



# Patient Food Service Information Booklet

This information pack is for patient use  
and is not to be taken from the ward



United Lincolnshire Hospitals

NHS Trust



## **Patient information- food service**

We hope you enjoy your meals during your stay with us. This booklet has been designed to provide you with information you may require regarding the Trust's catering service during your stay. If you require support in choosing your meal selection perhaps due to a special dietary requirement or if you have difficulty in planning your meals, please inform a member of ward staff who will be able to help you. Alternatively, they may contact a dietitian or a member of catering staff on your behalf.

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## Nutritional policy

Our recipes are all checked by qualified dietitians and have been designed to help you choose well balanced, nourishing meals. People in hospital often have a reduced appetite so we aim to provide a variety of foods that will help you meet your needs. A good intake of food as part of your treatment will benefit your health and aid recovery.

## Genetically modified food

United Lincolnshire Hospitals NHS Trust catering services do not use any foodstuff or ingredient which is declared as derived from Genetically Modified (GM) crops.

## Allergens

All our recipes have been analysed for the presence of allergens as per The Food Labelling (Amendment) (England) (Number2) Regulations 2004. Please contact catering department for further advice and information

## How to use this menu

The menu shows the daily range of meals from which you can choose during the current two week cycle.

You may choose your meals from the menu, but you must think carefully about your choice if you are following a special diet.

If you are unsure whether a particular meal is suitable for you then you should discuss this with the nursing staff or dietitian.

- Mealtimes can vary. Please ask the ward staff about the times that apply
- We can offer you a choice of meal items for your breakfast, lunch or evening meal:
  - Breakfast is continental style- fruit juice, selection of cereals, toast, marmalades or jam
  - Catering staff in our central kitchen will be preparing your lunch and supper meals. Your meals will be delivered and served to you by the housekeeping or the nursing staff, along with your menu card in order that you can check you have received the meal ordered
  - Fruit juice, bread and condiments i.e. salt, pepper and sauces are always available. (Please ask the ward staff for these if you are not offered them with your meal)
- A range of hot and cold drinks will be offered to you during the day. These will be served by the housekeeping or nursing staff
- If your visitors would like some refreshments there are several outlets within the hospital. Please ask ward staff for further details

## Ordering your meals

Every day you will be given a menu card showing the dishes available for the next day's meal. We would like you to indicate your preference by filling in the box alongside each choice. Your card will be collected after completion.

Each dish is coded to enable you to make an informed choice. The codes are as follows:

**S** - Soft option

**He** - High energy option

**♥** - Healthy option

**(V)** - Vegetarian

If you are on a special diet, please inform the ward staff and choose from items with the appropriate coding.

**Please note that the healthy option is suitable for anyone on a diabetic or weight reducing diet.**

Please make sure that you put your name and ward on the card to ensure we provide you with the correct meal. If you need assistance to fill in your menu card, please ask the ward staff.

As well as this comprehensive menu we also offer a **Patient extra choice menu** if you do not want the choices offered.

## Portion sizes

Our portion sizes have been calculated to meet the nutritional standards set by the Department of Health for hospital patient meals. These standards are designed to ensure that you get enough nutrients (particularly protein) to support your body and help in the healing process whilst you are ill.

If you require smaller portions please mark this on your menu and we will do what we can to help by reducing the amount of vegetables and potato.

## Vegetarian and vegan meals

The Vegetarian Society has worked with the NHS to develop some dishes in this menu. Where the Vegetarian Society logo below appears against a dish it indicates that all the specifications made by the Vegetarian Society (e.g. use of free-range eggs) have been adhered to. Where a dish does not carry the logo other ingredients such as non free-range eggs may have been used.



The vegetarian choice for each day is marked with the (V) logo, on the menu cards. We also offer a vegetarian and vegan menu extra choice menu for patients who prefer a different choice. These meals are produced to recipes devised especially for the NHS by a team of leading chefs and are approved by the Vegetarian Society

Our policy for preparation of vegetarian diets is that we use indirect products such as milk, free range eggs and vegetarian cheese, but no direct animal products such as meat or fish, or ingredients produced from animals such as animal rennet or isinglass.

All cheese used in this hospital, either for patients, or in the restaurants and dining rooms, is suitable for vegetarians.

## Vegan meals

In order to provide as many options as possible, patients who prefer a meal suitable for vegan diet are offered an À la Carte menu from which to select their choice. See the **vegetarian and vegan extra choice menu**.

All ingredients have been carefully checked to ensure that no animal products or derivatives whatsoever i.e. no animal fats, shortenings, milk, cheese, meat stocks or gravies are used.

