

MEALS



Meals are served between
the following times:

Breakfast: 7.30am - 9.00am

Lunch: 12.00 noon - 1.30pm

Supper: 5.00pm - 6.30pm

Your lunch order will be taken each morning just after breakfast service and your supper order will be taken after the lunch service by your ward catering team.

We offer a selection of hot and cold beverages throughout the day and snacks which are served mid-morning and afternoon with your drinks.

If you require any assistance in preparation for your meal, such as hand washing or comfort assistance please ask a member of your nursing team.

The Norfolk and Norwich University Hospital and Serco aim to provide the very best care for our patients.

During your stay with us we will make sure your nutritional and religious needs are understood and catered for.

Menu Introduction

The Norfolk and Norwich University Hospitals NHS Foundation Trust and Serco aim to provide food and beverages that meet the standards set out by the Care Quality Commission and Hospital Food Standards. These standards include ensuring that hospitals provide a choice of suitable and nutritious food and drink that meet patients diverse nutrition and hydration needs and support their health and recovery.

We also strive to uphold the principles of healthy eating in line with Government policies.

It is our objective to offer you a varied and interesting menu selection and to try to meet your expectations and requirements. If, for any reason you are not satisfied with the catering service you receive or if you wish to discuss your meal service, please ask your ward caterer who will be happy to help. Your feedback is important to us and enables us to continuously improve our service.

If you are following a diet that has not been recommended by a healthcare professional, you will still find that the hospital menus cater for the majority of your needs.

Meeting Your Nutritional Needs

Eating and drinking properly whilst in hospital will help fight infection, maintain weight and promote healing and recovery.

Nutrition is a very important part of patient care and to promote this protected mealtimes have been introduced to reduce the number of interruptions while patients are eating.

If you do not feel hungry because you are unwell, eating small amounts of less healthy food i.e. food that has a high fat or sugar content (meals coded with HC), can help your recovery. Your appetite should improve once you are home and feeling better, please then return to your usual healthier eating.

This menu will cater for most patients nutritional needs, however if you feel unable to choose from the menu please inform your nurse or ward caterer as soon as possible so that we can prepare you the right meal.

Special therapeutic diets are well understood and catered for and any foods required for either medical or religious reasons are readily available during mealtimes. We have menus for patients requiring the following diets: gluten/wheat free, modified diets, puree, milk free, light, low residue (strict low fibre), vegetarian, vegan, Halal, Kosher, fat free, high calorie, high protein, low sodium. Please ask your ward caterer.

IF YOU HAVE DIABETES AND ARE CARBOHYDRATE AWARE, THE CARBOHYDRATE CONTENT OF MEALS IS AVAILABLE ON REQUEST FROM YOUR WARD CATERER.

If you have been admitted to the ward after lunch or supper orders have been taken, you will be offered the following options for your initial meal:

- Soup and sandwich or jacket potato with cheese/baked beans
- Jelly and ice cream, yoghurt or fresh fruit

Eating For Health

The Norfolk and Norwich University Hospital and Serco are committed to providing you the best service possible based on your dietary needs and choices.

To help aid recovery and enhance the patient experience we are sometimes able to offer a meal voucher to allow patients to dine in the restaurant in the evening between 17.00 and 20.00. The nurse in charge on the ward will decide who is eligible to receive a voucher depending on their suitability and dietary requirements.

Visitors accompanying the patient will then receive a 10% discount if they wish to dine with them.

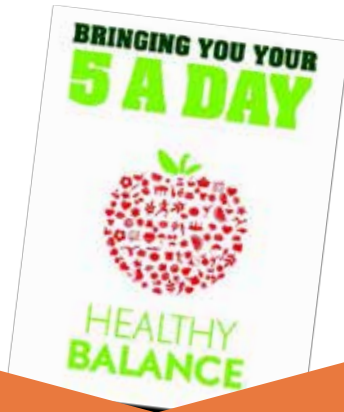


Other information

Please ask your Ward Caterer for suitable condiments to accompany your meal.

We make every effort to remove bones from products containing fish and meat, however we cannot guarantee that they are entirely free.

*Make sure
you get one
of your five
a day!*



Fresh Fruit

To promote healthy eating we offer a choice of 2 fruits daily from the following... Apples, Pears, Bananas and Tangerines.

This is subject to seasonal availability.



Beverage Service

● Tea ● Coffee ● Hot Chocolate ● Milk ● Fruit Juice ● Squash

Decaffeinated Tea and Coffee available on request

Snacks

A snack item from a selection of cakes or biscuit packs are available with your mid-morning and mid-afternoon drinks.

