

Patient food service information booklet

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





Patient food service information

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 2014.

These are displayed on Trust Internet and must not be printed off. 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
- 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 (Easy to chew)

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



Monday 01

Monday 01 lunch

Main course

(Choose one of the following)

Fish Pie with Potato Topping S He

Sweet and Sour Pork He

Vegetable Stroganoff (V) ♥
(vegetables in a creamy paprika sauce)

Grated Cheese (Cold) ♥

Served with

Creamed Potatoes S ♥

Boiled Rice ♥

Garden Peas ♥

Sliced Carrots S ♥

Salad Bowl ♥

Sweets

(Choose one of the following)

Jam Sponge S He

Rice Pudding S He

Pears in Natural Juice S ♥

Custard Sauce S ♥

Monday 01 supper

Thick Vegetable Soup

Main course

(Choose one of the following)

Plain Omelette (V) S ♥

Pork Pie (Cold) He

Turkey Sandwich (Wholemeal) ♥

Turkey Sandwich (White) ♥

Cheese Sandwich (White) He ♥

Cheese Sandwich (Wholemeal) He

♥

Served with

Jacket Wedges He

Baked Beans ♥

Salad Bowl ♥

Sweets

(Choose one of the following)

Victoria Sponge S He

Strawberry Whirl S

Ice Cream S

Peaches in Natural Juice S ♥

Cheese and Biscuits

Tuesday 02

Tuesday 02 lunch

Main course

(Choose one of the following)

Roast Chicken ♥

(Sage and Onion Stuffing)

Sausage Hot Pot He

(sausage & vegetables in a tomato and herb sauce topped with sliced potatoes)

Macaroni Cheese (V) S He

Cottage Cheese and Pineapple

(Cold) S ♥

Served with

Creamed Potatoes S ♥

Sauté Potatoes He

Broccoli S ♥

Mixed Vegetables ♥

Salad Bowl ♥

Gravy S

Sweets

(Choose one of the following)

Apple Crumble He

Ground Rice Pudding S He

Fresh Banana S ♥

Custard Sauce S ♥

Tuesday 02 supper

Tomato Soup S

Main course

(Choose one of the following)

Savoury Mince Cobbler S He

(minced beef in onion gravy with savoury scone)

Tuna (Cold) S ♥

Pink Salmon Sandwich

(Wholemeal) S ♥

Pink Salmon Sandwich (White) S ♥

Egg Sandwich (Wholemeal) S He

Egg Sandwich (White) S He

Served with

Creamed Potatoes S ♥

Garden Peas ♥

Salad Bowl ♥

Sweets

(Choose one of the following)

Jam Doughnut S He

Fruit Yoghurt S ♥

Ice Cream S

Fruit Cocktail in Natural Juice ♥

Cheese and Biscuits

Wednesday 03

Wednesday 03 lunch

Main course

(Choose one of the following)

Roast Turkey (Cranberry Sauce) ♥

Beef Casserole ♥ ♥

Lentil Crumble (V) He

(red lentils and vegetable topped with savoury crumb)

Cheese and Tomato Quiche (Cold) He

Served with

Creamed Potatoes S ♥

Roast Potatoes He

Cauliflower S ♥

Green Beans ♥

Salad Bowl ♥

Gravy S

Sweets

(Choose one of the following)

Lemon Slice S He

Custard Sauce S ♥

Rice Pudding S He

Fresh Apple ♥

Wednesday 03 supper

Chicken Soup S

Main course

(Choose one of the following)

Cauliflower Cheese (V) S He

Cold Roast Beef (Cold) ♥

Cheese and Tomato Sandwich (Wholemeal)

Cheese and Tomato Sandwich (White)

Ham Sandwich (Wholemeal) ♥

Ham Sandwich (White) ♥

Served with

Jacket Potato Wedges He

Mixed Vegetables ♥

Salad Bowl ♥

Sweets

(Choose one of the following)