## Breakfast Menu

Continental style, consisting of beverages, toast, preserves and cereals are provided by ward staff.



Monday Lunch -  
*Vegetable Stroganoff*



Monday Supper -  
*Cheese and Biscuits*

## THE TWO-WEEK MENU

### MONDAY LUNCH 1

Fish Pie with Potato Topping	S He
Sweet and Sour Pork	He
Vegetable Stroganoff (V)	♥
<i>Vegetables in a Creamy Paprika Sauce</i>	
Creamed Potatoes	S ♥
Boiled Rice	♥
Garden peas	♥
Sliced Carrots	S ♥
Cold Roast Chicken	♥
Salad Bowl	♥
Ginger Sponge	S He
Custard Sauce	S ♥
Rice Pudding	S He
Fresh Orange	♥
Pears in Natural Juice	S ♥

### MONDAY SUPPER 1

Thick Vegetable Soup	S ♥
Orange Juice	S ♥
Plain Omelette (V)	S ♥
Jacket Wedges	He
Baked Beans	♥
Pork Pie	He
Salad Bowl	♥
Cheese Sandwich (Wholemeal)	He S
Cheese Sandwich (White)	He S
Turkey Sandwich (Wholemeal)	♥
Turkey Sandwich (White)	♥
Banana Cake	S He
Strawberry Whirl	S
Ice Cream	S
Peaches in Natural Juice	S ♥
Cheese and Biscuits	

### Diet Codes

♥ = Healthy option    He = High energy    S = Soft diet    (V) = Vegetarian

## Breakfast Menu

Continental style, consisting of beverages, toast, preserves and cereals are provided by ward staff.



Tuesday Lunch - *Roast Chicken with Sage and Onion Stuffing*



Tuesday Supper - *Jam Doughnut*

## TUESDAY LUNCH 2

Roast Chicken	♥
Sage and Onion Stuffing	
Sausage Hot Pot	He
<i>Sausages &amp; Vegetables in a Tomato &amp; Herb Sauce topped with Potato Macaroni Cheese (V)</i>	S He
Gravy	S
Creamed Potatoes	S ♥
Sauté Potatoes	He
Broccoli	S ♥
Mixed Vegetables	♥
Cheddar Cheese and Pineapple	He
Salad Bowl	♥
Apple Crumble	He
Custard Sauce	S ♥
Ground Rice Pudding	S He
Fresh Banana	S ♥
Pineapple in Natural Juice	♥

## TUESDAY SUPPER 2

Tomato Soup	S
Orange Juice	S ♥
Savoury Mince Cobbler	S He
<i>Minced Beef in Onion Gravy accompanied with a Savoury Scone</i>	
Creamed Potatoes	S ♥
Garden Peas	♥
Tuna	
Salad Bowl	♥
Pink Salmon Sandwich (Wholemeal)	S ♥
Pink Salmon Sandwich (White)	S
Egg Mayonnaise Sandwich (Wholemeal)	S He
Egg Mayonnaise Sandwich (White)	S He
Jam Doughnut	S He
Fruit Yoghurt	S ♥
Ice Cream	S
Fruit Cocktail in Natural Juice	♥
Cheese and Biscuits	

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### Breakfast Menu

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Wednesday Lunch - Roast Turkey



Wednesday Supper - Cheese & Tomato Sandwich

### WEDNESDAY LUNCH 3

Roast Turkey	♥
Cranberry Sauce	
Beef Casserole	S ♥
Lentil Crumble (V)	He
<i>Baked Red Lentils &amp; Vegetables topped with Savoury Crumb Gravy</i>	S
Creamed Potatoes	S ♥
Roast Potatoes	He
Cauliflower	S ♥
Green Beans	♥
Smoked Mackerel	♥
Salad Bowl	♥
Lemon Slice	S He
Custard Sauce	S ♥
Rice Pudding	S He
Fresh Apple	♥
Pears in Natural Juice	S ♥

### WEDNESDAY SUPPER 3

Chicken Soup	S
Orange Juice	S ♥
Cauliflower Cheese (V)	S He
Jacket Potato Wedges	He
Macedoine Vegetables	S ♥
<i>Diced Carrot, Swede &amp; Peas</i>	
Cold Roast Beef	♥
Salad Bowl	♥
Cheese & Tomato Sandwich (Wholemeal)	S ♥
Cheese & Tomato Sandwich (White)	S
Ham Sandwich (Wholemeal)	♥
Ham Sandwich (White)	
Egg Custard	S
Mandarins in Sugar Free Jelly	S ♥
Ice Cream	S
Fruit Cocktail in Natural Juice	♥
Cheese and Biscuits	

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## Breakfast Menu

Continental style, consisting of beverages, toast, preserves and cereals are provided by ward staff.