Hypo Snacks

For people with diabetes treated with medication, who are at risk of night time low blood sugar levels (hypos) will be offered suitable snacks during the evening. Please ask your nurse on duty.

Allergens

If you have an allergy or intolerance to other food ingredients not listed, please let your ward catering team know before making your meal choice. Our catering team will check the full ingredient profile to allow you to make an informed choice.

Cereals containing gluten

crustaceans - for example prawns, crab, lobster and crayfish

eggs - cooked and raw

all fish - including tuna, sardines and mackerel

peanuts ● soybeans ● milk

celery ● mustard ● sesame ● lupin

nuts including - almonds, hazelnuts, walnuts, pecan, Brazil, pistachio, cashew and macadamia

sulphur dioxide (preservative found in some dried fruit)

molluscs - for example clams, mussels, whelks, oysters, snails and squid

If in doubt then please ask your ward caterer.

We do make every effort to avoid cross contamination.

Breakfast

A hot beverage or fruit juice and please choose from the following...

- Prunes in juice EC, HE, V, LF
- Fruit salad EC, HE, D, V, LF, LP no juice
- Fresh fruit *ask your ward caterer for available options*
 - Yoghurt EC, HE, L, V, LF LP or (HC, D options available on request)

Cereals

- Cornflakes EC, HE, D, V, LF, L, LP
 - Rice Krispies EC, HE, D, V, LF, L, LP
 - Weetabix EC, HE, D, V, LF, LP
 - Branflakes EC, HE, D, V, LF, LP
- Soya milk available

Homemade Porridge

HC, D, LP, V, EC, LF

- White / wholemeal bread or toast
- Marmite, marmalade or jams

- HE Eating for health
- HC Higher calorie/ protein
- D Desserts low in sugar
- EC Easy chew

- LF Low fat
- L Light diet
- LP Low potassium
- V Vegetarian

MONDAY *Lunch*

Starter

Fruit juice (HE LF EC V)

Soup of the day (HE LF EC V)

White roll (HE LF L LP V) **Wholemeal roll** (HE LF LP V)

light options

Sandwiches/Salads of the day. Please ask your caterer

Jacket potato: (HE LF V (L EC without skin)

with tuna mayonnaise (EC and L without skin)

with cheese (HC V (EC L without skin))

with baked beans (HE LF (EC without skin)

Side salad (HE V LF LP)

Main Meal Options

Lancashire hot pot

Diced lamb, onions and carrots in gravy, topped with sliced potato (LP)

Beef lasagne

Beef bolognese layered with pasta and a creamy bechamel sauce topped with grated cheese (HC EC LP)

Sweet and sour chicken and rice

Chicken in a sweet and sour sauce served with white rice with red pepper and peas (HE LP)

Lentil and vegetable flaky topped pie

Lentils, onion, carrot and courgette in a herby tomato sauce topped with flaky pastry (HC V)

Cauliflower cheese

Cauliflower florets in a rich cheese sauce topped with grated cheese (LP EC V L)

MONDAY *Lunch*

Main Meal Side Dishes

Creamed potatoes (LF L EC V (LP available))

Chips (V)

Garlic bread (HC V LP)

Side salad (HE V LF LP)

Vegetables of the day (HE LF V (LP EC available))

Desserts

Apple sponge

Apple in a sweet sauce, topped with vanilla flavour
sponge batter (HC L V LP EC)

Rice pudding

Rice pudding with a hint of nutmeg (HE D EC L V LP)

Sultana sponge

Suet pudding with sultanas, currants and mixed spice (HC V)

Custard (LF L EC V LP)

Jelly (HE D LF L EC LP)

Ice cream (D LF L EC V LP)

Mousse (D LF L EC V LP)

Fresh fruit

Desserts low in sugar

Apple and blackberry crumble and custard (ED D V)

Jam roly poly and custard (D V LP)

- HE Eating for health
- HC Higher calorie/ protein
- D Desserts low in sugar
- EC Easy chew

- LF Low fat
- L Light diet
- LP Low potassium
- V Vegetarian

MONDAY *Supper*

Starter

Fruit juice (HE LF EC V)

Soup of the day (HE LF EC V)

White roll (HE LF L LP V) **Wholemeal roll** (HE LF LP V)

light options

Sandwiches/Salads of the day. Please ask your caterer

Jacket potato: (HE LF V (L EC without skin))

with tuna mayonnaise (L EC)

with cheese (HC V (EC L without skin))

with cottage cheese (HE LF V (L EC without skin))

with baked beans (HE LF EC)

Side salad (HE V LF LP)