Egg Custard Tart S

Mandarins in Jelly S ♥

Ice Cream S

Cheese and Biscuits

Thursday 04

Thursday 04 lunch

Main course

(Choose one of the following)

Chicken Korma S He

Baked Ham ♥

Vegetable Chilli (V) He
(vegetables in spicy chilli sauce)

Boiled Egg (Cold) ♥

Served with

Creamed Potatoes S ♥

Boiled Rice ♥

Diced Swede ♥

Broccoli S ♥

Salad Bowl ♥

Parsley Sauce S He

Sweets

(Choose one of the following)

Chocolate Sponge S He

Ground Rice Pudding S He

Fresh Banana S ♥

Chocolate Sauce S ♥

Thursday 04 supper

Mushroom Soup S

Main course

(Choose one of the following)

Mushroom Soup S

Beef Lasagne He

Spanish Quiche (Cold) (V) He

(savoury egg flan with Mediterranean veg in a pastry base)

Egg Mayonnaise Sandwich (Wholemeal) S He

Egg Mayonnaise Sandwich (White) S He

Turkey Sandwich (Wholemeal) ♥

Turkey Sandwich (White) ♥

Served with

Sauté Potatoes He

Sweetcorn ♥

Salad Bowl ♥

Sweets

(Choose one of the following)

Fruit Trifle S He

Fruit Yoghurt S ♥

Ice Cream S

Pineapple in Natural Juice ♥

Cheese and Biscuits

Friday 05 lunch

Main course

(Choose one of the following)

Breaded Fish	He
Pork Goulash	He
Potato, Cheese and Leek Bake	(V) S He
Roast Turkey (Cold)	♥
Served with	
Creamed Potatoes	S ♥
Potato Wedges	He
Garden Peas	♥
Sliced Carrots	S ♥
Salad Bowl	♥
Parsley Sauce	S He

Sweets

(Choose one of the following)

Apple Crumble	He
Rice Pudding	S He
Fresh Banana	S ♥
Custard Sauce	S ♥

FRIDAY 05 SUPPER

Tomato Soup S

Main course

(Choose one of the following)

Chicken Casserole	S He
Corned Beef (Cold)	S
Cheese, Carrot and Onion Sandwich (W/meal)	He
Cheese, Carrot and Onion Sandwich (White)	He
Ham Sandwich (Wholemeal)	♥
Ham Sandwich (White)	♥
Served with	
Creamed Potatoes	S ♥
Green Beans	♥
Salad Bowl	♥

Sweets

(Choose one of the following)

Chocolate Sponge	S He
Strawberry Whirl	S ♥
Ice Cream	S
Pears in Natural Juice	S ♥
Cheese and Biscuits	
Custard	S ♥

SATURDAY 06 LUNCH

Main course

(Choose one of the following)

Beef Casserole	S ♥
Cornish Pasty	He
Boston Beans (mixed beans in a spicy tomato based sauce)	(V) ♥
Cottage Cheese (Cold)	
Served with	
Creamed Potatoes	S ♥
Croquette Potatoes	He
Mixed Vegetables	♥
Cabbage	♥
Salad Bowl	♥
Gravy	S

Sweets

(Choose one of the following)

Bakewell Tart	He
Ground Rice Pudding	S He
Mandarins in Natural Juice	S ♥
Custard Sauce	S ♥

Saturday 06 supper

Minestrone Soup S

Main course

(Choose one of the following)

Shepherd's Pie	S He
Ham (Cold)	♥
Tuna and Cucumber Sandwich (Wholemeal)	♥
Tuna and Cucumber Sandwich (White)	♥
Egg Mayonnaise Sandwich (Wholemeal)	S He
Egg Mayonnaise Sandwich (White)	S He
Served with	
Creamed Potatoes	S ♥
Diced Swede	S ♥
Salad Bowl	♥

Sweets

(Choose one of the following)

Chocolate Mousse	S
Fruit Yoghurt	S ♥
Ice Cream	S
Peaches in Natural Juice	S ♥
Cheese and Biscuits	