Thursday Lunch - *Chicken Korma*



Thursday Supper - *Fruit Trifle*

## THURSDAY LUNCH 4

Chicken Korma	S He
<i>A medium Yogurt based Curry seasoned with Spices</i>	
Baked Gammon	♥
Vegetable Chilli (V)	He
<i>Vegetables in Spicy Chilli Sauce</i>	
Parsley Sauce	S He
Creamed Potatoes	S ♥
Boiled Rice	♥
Sweetcorn	♥
Broccoli	S ♥
Scotch Egg	He
Salad Bowl	♥
Chocolate Sponge	S He
Chocolate Sauce	S ♥
Ground Rice Pudding	S He
Fresh Banana	S ♥
Peaches in Natural Juice	S ♥

## THURSDAY SUPPER 4

Mushroom Soup	S
Orange Juice	S ♥
Lancashire Hotpot	S He
Creamed Potatoes	S ♥
Swede	S ♥
Spanish Quiche (V)	He
<i>Savoury Egg Flan with Mediterranean Vegetables in a pastry Base</i>	
Salad Bowl	♥
Egg Mayonnaise Sandwich (Wholemeal)	S He
Egg Mayonnaise Sandwich (White)	S He
Turkey Sandwich (Wholemeal)	♥
Turkey Sandwich (White)	
Fruit Trifle	S He
Fruit Yoghurt	S ♥
Ice Cream	S
Pineapple in Natural Juice	♥
Cheese and Biscuits	

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### Breakfast Menu

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Friday Lunch - *Breaded Fish*



Friday Supper - *Cheese and Biscuits*

### FRIDAY LUNCH 5

Breaded Fish	He
Beef Lasagne	He
Potato, Cheese and Leek Bake (V)	S He
Parsley Sauce	S He
Creamed Potatoes	S ♥
Potato Wedges	He
Garden Peas	♥
Sliced Carrots	S ♥
Cold Roast Turkey	♥
Salad Bowl	♥
Apple Crumble	He
Custard Sauce	S ♥
Rice Pudding	S He
Fresh Banana	S ♥
Fruit Cocktail in Natural Juice	♥

### FRIDAY SUPPER 5

Celery Soup	S
Orange Juice	S ♥
Chicken Casserole	S He
Creamed Potatoes	S ♥
Mixed Vegetables	♥
Corned Beef	S
Salad Bowl	♥
Cheese, Carrot and Onion Sandwich (Wholemeal)	He
Cheese, Carrot and Onion Sandwich (White)	He
Ham Sandwich (Wholemeal)	♥
Ham Sandwich (White)	
Chocolate Chip Cake	He
Strawberry Blancmange	S ♥
Ice Cream	S
Pears in Natural Juice	S ♥
Cheese and Biscuits	

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### Breakfast Menu

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Saturday Lunch - *Cornish Pasty*



Saturday Supper - *Shepherds Pie*

### SATURDAY LUNCH 6

Beef Casserole	S ♥
Cornish Pasty	He
Boston Beans (V)	♥
<i>Mixed Beans in a Spicy Tomato based Sauce</i>	
Gravy	S
Creamed Potatoes	S ♥
Croquette Potatoes	He
<i>Creamed Potato coated in Breadcrumbs</i>	
Mixed Vegetables	♥
Cabbage	♥
Cottage Cheese	S ♥
Salad Bowl	♥
Bakewell Tart	He
Custard Sauce	S ♥
Ground Rice Pudding	S He
Fresh Apple	♥
Mandarins in Natural Juice	S ♥

### SATURDAY SUPPER 6

Minestrone Soup	S
Orange Juice	S ♥
Shepherds Pie	S He
Creamed Potatoes	S ♥
Diced Swede	S ♥
Cold Ham	♥
Salad Bowl	♥
Tuna and Cucumber Sandwich (Wholemeal)	♥
Tuna and Cucumber Sandwich (White)	
Egg Mayonnaise Sandwich (Wholemeal)	S He
Egg Mayonnaise Sandwich (White)	S He
Chocolate Mousse	S
Fruit Yoghurt	S ♥
Ice Cream	S
Peaches in Natural Juice	S ♥
Cheese and Biscuits	

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### Breakfast Menu

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Sunday Lunch - Roast Beef and Yorkshire Pudding