Main Meal Options

Chicken curry and rice

A mild, fruity chicken curry (HE EC)

Cottage pie

Traditional style minced beef topped with creamy mash (HE L EC)

Fish in cheese sauce

Fish covered in a mild cheesy sauce (HE EC LP L)

Cheese and onion pie

Creamy cheddar cheese with onions
encased in light short crust pastry (HC V)

Omelette

Plain folded omelette (HE EC L V LP)

or with cheese (HC EC L V LP)

Side salad (HE LP LF V)

Half a jacket potato (HE LF V (L EC without skin))

MONDAY *Supper*

Main Meal Side Dishes

Creamed potatoes (LF L EC V (LP available))

Side salad (HE V LF LP)

Vegetables of the day (HE LF V (LP EC available))

Desserts

Tinned fruit (HE D LF L V (LP no juice))

Jelly (HE D LF L EC LP)

Ice cream (D LF L EC V LP)

Fruit yoghurt (HE D LF L EC V LP)

Mousse (D LF L EC V LP)

Cheese and biscuits (HC L V LP)

HE - Eating for health

HC - Higher calorie/ protein

D - Desserts low in sugar

EC - Easy chew

LF - Low fat

L - Light diet

LP - Low potassium

V - Vegetarian

TUESDAY *Lunch*

Starter

Fruit juice (*HE LF EC V*)

Soup of the day (*HE LF EC V*)

White roll (*HE LF L LP V*) **Wholemeal roll** (*HE LF LP V*)

light options

Sandwiches/Salads of the day. Please ask your caterer

Jacket potato: (*HE LF V (L EC without skin)*)

with tuna mayonnaise (*EC and L without skin*)

with cheese (*HC V (EC L without skin)*)

with baked beans (*HE LF (EC without skin)*)

Side salad (*HE V LF LP*)

Main Meal Options

Sliced chicken in gravy

Sliced roast chicken breast in gravy (*HE LF LP L*)

Corned beef hash

Corned beef with diced potato (*HC*)

Sausage and onion

Tasty pork sausages braised with onions in gravy (*LP (L no onions)*)

Macaroni cheese

Macaroni pasta in a savoury cheese sauce topped
with grated cheese (*HC LP ECL V*)

Tomato lentil and sweet potato crumble

Green beans, lentils, peas and sweet potato in a tomato sauce,
topped with oat and pumpkin seed crumble (*HC V*)

TUESDAY *Lunch*

Main Meal Side Dishes

Creamed potatoes (LF L EC V (LP available))

Roast potatoes (HC V (LP available))

Vegetables of the day (HE LF V (LP EC available))

Side salad (HE V LF LP)

Desserts

Lemon sponge plain sponge with a lemon sauce (HC L EC V LP)

Rhubarb crumble (HC V)

Chocolate chip sponge (HC EC LP V)

Custard (LF L EC V LP)

Jelly (HE D LF L EC LP)

Ice cream (D LF L EC V LP)

Mousse (D LF L EC V LP)

Fresh fruit

Desserts low in sugar

Sultana sponge and custard (D V LP)

Lemon sponge and custard (D V LP)

- HE Eating for health
- HC Higher calorie/ protein
- D Desserts low in sugar
- EC Easy chew

- LF Low fat
- L Light diet
- LP Low potassium
- V Vegetarian

TUESDAY *Supper*

Starter

Fruit juice (HE LF EC V)

Soup of the day (HE LF EC V)

White roll (HE LF L LP V) **Wholemeal roll** (HE LF LP V)

light options

Sandwiches/Salads of the day. Please ask your caterer

Jacket potato: (HE LF V (L EC without skin))

with tuna mayonnaise (L EC)

with cheese (HC V (EC L without skin))

with cottage cheese (HE LF V (L EC without skin))

with baked beans (HE LF EC)

Side salad (HE V LF LP)

Main Meal Options

Chilli con carne and rice

Minced beef in a medium hot tomato and kidney bean sauce (LF EC)

Shepherds pie

Minced lamb with onion and carrot in gravy topped with mashed potato (L EC)

Salmon crumble

Chunks of salmon in a delicate cheese sauce topped with a crunchy crumble topping (LP HC L)

Vegetable lasagne

Vegetable bolognese layered with pasta and a creamy bechamel sauce topped with grated cheese (HC EC V)

Omelette

Plain folded omelette (HE EC L V LP) or with cheese (HC EC L V LP)

Side salad (HE LP LF V)

Half a jacket potato (HE LF V (L EC without skin))

TUESDAY *Supper*

Main Meal Side Dishes

Creamed potatoes (LF L EC V (LP available))

