

# SNACKS & DRINKS

## DRINKS



Coffee



Tea



Milk



Malted Drink



Hot Chocolate



Squash

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

## SNACKS

Fresh Fruit **V H**

Yogurt **EC V H**

HiCal Jelly **E EC**

(Not suitable for those with diabetes)

Screen Malt Loaf **H**

Flapjack **H**

Sweet Biscuits **V H**

Complan

Mousse **E EC H**

Cheese & Crackers  
(supper only) **V H**

Rice Pudding **H EC**

Custard Pot **H EC**

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

## SCHEDULED SERVICE TIME

Breakfast

Mid Afternoon

Mid Morning

Evening Meal

Lunch

Supper



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\***  
07:00 – 08:30



**Lunch**  
12:00 – 13:00



**Evening Meal**  
17:00 – 18:00

\* Breakfast items available until 9:30

### YOUR WARD CATERING TEAM

Your Ward Catering 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:

Allergy Aware	Low Fibre	Renal
Finger Food	Modified Texture	Standard
Gluten Free	Vegan	World Food & Halal

### 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.

### NEUTROPENIC DIET INFORMATION

If you are neutropenic it will be harder for your body to fight infections. This menu avoids those foods most likely to contain any high risk foods that could make you unwell.

Inpatient Dining

## Extra Nourishing

Ward 14 & 33

This menu is also suitable for patients who have been advised to follow a neutropenic diet.



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**

Branflakes **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

Banana **EC V**

Satsuma **V**

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

# LUNCH & EVENING MEAL

Please choose from either a lighter option meal, or a daily main meal and create this yourself with something from option 1 and option 2. Finally order your dessert.

## STARTER

- Pea & Ham Soup **E**
- Chicken Soup **E EC**
- Cheesy Leek & Potato Soup **E EC V**
- Tomato & Lentil Soup **E EC V**
- Soft Roll **V**

White or wholemeal options served with butter or sunflower spread.

Alternative option of an apple or orange juice.

## LIGHTER OPTIONS

### SANDWICHES

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

### OMELETTES

- Cheese & Mushroom **EC V**
- Cheese & Tomato **EC V**

### JACKET POTATOES

- Cheddar Cheese **E V**
- Tuna Mayonnaise **E**      Baked Beans **V**

### MINI MEALS EXTRA

- Pasta Carbonara **E**
- Salmon Bake **E**
- Beef Stroganoff **E EC**
- Macaroni Cheese **E EC V**

These meals are extra nourishing as they are higher in calories and protein.

## MAIN MEALS

- Sausage Roll **E**
- Sweet & Sour Chicken **H**
- Chili Con Carne **H**
- Suet Topped Steak & Potato Pie **E**
- Lamb Casserole
- Chicken Curry **H EC**
- Sausage Casserole **E**
- Roast Chicken in Gravy **H**
- Potato Topped Chicken Pie **E EC**
- Shepherd's Pie **EC**
- Beef Lasagne **E EC**
- Smoked Haddock Spinach Crumble **E**
- Minced Beef Hotpot **H**
- Roast Beef in Gravy **H**
- Fish Cakes **H EC**
- Pasta in Tomato Basil Sauce **V**
- Potato, Cheese & Leek Bake **V**
- Chana Masala **V H**
- Vegetarian Tikka Masala **V H EC**

## SIDES - OPTION 1

- Chips **V**
- Cheesy Wedges **E V**
- Boiled Rice **V**
- Boiled Potatoes **V**
- Mashed Potato **V**
- Garlic Bread **V**
- Roast Potato **V**

## SIDES - OPTION 2

- Minted Summer Vegetables **V**
- Baked Beans **V**
- Cauliflower **V**
- Peas **V**
- Mushy Peas **V**
- Sliced Carrots **V**
- Mixed Vegetables **V**
- Mashed Root Vegetables **V**

## DESSERTS

### HOT DESSERTS

- Stewed Apple & Custard **H EC V**
- Custard **H EC V**
- Rice Pudding **H EC V**
- Hot Dessert **E V**  
Please ask your ward host for information

### COLD DESSERTS

- Tinned Fruit in Juice **H V**  
served with ice cream
- Strawberry Trifle **EC V**
- Thick & Creamy Yogurt **H EC V**
- Fresh Fruit  
Banana **H EC V**  
Satsuma **H V**
- Chocolate Cake **EC V H**
- Mini Chocolate Eclairs **E**
- Ice Cream **H EC V**
- Mini Jam Doughnuts **V**
- HiCal Jelly **E EC**  
served with ice cream  
(reduced sugar alternative available)

### CODES USED IN THIS MENU

- E** High Energy: nourishing dishes as they contain more calories. Suitable for patients with a reduced appetite.
- H** Healthy option: contains moderate amounts of fats sugars and salt. Suitable as a 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.