Sunday Supper - Macaroni Cheese

### SUNDAY LUNCH 7

Roast Beef	♥
Yorkshire Pudding	S He
Plain Omelette (V)	S ♥
Gravy	S
Creamed Potatoes	S ♥
Roast Potatoes	He
Broccoli	S ♥
Sliced Carrots	S ♥
Cold Roast Chicken	♥
Salad Bowl	♥
Blackberry and Apple Crumble	He
Custard Sauce	S ♥
Rice Pudding	S He
Fresh Orange	♥
Fruit Cocktail in Natural Juice	♥

### SUNDAY SUPPER 7

Oxtail Soup	S
Orange Juice	S ♥
Macaroni Cheese (V)	S He
Croquette Potatoes	He
Creamed Potato coated in Breadcrumbs	♥
Garden Peas	♥
Pink Salmon	S ♥
Salad Bowl	♥
Corned Beef Sandwich (Wholemeal)	S ♥
Corned Beef Sandwich (White)	S
Egg and Tomato Sandwich (Wholemeal)	♥
Egg and Tomato Sandwich (White)	♥
Fruit Cocktail in Sugar Free Jelly	♥
Butterscotch Whirl	S
Ice Cream	S
Pears in Natural Juice	S ♥
Cheese and Biscuits	

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### Breakfast Menu

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Monday Lunch - *Braised Sausages and Onions*



Monday Supper - *Scone and Jam*

### MONDAY LUNCH 8

Braised Sausages and Onions	S He
Beef Hot Pot	S
Vegetable Tikka Masala (V)	He
Vegetables in a Spicy Curry Sauce	
Gravy	S
Creamed Potatoes	S ♥
Boiled Rice	♥
Mixed Vegetables	♥
Cauliflower	S ♥
Grated Cheese	He
Salad Bowl	♥
Jam Sponge	S He
Custard Sauce	S ♥
Ground Rice Pudding	S He
Fresh Banana	S ♥
Pineapple in Natural Juice	♥

### MONDAY SUPPER 8

Tomato Soup	S
Orange Juice	S ♥
Chicken Casserole	S He
Creamed Potatoes	S ♥
Green Beans	♥
Cold Ham	♥
Salad Bowl	♥
Turkey Sandwich (Wholemeal)	♥
Turkey Sandwich (White)	
Cheese and Pickle Sandwich (Wholemeal)	He
Cheese and Pickle Sandwich (White)	He
Scone and Jam	He
Fruit Yoghurt	S ♥
Ice Cream	S
Mandarins in Natural Juice	S ♥
Cheese and Biscuits	

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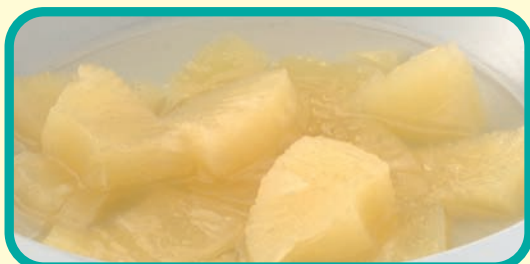


### Breakfast Menu

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Tuesday Lunch - Vegetable Lasagne



Tuesday Supper - Pineapple in Natural Juice

### TUESDAY LUNCH 9

Chicken Dixie	He
<i>Chicken Breast coated in Spicy Crumb</i>	
Cottage Pie	S He
Vegetable Lasagne (V)	He
Gravy	S
Creamed Potatoes	S ♥
Sauté Potatoes	He
Cabbage	♥
Diced Carrots	S ♥
Tuna	S ♥
Salad Bowl	♥
Plum Crumble	He
Custard Sauce	S ♥
Rice Pudding	S He
Fresh Banana	S ♥
Peaches in Natural Juice	S ♥

### TUESDAY SUPPER 9

Thick Vegetable Soup	
Orange Juice	S ♥
Fish Mornay	S He
<i>Fish in rich Cheesey Sauce</i>	
Creamed Potatoes	S ♥
Garden Peas	♥
Pork Pie	He
Salad Bowl	♥
Egg Mayonnaise Sandwich (Wholemeal)	S He
Egg Mayonnaise Sandwich (White)	S He
Corned Beef Sandwich (Wholemeal)	S ♥
Corned Beef Sandwich (White)	S
Flapjack	He
Raspberry Whirl	S
Ice Cream	S
Pineapple in Natural Juice	♥
Cheese and Biscuits	

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### Breakfast Menu

Continental style, consisting of beverages, toast, preserves and cereals are provided by ward staff.