Roast potatoes (HC V (LP available))

Garlic bread (HC V LP)

Vegetables of the day (HE LF V (LP EC available))

Side salad (HE V LF LP)

Desserts

Tinned fruit (HE D LF L V (LP no juice))

Jelly (HE D LF L EC LP)

Ice cream (D LF L EC V LP)

Fruit yoghurt (HE D LF L EC V LP)

Mousse (D LF L EC V LP)

Cheese and biscuits (HC L V LP)

HE - Eating for health

HC - Higher calorie/ protein

D - Desserts low in sugar

EC - Easy chew

LF - Low fat

L - Light diet

LP - Low potassium

V - Vegetarian

WEDNESDAY *Lunch*

Starter

Fruit juice (HE LF EC V)

Soup of the day (HE LF EC V)

White roll (HE LF L LP V) **Wholemeal roll** (HE LF LP V)

light options

Sandwiches/Salads of the day. Please ask your caterer

Jacket potato: (HE LF V (L EC without skin)

with tuna mayonnaise (EC and L without skin)

with cheese (HC V (EC L without skin))

with baked beans (HE LF (EC without skin)

Side salad (HE V LF LP)

Main Meal Options

Lancashire hot pot

Diced lamb, onions and carrots in gravy, topped with sliced potato (LP)

Beef lasagne

Beef bolognese layered with pasta and a creamy bechamel sauce topped with grated cheese (HC EC LP)

Sweet and sour chicken and rice

Chicken in a sweet and sour sauce served with white rice with red pepper and peas (HE LP)

Lentil and vegetable flaky topped pie

Lentils, onion, carrot and courgette in a herby tomato sauce topped with flaky pastry (HC V)

Cauliflower cheese

Cauliflower florets in a rich cheese sauce topped with grated cheese (LP EC V L)

WEDNESDAY *Lunch*

Main Meal Side Dishes

Creamed potatoes (LF L EC V (LP available))

Chips (V)

Garlic bread (HC V LP)

Side salad (HE V LF LP)

Vegetables of the day (HE LF V (LP EC available))

Desserts

Apple sponge

Apple in a sweet sauce, topped with vanilla flavour
sponge batter (HC L V LP EC)

Rice pudding

Rice pudding with a hint of nutmeg (HE D EC L V LP)

Sultana sponge

Suet pudding with sultanas, currants and mixed spice (HC V)

Custard (LF L EC V LP)

Jelly (HE D LF L EC LP)

Ice cream (D LF L EC V LP)

Mousse (D LF L EC V LP)

Fresh fruit

Desserts low in sugar

Apple and blackberry crumble and custard (ED D V)

Jam roly poly and custard (D V LP)

● HE Eating for health

● HC Higher calorie/ protein

● D Desserts low in sugar

● EC Easy chew

● LF Low fat

● L Light diet

● LP Low potassium

● V Vegetarian

WEDNESDAY *Supper*

Starter

Fruit juice (*HE LF EC V*)

Soup of the day (*HE LF EC V*)

White roll (*HE LF L LP V*) **Wholemeal roll** (*HE LF LP V*)

light options

Sandwiches/Salads of the day. Please ask your caterer

Jacket potato: (*HE LF V (L EC without skin)*)

with tuna mayonnaise (*L EC*)

with cheese (*HC V (EC L without skin)*)

with cottage cheese (*HE LF V (L EC without skin)*)

with baked beans (*HE LF EC*)

Side salad (*HE V LF LP*)

Main Meal Options

Chicken curry and rice

a mild, fruity chicken curry (*HE EC*)

Cottage pie

Traditional style minced beef topped with creamy mash (*HE L EC*)

Fish in cheese sauce

Fish covered in a mild cheesy sauce (*HE EC LP L*)

Cheese and onion pie

Creamy cheddar cheese with onions
encased in light short crust pastry (*HC V*)

Omelette

Plain folded omelette (*HE EC L V LP*)

or with cheese (*HC EC L V LP*)

Side salad (*HE LP LF V*)

Half a jacket potato (*HE LF V (L EC without skin)*)

WEDNESDAY *Supper*

Main Meal Side Dishes

Creamed potatoes (LF L EC V (LP available))

Side salad (HE V LF LP)

Vegetables of the day (HE LF V (LP EC available))

Desserts

Tinned fruit (HE D LF L V (LP no juice))

Jelly (HE D LF L EC LP)

Ice cream (D LF L EC V LP)

Fruit yoghurt (HE D LF L EC V LP)

Mousse (D LF L EC V LP)

Cheese and biscuits (HC L V LP)