Sunday 07 lunch

Main course

(Choose one of the following)

Roast Beef (Yorkshire Pudding) ♥

Plain Omelette (V) S ♥

Roast Chicken (Cold) ♥

Served with

Creamed Potatoes S ♥

Roast Potatoes He

Broccoli S ♥

Sliced Carrots S ♥

Salad Bowl ♥

Gravy S

Sweets

(Choose one of the following)

Apple Crumble He

Rice Pudding S He

Fruit Cocktail in Natural Juice ♥

Custard Sauce S ♥

Sunday 07 supper

Mushroom Soup S

Main course

(Choose one of the following)

Macaroni Cheese (V) S He

Tuna (Cold) S ♥

Egg and Tomato Sandwich (Wholemeal) ♥

Egg and Tomato Sandwich (White) ♥

Corned Beef Sandwich (Wholemeal) S ♥

Corned Beef Sandwich (White) S

Served with

Croquette Potatoes He

Garden Peas ♥

Salad Bowl ♥

Sweets

(Choose one of the following)

Jam Doughnut S He

Butterscotch Whirl S

Ice Cream S

Pears in Natural Juice S ♥

Cheese and Biscuits

Monday 08 lunch

Main course

(Choose one of the following)

Braised Sausages and Onions S He

Beef Hot Pot S

Vegetable Tikka Masala (V) He (vegetables in a spicy curry sauce)

Grated Cheese He

Served with

Creamed Potatoes S ♥

Boiled Rice ♥

Mixed Vegetables ♥

Cauliflower S ♥

Salad Bowl ♥

Gravy S

Sweets

(Choose one of the following)

Lemon Sponge S He

Ground Rice Pudding S He

Fresh Banana S ♥

Custard Sauce S ♥

Monday 08 supper

Tomato Soup S

Main course

(Choose one of the following)

Chicken Casserole (Gravy if Required) S He

Ham (Cold) ♥

Turkey Sandwich (Wholemeal) ♥

Turkey Sandwich (White) ♥

Cheese and Pickle Sandwich (Wholemeal) He

Cheese and Pickle Sandwich (White) He

Served with

Creamed Potatoes S ♥

Green Beans ♥

Salad Bowl ♥

Sweets

(Choose one of the following)

Egg Custard Tart He

Fruit Yoghurt S ♥

Ice Cream S

Mandarins in Natural Juice S ♥

Cheese and Biscuits

Tuesday 09

Tuesday 09 lunch

Main course

(Choose one of the following)

Southern Breaded Chicken (Spicy)	He
Cottage Pie	S He
Vegetable Lasagne	(V) He
Tuna (Cold) served with	S ♥
Creamed Potatoes	S ♥
Sauté Potatoes	He
Cabbage	♥
Carrots	S ♥
Salad Bowl	♥
Gravy	S

Sweets

(Choose one of the following)

Plum Crumble	He
Rice Pudding	S He
Fresh Banana	S ♥
Custard Sauce	S ♥

Tuesday 09 supper

Thick Vegetable Soup

Main course

(Choose one of the following)

Fish Cakes (Parsley Sauce if Required)	S He
Pork Pie (Cold)	He
Corned Beef Sandwich (Wholemeal)	S
Corned Beef Sandwich (White)	S
Egg Mayonnaise Sandwich (Wholemeal)	S He
Egg Mayonnaise Sandwich (White)	S He
Served with	
Creamed Potatoes	S ♥
Garden Peas	♥
Salad Bowl	♥
Sweets	
(Choose one of the following)	
Flapjack	He
Raspberry whirl	S
Ice Cream	S
Pineapple in Natural Juice	♥
Cheese and Biscuits	

Wednesday 10

Wednesday 10 lunch

Main course

(Choose one of the following)

Roast Pork with Stuffing	He
Chicken à la King (Rice if Required)	S ♥
Lentil Crumble (red lentils and vegetable topped with savoury crumb)	(V) He
Boiled Egg (Cold)	♥
Served with	
Creamed Potatoes	S ♥
Roast Potatoes	He
Broccoli	♥
Diced Swede	♥
Salad Bowl	♥
Gravy	S