Wednesday Lunch - *Chicken à la King*



Wednesday Supper - *Plain Omelette*

### WEDNESDAY LUNCH 10

Roast Lamb with Mint Sauce	He
Chicken à la King	S ♥
<i>Diced Chicken &amp; Mixed Peppers in creamy White Sauce</i>	
Lentil Crumble (V)	He
<i>Baked Red Lentils &amp; Vegetables topped with savoury Crumb</i>	
Gravy	S
Creamed Potatoes	S ♥
Roast Potatoes	He
Cabbage	♥
Diced Swede	S ♥
Pilchards	♥
Salad Bowl	♥
Bread and Butter Pudding	S He
Custard Sauce	S ♥
Ground Rice Pudding	S He
Fresh Orange	♥
Fruit Cocktail in Natural Juice	♥

### WEDNESDAY SUPPER 10

Minestrone Soup	S
Orange Juice	S ♥
Plain Omelette (V)	S ♥
Croquette Potatoes	He
<i>Creamed Potato coated in Breadcrumbs</i>	
Baked Beans	♥
Edam Cheese	♥
Salad Bowl	♥
Ham Sandwich (Wholemeal)	He ♥
Ham Sandwich (White)	He ♥
Tuna Mayonnaise Sandwich (Wholemeal)	S He
Tuna Mayonnaise Sandwich (White)	S He
Victoria Sponge	S He
Fruit Yoghurt	S ♥
Ice Cream	S
Pears in Natural Juice	S ♥
Cheese and Biscuits	

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### Breakfast Menu

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Thursday Lunch - *Baked Gammon & Pineapple*



Thursday Supper - *Peaches in Natural Juice*

### THURSDAY LUNCH 11

Baked Gammon and Pineapple	♥
Beef Pasta Bolognese	S ♥
<i>Pasta &amp; minced Beef in Garlic &amp; Tomato Sauce</i>	
Boston Beans (V)	♥
<i>Mixed Beans in a Spicy Tomato based Sauce</i>	
Gravy	S
Creamed Potatoes	S ♥
Roast Potatoes	He
Broccoli	S ♥
Sweetcorn	♥
Smoked Mackerel	♥
Salad Bowl	♥
Golden Syrup Sponge	S He
Custard Sauce	S ♥
Rice Pudding	S He
Fresh Banana	S ♥
Mandarins in Natural Juice	S ♥

### THURSDAY SUPPER 11

Vegetable Soup	S ♥
Orange Juice	
Quiche Lorraine	He
<i>Diced Gammon &amp; Vegetables in Cheese &amp; Egg Flan on Pastry Base</i>	
Sauté Potatoes	He
Garden Peas	♥
Grated Cheddar Cheese	He S
Salad Bowl	♥
Egg Mayonnaise Sandwich (Wholemeal)	S He
Egg Mayonnaise Sandwich (White)	S He
Turkey Sandwich (Wholemeal)	♥
Turkey Sandwich (White)	
Carrot Cake	He
Lemon Mousse	S ♥
Ice Cream	S
Peaches in Natural Juice	S ♥
Cheese and Biscuits	

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## Breakfast Menu

Continental style, consisting of beverages, toast, preserves and cereals are provided by ward staff.



Friday Lunch - *Grilled Fish with Parsley Sauce*



Friday Supper - *Corned Beef Hash*

## FRIDAY LUNCH 12

Grilled Fish with Parsley Sauce	S	He
Chilli Con Carne		He
<i>Minced Beef in Spicy Chilli Sauce</i>		
Vegetable Stroganoff (V)		♥
<i>Vegetables in a creamy Paprika Sauce</i>		
Boiled Rice		♥
Creamed Potatoes	S	♥
Potato Wedges		He
Garden Peas		♥
Baby Carrots	S	♥
Cold Ham		♥
Salad Bowl		♥
Chocolate Sponge	S	He
Chocolate Sauce	S	♥
Ground Rice Pudding	S	He
Fresh Apple		♥
Pineapple in Natural Juice		♥

## FRIDAY SUPPER 12

Leek Soup		S
Orange Juice	S	♥
Corned Beef Hash	S	♥
<i>Diced Corned Beef, Onions &amp; Potato</i>		
Creamed Potatoes	S	♥
Green Beans		♥
Cold Roast Chicken		♥
Salad Bowl		♥
Cheese Sandwich (Wholemeal)	He	S
Cheese Sandwich (White)	He	S
Ham Sandwich (Wholemeal)		♥
Ham Sandwich (White)		
Cherry Cake		He
Fruit Yoghurt	S	♥
Ice Cream		S
Fruit Cocktail in Natural Juice		
Cheese and Biscuits		

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### Breakfast Menu

Continental style, consisting of beverages, toast, preserves and cereals are provided by ward staff.