HE - Eating for health

HC - Higher calorie/ protein

D - Desserts low in sugar

EC - Easy chew

LF - Low fat

L - Light diet

LP - Low potassium

V - Vegetarian

THURSDAY *Lunch*

Starter

Fruit juice (HE LF EC V)

Soup of the day (HE LF EC V)

White roll (HE LF L LP V) **Wholemeal roll** (HE LF LP V)

light options

Sandwiches/Salads of the day. Please ask your caterer

Jacket potato: (HE LF V (L EC without skin)

with tuna mayonnaise (EC and L without skin)

with cheese (HC V (EC L without skin))

with baked beans (HE LF (EC without skin)

Side salad (HE V LF LP)

Main Meal Options

Sliced chicken in gravy

Sliced roast chicken breast in gravy (HE LF LP L)

Corned beef hash

Corned beef with diced potato (HC)

Sausage and onion

Tasty pork sausages braised with onions in gravy (LP (L no onions))

Macaroni cheese

Macaroni pasta in a savoury cheese sauce topped
with grated cheese (HC LP ECL V)

Tomato lentil and sweet potato crumble

Green beans, lentils, peas and sweet potato in a tomato sauce,
topped with oat and pumpkin seed crumble (HC V)

THURSDAY *Lunch*

Main Meal Side Dishes

Creamed potatoes (LF L EC V (LP available))

Roast potatoes (HC V (LP available))

Vegetables of the day (HE LF V (LP EC available))

Side salad (HE V LF LP)

Desserts

Lemon sponge plain sponge with a lemon sauce (HC L EC V LP)

Rhubarb crumble (HC V)

Chocolate chip sponge (HC EC LP V)

Custard (LF L EC V LP)

Jelly (HE D LF L EC LP)

Ice cream (D LF L EC V LP)

Mousse (D LF L EC V LP)

Fresh fruit

Desserts low in sugar

Sultana sponge and custard (D V LP)

Lemon sponge and custard (D V LP)

- HE Eating for health
- HC Higher calorie/ protein
- D Desserts low in sugar
- EC Easy chew

- LF Low fat
- L Light diet
- LP Low potassium
- V Vegetarian

THURSDAY *Supper*

Starter

Fruit juice (HE LF EC V)

Soup of the day (HE LF EC V)

White roll (HE LF L LP V) **Wholemeal roll** (HE LF LP V)

light options

Sandwiches/Salads of the day. Please ask your caterer

Jacket potato: (HE LF V (L EC without skin))

with tuna mayonnaise (L EC)

with cheese (HC V (EC L without skin))

with cottage cheese (HE LF V (L EC without skin))

with baked beans (HE LF EC)

Side salad (HE V LF LP)

Main Meal Options

Chilli con carne and rice

Minced beef in a medium hot tomato and kidney bean sauce (LF EC)

Shepherds pie

Minced lamb with onion and carrot in gravy topped with mashed potato (L EC)

Salmon crumble

Chunks of salmon in a delicate cheese sauce topped with a crunchy crumble topping (LP HC L)

Vegetable lasagne

Vegetable bolognese layered with pasta and a creamy bechamel sauce topped with grated cheese (HC EC V)

Omelette

Plain folded omelette (HE EC L V LP) or with cheese (HC EC L V LP)

Side salad (HE LP LF V)

Half a jacket potato (HE LF V (L EC without skin))

THURSDAY *Supper*

Main Meal Side Dishes

Creamed potatoes (LF L EC V (LP available))

Roast potatoes (HC V (LP available))

Garlic bread (HC V LP)

Vegetables of the day (HE LF V (LP EC available))

Side salad (HE V LF LP)

Desserts

Tinned fruit (HE D LF L V (LP no juice))

Jelly (HE D LF L EC LP)

Ice cream (D LF L EC V LP)

Fruit yoghurt (HE D LF L EC V LP)

Mousse (D LF L EC V LP)

Cheese and biscuits (HC L V LP)

HE - Eating for health

HC - Higher calorie/ protein

D - Desserts low in sugar

EC - Easy chew

LF - Low fat

L - Light diet

LP - Low potassium

V - Vegetarian

FRIDAY *Lunch*

Starter

Fruit juice (*HE LF EC V*)

Soup of the day (*HE LF EC V*)

White roll (*HE LF L LP V*) **Wholemeal roll** (*HE LF LP V*)

light options

Sandwiches/Salads of the day. Please ask your caterer

Jacket potato: (*HE LF V (L EC without skin)*)

with tuna mayonnaise (*EC and L without skin*)

with cheese (*HC V (EC L without skin)*)

with baked beans (*HE LF (EC without skin)*)