Sweets

(Choose one of the following)

Bread and Butter Pudding	S He
Ground Rice Pudding	S He
Fruit Cocktail in Natural Juice	♥
Custard Sauce	S

Wednesday 10 supper

Minestrone Soup S

Main course

(Choose one of the following)

Plain Omelette	(V) S ♥
Corned Beef (Cold)	♥
Ham Sandwich (Wholemeal)	He ♥
Ham Sandwich (White)	He ♥
Tuna Mayonnaise Sandwich (Wholemeal)	S He
Tuna Mayonnaise Sandwich (White)	S He
Served with	
Croquette Potatoes	He
Baked Beans	♥
Salad Bowl	♥

Sweets

(Choose one of the following)

Fruit cake	S He
Fruit Yoghurt	S ♥
Ice Cream	S
Pears in Natural Juice	S ♥
Cheese and Biscuits	

Thursday 11 lunch

Main course

(Choose one of the following)

- Baked Ham and Pineapple ♥
- Beef Pasta Bolognese S ♥
(pasta and minced beef in a garlic and tomato sauce)
- Boston Beans (V) ♥
- Tuna (cold) ♥
- served with**
- Creamed Potatoes S ♥
- Roast Potatoes He
- Cabbage S ♥
- Sweetcorn ♥
- Salad Bowl ♥
- Gravy S

Sweets

(Choose one of the following)

- Golden Syrup Sponge S He
- Rice Pudding S He
- Fresh Banana S ♥
- Custard Sauce S ♥

Thursday 11 supper

Vegetable Soup

Main course

(Choose one of the following)

- Quiche Lorraine He
(Diced gammon, onions in cheese and egg flan on pastry base)
- Grated Cheddar Cheese (Cold) He S
- Egg Mayonnaise Sandwich (Wholemeal) S He
- Egg Mayonnaise Sandwich (White) S He
- Turkey Sandwich (Wholemeal) ♥
- Turkey Sandwich (White) ♥
- Served with**
- Sauté Potatoes He
- Garden Peas ♥
- Salad Bowl ♥
- Sweets (Choose one of the following)**
- Carrot Cake He
- Banana Whirl S ♥
- Ice Cream S
- Peaches in Natural Juice S ♥
- Cheese and Biscuits

FRIDAY 12 LUNCH

Main course

(Choose one of the following)

- Breaded fish S He
- Chilli Con Carne with Rice He
(minced beef in spicy chilli sauce)
- Vegetable Stroganoff (V) ♥
- Ham (Cold) ♥
- served with**
- Creamed Potatoes S ♥
- Potato Wedges He
- Garden Peas ♥
- Baby Carrots S ♥
- Salad Bowl ♥
- Parsley sauce S

Sweets

(Choose one of the following)

- Chocolate Sponge S He
- Ground Rice Pudding S He
- Fresh Apple ♥
- Chocolate Sauce S ♥

Friday 12 supper

Leek and Potato Soup S

Main course

(Choose one of the following)

- Cottage Pie (Gravy if Required) S ♥
- Roast Turkey (Cold) ♥
- Cheese Sandwich (Wholemeal) He S
- Cheese Sandwich (White) He S
- Ham Sandwich (Wholemeal) ♥
- Ham Sandwich (White) ♥
- Served with**
- Creamed Potatoes S ♥
- Green Beans ♥
- Salad Bowl ♥

Sweets

(Choose one of the following)

- Cherry Sponge He
- Fruit Yoghurt S ♥
- Ice Cream S
- Fruit Cocktail in Natural Juice ♥
- Cheese and Biscuits
- Custard sauce S ♥

Saturday 13 lunch

Main course (Choose one of the following)