Saturday Lunch - Beef Casserole



Saturday Supper - Fruit Cake

### SATURDAY LUNCH 13

Beef Casserole	S ♥
Chicken Korma	S He
<i>A medium Yogurt based Curry seasoned with Spices</i>	
Plain Omelette (V)	S ♥
Gravy	S
Boiled Rice	♥
Creamed Potatoes	S ♥
Roast Potatoes	He
Cabbage	♥
Diced Swede	S ♥
Cottage Cheese	S ♥
Salad Bowl	♥
Rhubarb Crumble	He
Custard Sauce	S ♥
Rice Pudding	S He
Fresh Orange	♥
Pears in Natural Juice	S ♥

### SATURDAY SUPPER 13

Tomato Soup	S
Orange Juice	S ♥
Savoury Mince and Yorkshire Pudding	S He
Creamed Potatoes	S ♥
Green Beans	♥
Tuna	S ♥
Salad Bowl	♥
Turkey Sandwich (Wholemeal)	♥
Turkey Sandwich (White)	
Cheese, Carrot and Onion Sandwich (Wholemeal)	He
Cheese, Carrot and Onion Sandwich (White)	He
Fruit Cake	He
Strawberry Mousse	S ♥
Ice Cream	S
Mandarins in Natural Juice	S ♥
Cheese and Biscuits	

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### Breakfast Menu

Continental style, consisting of beverages, toast, preserves and cereals are provided by ward staff.



Sunday Lunch - Roast Pork and Apple Sauce



Sunday Supper - Fruit Cocktail in Natural Juice

### SUNDAY LUNCH 14

Roast Pork and Apple Sauce	♥
Broccoli and Cheese Bake (V)	S He
Gravy	S
Creamed Potatoes	S ♥
Roast Potatoes	He
Brussels	S ♥
Sliced Carrots	S ♥
Cold Roast Beef	♥
Salad Bowl	♥
Apricot Sponge	S He
Custard Sauce	S ♥
Ground Rice Pudding	S He
Fresh Banana	S ♥
Pineapple in Natural Juice	♥

### SUNDAY SUPPER 14

Mushroom Soup	S
Orange Juice	S ♥
Chicken Casserole	S He
Creamed Potatoes	S ♥
Mixed Vegetables	♥
Cold Ham	♥
Salad Bowl	♥
Corned Beef and Tomato Sandwich (Wholemeal)	♥
Corned Beef and Tomato Sandwich (White)	
Egg Mayonnaise Sandwich (Wholemeal)	S He
Egg Mayonnaise Sandwich (White)	S He
Chocolate Cake	S He
Fruit Yoghurt	S ♥
Ice Cream	S
Fruit Cocktail in Natural Juice	♥
Cheese and Biscuits	

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## Patient extra choice menu

### Can't see what you want?

The items below are usually available for patients who are unable to find a main dish that they like on the menu.

**Please write in your choice on the paper menu card. Do not write on this copy.**

Sausage Hotpot **He**

Cauliflower and Very Cheesy Sauce **S He**

Macaroni Cheese **(V)** **S He**

Cornish Pasty **He**

Roast Chicken **♥**

Grilled Lincolnshire Sausages

Plain Omelette **(V)** **♥ S**

Cheese Omelette **(V)** **S He**

Minced Beef, Chicken or Lamb **♥ S**

Assorted Salads **♥**

Assorted Sandwiches **♥**

*Available on wholemeal or white bread*



### Diet Codes

**♥** = Healthy option **He** = High energy **S** = Soft diet **(V)** = Vegetarian



## Vegetarian and vegan extra choice menu



**Vegetable Chilli with Boiled Rice**

**Vegan He**



**Macaroni Cheese**

**S He**



**Lentil Dahl**

**Vegan ♥**



**Boston Beans**

**Vegan ♥**



**Vegetable Lasagne**

**He**

**Vegetable Stroganoff and Boiled Rice**



**Broccoli Cheese Bake**

**S He**

**Potato, Cheese and Leek Bake**

**S He**

**Vegetable Tikka Masala and Rice**

**Vegan He**

**Lentil Crumble**

**Vegan He**

**Vegebangers**

**Vegan S**

**Vegetable Pasty**

**Vegan**

**Nut Cutlet**

**Vegan**

**Vegetable Grill**

**S**

**Cauliflower in Very Cheesy Sauce**

**S He**



### Diet Codes

♥ = Healthy option   **He** = High energy   **S** = Soft diet   **(V)** = Vegetarian



= Vegetarian Society Approved

## Halal menu

Our Halal dishes are specially prepared and supplied to us as complete meals. All meals are produced under licence from the Halal Food Authority.