Side salad (*HE V LF LP*)

Main Meal Options

Lancashire hot pot

Diced lamb, onions and carrots in gravy, topped with sliced potato (*LP*)

Beef lasagne

Beef bolognese layered with pasta and a creamy bechamel sauce topped with grated cheese (*HC EC LP*)

Sweet and sour chicken and rice

Chicken in a sweet and sour sauce served with white rice with red pepper and peas (*HE LP*)

Lentil and vegetable flaky topped pie

Lentils, onion, carrot and courgette in a herby tomato sauce topped with flaky pastry (*HC V*)

Cauliflower cheese

Cauliflower florets in a rich cheese sauce topped with grated cheese (*LP EC V L*)

FRIDAY *Lunch*

Main Meal Side Dishes

Creamed potatoes (LF L EC V (LP available))

Chips (V)

Garlic bread (HC V LP)

Side salad (HE V LF LP)

Vegetables of the day (HE LF V (LP EC available))

Desserts

Apple sponge

Apple in a sweet sauce, topped with vanilla flavour
sponge batter (HC L V LP EC)

Rice pudding

Rice pudding with a hint of nutmeg (HE D EC L V LP)

Sultana sponge

Suet pudding with sultanas, currants and mixed spice (HC V)

Custard (LF L EC V LP)

Jelly (HE D LF L EC LP)

Ice cream (D LF L EC V LP)

Mousse (D LF L EC V LP)

Fresh fruit

Desserts low in sugar

Apple and blackberry crumble and custard (ED D V)

Jam roly poly and custard (D V LP)

- HE Eating for health
- HC Higher calorie/ protein
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FRIDAY *Supper*

Starter

Fruit juice (*HE LF EC V*)

Soup of the day (*HE LF EC V*)

White roll (*HE LF L LP V*) **Wholemeal roll** (*HE LF LP V*)

light options

Sandwiches/Salads of the day. Please ask your caterer

Jacket potato: (*HE LF V (L EC without skin)*)

with tuna mayonnaise (*L EC*)

with cheese (*HC V (EC L without skin)*)

with cottage cheese (*HE LF V (L EC without skin)*)

with baked beans (*HE LF EC*)

Side salad (*HE V LF LP*)

Main Meal Options

Chicken curry and rice

A mild, fruity chicken curry (*HE EC*)

Cottage pie

Traditional style minced beef topped with creamy mash (*HE L EC*)

Fish in cheese sauce

Fish covered in a mild cheesy sauce (*HE EC LP L*)

Cheese and onion pie

Creamy cheddar cheese with onions
encased in light short crust pastry (*HC V*)

Omelette

Plain folded omelette (*HE EC L V LP*)

or with cheese (*HC EC L V LP*)

Side salad (*HE LP LF V*)

Half a jacket potato (*HE LF V (L EC without skin)*)

FRIDAY *Supper*

Main Meal Side Dishes

Creamed potatoes (LF L EC V (LP available))

Side salad (HE V LF LP)

Vegetables of the day (HE LF V (LP EC available))

Desserts

Tinned fruit (HE D LF L V (LP no juice))

Jelly (HE D LF L EC LP)

Ice cream (D LF L EC V LP)

Fruit yoghurt (HE D LF L EC V LP)

Mousse (D LF L EC V LP)

Cheese and biscuits (HC L V LP)

HE - Eating for health

HC - Higher calorie/ protein

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SATURDAY *Lunch*

Starter

Fruit juice (HE LF EC V)

Soup of the day (HE LF EC V)

White roll (HE LF L LP V) **Wholemeal roll** (HE LF LP V)

light options

Sandwiches/Salads of the day. Please ask your caterer

Jacket potato: (HE LF V (L EC without skin))

with tuna mayonnaise (EC and L without skin)

with cheese (HC V (EC L without skin))

with baked beans (HE LF (EC without skin))

Side salad (HE V LF LP)

Main Meal Options

Sliced chicken in gravy

Sliced roast chicken breast in gravy (HE LF LP L)

Corned beef hash

Corned beef with diced potato (HC)

Sausage and onion

Tasty pork sausages braised with onions in gravy (LP (L no onions))

Macaroni cheese

Macaroni pasta in a savoury cheese sauce topped
with grated cheese (HC LP ECL V)

Tomato lentil and sweet potato crumble

Green beans, lentils, peas and sweet potato in a tomato sauce,
topped with oat and pumpkin seed crumble (HC V)

SATURDAY *Lunch*

Main Meal Side Dishes

Creamed potatoes (LF L EC V (LP available))

Roast potatoes (HC V (LP available))