- Beef Casserole **S ♥**
- Chicken Korma **S He**
(medium based yoghurt based
curry seasoned with spices)
- Plain Omelette **(V) S ♥**
- Cottage Cheese (Cold) **S ♥**
served with
- Boiled Rice **♥**
- Creamed Potatoes **S ♥**
- Cabbage **♥**
- Diced Swede **S ♥**
- Salad Bowl **♥**
- Gravy **S**

Sweets

(Choose one of the following)

- Rhubarb Crumble **He**
- Rice Pudding **S He**
- Pears in Natural Juice **S ♥**
- Custard Sauce **S ♥**

Saturday 13 Supper

Tomato Soup **S**

Main course

(Choose one of the following)

- Savoury Mince and Yorkshire
Pudding **S He**
- Tuna (Cold) **S ♥**
- Turkey Sandwiches (Wholemeal) **♥**
- Turkey Sandwiches (White) **♥**
- Cheese, Carrot and Onion
Sandwich (W/meal) **He**
- Cheese, Carrot and Onion
Sandwich (White) **He**
- Served with**
- Creamed Potatoes **S ♥**
- Garden Peas **♥**
- Salad Bowl **♥**

Sweets

(Choose one of the following)

- Fruit Cake **He**
- Strawberry Mousse **S ♥**
- Ice Cream **S**
- Mandarins in Natural Juice **S ♥**
- Cheese and Biscuits

Sunday 14 lunch

Main course

(Choose one of the following)

- Roast Pork and Apple Sauce **♥**
- Broccoli and Cheese Bake **(V) S He**
- Cold Roast Beef **♥**
served with
- Creamed Potatoes **S ♥**
- Roast Potatoes **He**
- Brussels Sprouts **S ♥**
- Sliced Carrots **S ♥**
- Salad Bowl **♥**
- Gravy **S**

Sweets

(Choose one of the following)

- Apricot Sponge **S He**
- Ground Rice Pudding **S He**
- Fresh Banana **S ♥**
- Custard Sauce **S ♥**

Sunday 14 supper

Mushroom Soup **S**

Main course

(Choose one of the following)

- Chicken Casserole **S He**
- Ham (Cold) **♥**
- Corned Beef and Tomato Sandwich
(Wholemeal) **♥**
- Corned Beef and Tomato Sandwich
(White) **♥**
- Egg Mayonnaise Sandwich
(Wholemeal) **S He**
- Egg Mayonnaise Sandwich
(White) **S He**
- Served with**
- Creamed Potatoes **S ♥**
- Mixed Vegetables **♥**
- Salad Bowl **♥**

Sweets

(Choose one of the following)

- Chocolate Cake **S He**
- Fruit Yoghurt **S ♥**
- Ice Cream **S**
- Fruit Cocktail in Natural Juice **♥**
- Cheese and Biscuits

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
Chicken Casserole	S He
Fish cake	S He
Cauliflower Cheese	S He
Macaroni Cheese	(V) S He
Cornish Pasty	He
Grilled Lincolnshire Sausages	
Plain Omelette	(V) S ♥
Cheese Omelette	(V) S He
Minced Beef or Lamb	S ♥
Assorted Salads	♥
Assorted Sandwiches	

Available on wholemeal or white bread

Vegetarian and vegan extra choice menu

Vegetable Chilli with Boiled Rice	Vegan ♥
Macaroni Cheese	He S
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 ♥
Lentil Crumble	Vegan He
Vege bangers	Vegan S
Vegetable Pasty	He
Vegetable Burger	S
Cauliflower in Cheese Sauce	S He

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.

Please contact catering department for availability of choice.

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.

Please contact catering department for availability of choice.