(If you have a preference for a specific dish we will endeavour to order it for you but please note that delivery may be prolonged)

**Please note this menu is only offered to patients with cultural needs or religious beliefs**

**Keema Aloo (minced lamb and potatoes)**

**Kofta Curry (meatballs in sauce)**

**Murgh Chana (chicken with chick peas)**

**Keema Matter (minced lamb and peas)**

**Gobi Gosht (lamb and cauliflower)**

**Aloo Ghosht (lamb and potatoes)**

**Murgh Masala (chicken curry)**

**Palak Ghosht (lamb and spinach)**

*In addition a range of vegetarian dishes are always available, together with orange juice, salads and fresh fruit.*



## Kosher menu

Our Kosher dishes are specially prepared and supplied to us as complete meals under licence from the Leeds Beth Din Authority.

Stocks are normally held as one of each dish, to provide as wide a choice as possible and so that you may order a different dish at each meal for a week.

(If you have a preference for a specific dish we will endeavour to order it for you but please note that delivery may be prolonged)

**Please note this menu is only offered to patients with cultural needs or religious beliefs**

## Kosher menu

**Chicken and Mushroom Pie**

**Poached Chicken**

**Roast Chicken**

**Turkey Schnitzel**

**Fisherman's Pie**

**Grilled Haddock**

**Plain Omelette**

**Spaghetti Neapolitan**

## Gluten free menu

Please state on your menu card when requiring a gluten free meal and choose from options on the gluten free list below for main course items. Please seek advice from nursing staff if unsure of diet.

Gluten free bread biscuits and crackers are available on request. Please ask ward staff for further information.

Gluten free gravy is available on request. Please indicate on menu.

Sliced Beef	♥
Sliced Gammon	♥
Sliced Turkey	♥ S
Chicken Casserole	He
Roast Chicken Portion	♥
Beef Casserole	♥ S
Lamb Casserole	♥ S He
Plain Omelette (V)	♥ S
Cheese Omelette	S He
Minced Beef, Chicken, or Lamb	♥ S
Assorted Sandwiches on Gluten Free Bread	
Assorted Salads	
Vegetable Chilli and Rice (V)	He
Cauliflower in Cheese Sauce (V)	S He
Boston Beans (V)	♥
Vegetable Tikka and Rice	He
Potato, Cheese and Leek Bake (V)	S He



### Diet Codes

♥ = Healthy option   He = High energy   S = Soft diet   (V) = Vegetarian

## Soft diet information

If you have difficulty with chewing or swallowing your food you might wish to eat a softer diet. A **soft diet** is one made up of soft moist foods that are easier to eat. Some foods need to be avoided as they might make you cough or choke.

**Soft diet choices on the main menu, patient and vegetarian extra choice menus have been specifically selected by our dietitians and are identified with an S.**

### Types of food to be avoided are:

- **Meat and poultry;** unless it is casseroled, stewed or minced
- **Fish in breadcrumbs or batter**
- **Crumbly foods;** including biscuits, bread crusts, fruit crumbles
- **Crunchy foods;** including toast, pastry, crisps
- **Hard foods;** including boiled and chewy sweets and toffees, nuts, seeds (including in granary bread)
- **Skins:** including sausage skins, fruit and vegetable skins, e.g. all beans (including baked beans), peas (except mushy peas), tomatoes, cucumber, grapes, apples, pears
- **Stringy, fibrous foods;** including green beans, sweetcorn, celery, lettuce and pineapple
- **Mixed consistencies;** of thin fluid containing food particles, e.g. soup with lumps/food particles, cereals, that do not fully soak up the milk (e.g. muesli)

### Vegetables

If there is not a suitable soft vegetable available on the menu, you can request suitable alternative vegetables by writing them on the menu card. **Please note that mixed vegetables are NOT suitable for a soft diet.**

### Sandwiches

When ordering sandwiches, please make sure that the filling is soft and request that any tomato/cucumber is not included.

## Modified texture menu

### How is a texture modified dysphagia diet recommended?

A texture modified dysphagia diet will be prescribed following assessment by a speech and language therapist or other appropriately trained healthcare professional, e.g. a professional trained to a specialist level on the Inter-professional Dysphagia Competency Framework. The prescribing practitioner will use their clinical judgement to prescribe any additional textures on a case-by-case basis.

#### **Texture C:** Thick puree

- This used to be called Stage 1
- Order this from the new menu (Yellow)

#### **Texture D:** Pre mashed

- This used to be called Stage 2
- Order this from the new menu (Pink)

#### **Texture E:** Fork Mashable

- This used to be called Soft
- Order this from the new menu (Green)

Keeping to these foods will help you to be able to eat enough food whilst reducing the risk of choking or of food getting into your lungs due to difficulty controlling food in your mouth and throat.