Vegetables of the day (HE LF V (LP EC available))

Side salad (HE V LF LP)

Desserts

Lemon sponge plain sponge with a lemon sauce (HC L EC V LP)

Rhubarb crumble (HC V)

Chocolate chip sponge (HC EC LP V)

Custard (LF L EC V LP)

Jelly (HE D LF L EC LP)

Ice cream (D LF L EC V LP)

Mousse (D LF L EC V LP)

Fresh fruit

Desserts low in sugar

Sultana sponge and custard (D V LP)

Lemon sponge and custard (D V LP)

- HE Eating for health
- HC Higher calorie/ protein
- D Desserts low in sugar
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- LF Low fat
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SATURDAY *Supper*

Starter

Fruit juice (HE LF EC V)

Soup of the day (HE LF EC V)

White roll (HE LF L LP V) **Wholemeal roll** (HE LF LP V)

light options

Sandwiches/Salads of the day. Please ask your caterer

Jacket potato: (HE LF V (L EC without skin))

with tuna mayonnaise (L EC)

with cheese (HC V (EC L without skin))

with cottage cheese (HE LF V (L EC without skin))

with baked beans (HE LF EC)

Side salad (HE V LF LP)

Main Meal Options

Chilli con carne and rice

Minced beef in a medium hot tomato and kidney bean sauce (LF EC)

Shepherds pie

Minced lamb with onion and carrot in gravy topped with mashed potato (L EC)

Salmon crumble

Chunks of salmon in a delicate cheese sauce topped with a crunchy crumble topping (LP HC L)

Vegetable lasagne

Vegetable bolognese layered with pasta and a creamy bechamel sauce topped with grated cheese (HC EC V)

Omelette

Plain folded omelette (HE EC L V LP) or with cheese (HC EC L V LP)

Side salad (HE LP LF V)

Half a jacket potato (HE LF V (L EC without skin))

SATURDAY *Supper*

Main Meal Side Dishes

Creamed potatoes (LF L EC V (LP available))

Roast potatoes (HC V (LP available))

Garlic bread (HC V LP)

Vegetables of the day (HE LF V (LP EC available))

Side salad (HE V LF LP)

Desserts

Tinned fruit (HE D LF L V (LP no juice))

Jelly (HE D LF L EC LP)

Ice cream (D LF L EC V LP)

Fruit yoghurt (HE D LF L EC V LP)

Mousse (D LF L EC V LP)

Cheese and biscuits (HC L V LP)

HE - Eating for health

HC - Higher calorie/ protein

D - Desserts low in sugar

EC - Easy chew

LF - Low fat

L - Light diet

LP - Low potassium

V - Vegetarian

SUNDAY *Lunch*

Starter

Fruit juice (HE LF EC V)

Soup of the day (HE LF EC V)

White roll (HE LF L LP V) **Wholemeal roll** (HE LF LP V)

light options

Sandwiches/Salads of the day. Please ask your caterer

Jacket potato: (HE LF V (L EC without skin)

with tuna mayonnaise (EC and L without skin)

with cheese (HC V (EC L without skin))

with baked beans (HE LF (EC without skin)

Side salad (HE V LF LP)

Main Meal Options

Sliced chicken in gravy

Sliced roast chicken breast in gravy (HE LF LP L)

Sausages in onion gravy

Tasty pork sausages braised with onions in gravy (LP (L no onions))

Beef lasagne

Beef bolognese layered with pasta and a creamy bechamel sauce

topped with grated cheese (HC EC LP)

with garlic bread (HC V LP)

Tomato lentil and sweet potato crumble

Green beans, lentils, peas and sweet potato in a tomato sauce,

topped with oat and pumpkin seed crumble (HC V)

Cauliflower cheese

Cauliflower florets in a rich cheese sauce

topped with grated cheese (LP EC V L)

SUNDAY *Lunch*

Main Meal Side Dishes

Creamed potatoes (LF L EC V (LP available))

Roast potatoes (HC V (LP available))

Garlic bread (HC V LP)

Side salad (HE V LF LP)

Vegetables of the day (HE LF V (LP EC available))

Desserts

Rhubarb crumble (HC V)

Rice pudding

Rice pudding with a hint of nutmeg (HE D EC L V LP)

Sultana sponge

Suet pudding with sultanas, currants and mixed spice (HC V)

Custard (LF L EC V LP)

Jelly (HE D LF L EC LP)

Ice cream (D LF L EC V LP)

Mousse (D LF L EC V LP)

Fresh fruit

Desserts low in sugar

Sultana sponge and custard (D V LP)

Jam roly poly and custard (D V LP)

