refer to our modified texture menus if you have difficulties with swallowing (dysphagia).

**V** Vegetarian: made without meat, poultry, fish and all products derived from these. Suitable for vegetarians that consume milk, eggs and products made from these. Vegan menu available.

Please ask your Ward Host for carbohydrate information if you require it.