You will be reviewed regularly by specially trained nurses and/or by a Speech and Language Therapist to see if you need to keep to a modified texture menu.

**AS SWALLOWING DIFFICULTIES NEED CAREFUL MANAGEMENT, PLEASE WOULD RELATIVES/FRIENDS CHECK WITH NURSING STAFF BEFORE OFFERING YOU **ANY** FOOD OR DRINKS?**

Texture C Menu (Yellow) Lunch and Supper		Sweets
Shepherd's Pie	Chip Shop Fried Fish	Blancmange
Lancashire Hot Pot	Roast Turkey	Whirl
Chicken in Tomato Sauce	Onion & Potato Pie (V)	Ground Rice Pudding
Fish Pie	Leek and Lentils (V)	Yoghurt (Thick and creamy)
Beef Pot Roast	Macaroni Cheese (V)	
Chicken and Potato Pie	Parsnip Pie (V)	



Main Courses Texture D Pink Menu		Main Courses Texture E Green Menu	
Fish Pie with Potato Topping		Fish Pie with Potato Topping	
Plain Omelette (V)		Plain Omelette (V)	
Savoury Minced Lamb		Savoury Minced Lamb	
Savoury Minced Beef		Savoury Minced Beef	
Cauliflower Cheese (V)		Cauliflower Cheese (V)	
Poached Fish in Parsley Sauce		Poached Fish in Parsley Sauce	
Shepherd's Pie		Shepherd's Pie	
Macaroni Cheese (V)		Macaroni Cheese (V)	
Chicken a la King		Chicken a la King	
Beef Pasta Bolognaise		Beef Pasta Bolognaise	
Chicken Korma		Chicken Korma	
Fish Mornay		Fish Mornay	
Chicken Casserole		Chicken Casserole	
Corned Beef Hash ( <i>Corned beef with well-cooked potato in smooth tomato sauce</i> )		Corned Beef Hash ( <i>Corned beef with well-cooked potato in smooth tomato sauce</i> )	
<b>Vegetable side dish Selection</b>		Tuna Mayonnaise Sandwich	
Carrots		Egg Mayonnaise Sandwich (V)	
Swede		<b>Vegetable side dish Selection</b>	
Creamed Potato		Carrots	
		Swede	
		Creamed Potato	
<b>Sweets</b>		<b>Sweets</b>	
Sponge & Custard	Rice Pudding	Sponge & Custard	Rice Pudding
Banana	Tinned Peaches	Banana	Tinned Peaches
Stewed Apple & Custard	Yoghurt (Thick and creamy)	Stewed Apple & Custard	Yoghurt (Thick and creamy)

**Patients without identified swallowing problems who have difficulty with chewing or a sore mouth should choose meals marked S (soft) on the normal menu**

## Our aims

Our catering department aims to provide a nutritionally balanced high quality meal service.

- Our menus will be designed so that you can easily find suitable and interesting dishes
- You will have the opportunity to choose foods you like and be served in a prompt, friendly and efficient manner
- We will provide you with breakfast, lunch and evening meal, together with regular hot and cold drinks
- Your meal will be served to you as soon as possible after it is ready to ensure quality of taste and presentation are maintained
- Hot foods will be served hot and cold foods will be served chilled
- The ward team will be available to assist with ordering, eating and any other needs you may have with the mealtime service
- Our menus are checked by qualified dietitians. They are nutritionally balanced and nourishing
- We aim to promote health through the food we provide
- If you are on a special diet this will be prescribed by your doctor or dietitian. If you do not understand your diet, please ask to see a dietitian
- Our menus will offer you foods which have been prepared in ways which respect your cultural needs or religious beliefs
- We will work with the ward team to ensure you can enjoy your meal in a calm and quiet environment, free from interruptions
- Should you wish to discuss any aspect of the catering service please ask the ward staff to contact the catering department



## Hand Hygiene

Hand hygiene is one of the most important actions to minimise infection, both in the community and in healthcare environments. Our hospitals continue to promote good practice by encouraging patients and visitors to clean their hands at appropriate times, for example, prior to eating and after using the toilet.

Healthcare staff should wash their hands before and after touching patients. We also request that visitors undertake the procedure on entry and exit of the area. Bottles of hand rub are located within and at entry points to wards and departments for this purpose. It is important that the correct technique is used to ensure all areas of the hands are washed - instructions are available on posters displayed throughout our organisation. We would like to take this opportunity to thank you for your support in relation to fighting infection.