- HE Eating for health
- HC Higher calorie/ protein
- D Desserts low in sugar
- EC Easy chew

- LF Low fat
- L Light diet
- LP Low potassium
- V Vegetarian

SUNDAY *Supper*

Starter

Fruit juice (HE LF EC V)

Soup of the day (HE LF EC V)

White roll (HE LF L LP V) **Wholemeal roll** (HE LF LP V)

light options

Sandwiches/Salads of the day. Please ask your caterer

Jacket potato: (HE LF V (L EC without skin))

with tuna mayonnaise (L EC)

with cheese (HC V (EC L without skin))

with cottage cheese (HE LF V (L EC without skin))

with baked beans (HE LF EC)

Side salad (HE V LF LP)

Main Meal Options

Cottage pie

Traditional style minced beef topped with creamy mash (HE L EC)

Fish in cheese sauce

Fish covered in a mild cheesy sauce (HE EC LP L)

Corned beef hash

Corned beef with diced potato (HC)

Lentil and vegetable flaky topped pie

Lentils, onion, carrot and courgette in a herby tomato sauce topped with flaky pastry (HC V)

Omelette

Plain folded omelette (HE EC L V LP) or with cheese (HC EC L V LP)

Side salad (HE LP LF V)

Half a jacket potato (HE LF V (L EC without skin))

SUNDAY *Supper*

Main Meal Side Dishes

Creamed potatoes (LF L EC V (LP available))

Chips (V)

Vegetables of the day (HE LF V (LP EC available))

Side salad (HE V LF LP)

Desserts

Tinned fruit (HE D LF L V (LP no juice))

Jelly (HE D LF L EC LP)

Ice cream (D LF L EC V LP)

Fruit yoghurt (HE D LF L EC V LP)

Mousse (D LF L EC V LP)

Cheese and biscuits (HC L V LP)

HE - Eating for health

HC - Higher calorie/ protein

D - Desserts low in sugar

EC - Easy chew

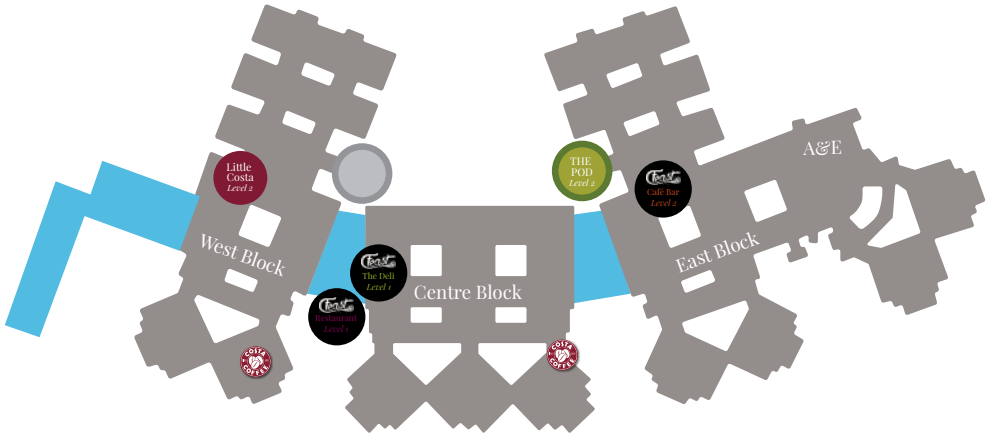
LF - Low fat

L - Light diet

LP - Low potassium

V - Vegetarian

FIND YOUR NEAREST FOOD & DRINK OUTLET



OPEN
Monday-Friday
7.30am to 4.30pm
Level 2



OPEN
Monday-Friday
7.00am to 5.30pm
Level 2



OPEN
Monday-Friday
7.00am to 3.00pm
Level 1



OPEN
Monday-Friday
7.00am to 8.00pm
Sat 9.00am to 6.00pm
Sun 10.00am to 4.30pm
Level 2



OPEN
Monday-Sunday
7.00am to 1.00am
Level 1



THE DELI

Serving a selection of breakfast items,
freshly brewed coffee and cold drinks.
Along with salads and sandwiches made to order!

OPEN 07:00 – 15:00 MONDAY TO FRIDAY



THE RESTAURANT

Serving home cooked food 7 days a week.
Come and visit our theatre station, burger bar,
salad bar and world food station.

OPEN 07:00 – 01:00 MONDAY TO SUNDAY

Our Retail and Patient Services
Teams are proud to work here and
your questions and feedback will
help us to improve.

Please ask your ward caterer for
details of how to contact either the
patient or retail catering department.