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
Beef Casserole	S ♥
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) ♥
Boston Beans	♥
Vegetable Tikka and Rice	(V) ♥

Soft (Easy to chew) 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. of 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

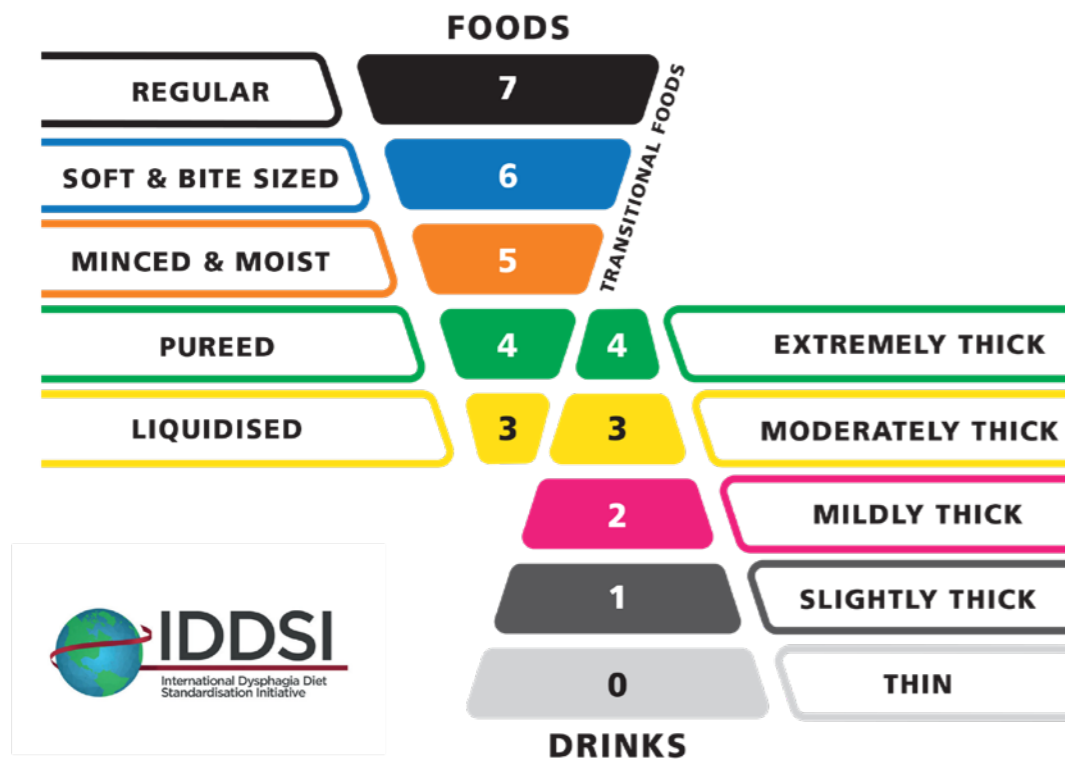
If there is not a suitable soft vegetable available on the menu, you can request suitable alternative vegetables by writing them on the menu card. Please note that mixed vegetables are NOT suitable for a soft diet.

Sandwiches

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

Modified Texture meals ordering protocol. ULH Catering Services.

The Trust has worked together to provide safe dysphagia diet menu that fits the needs of patients working with Dietitians and speech and language.



Catering will provide levels 4, 5, 6, and 7.

Assessed by speech and language therapist or a Dysphagia trained nurse (DTN)

When reheating Level 4 Thick Pureed.

1. When the meal is required place the container onto a plate.
2. Before attempting to remove the film cover ensure the opening flap on the top of the container is facing away from you.
3. Wearing the protective hot gloves slowly pull the flap towards you and remove the film. Be aware that the food will be hot.
4. Give the container (on the plate) to the Health Care Staff ready for the patient.

Level 4 Pureed	Ward	
 IDDSI <small>International Dysphagia Diet Standardisation Initiative</small>	Room	
(V) means suitable for Vegetarian	Name	

Usually eaten with a spoon

Does not require chewing

Holds shape on plate

Liquid must not separate from solid.

Cannot be drunk through a cup or sucked through a straw

Can be moulded

No lumps

Not sticky

Falls of spoon in a single spoonful when tilted but hold shape.

4 Pureed		4 Pureed	
Lunch main courses (choose one)		Supper main courses (choose one)	
Shepherd's Pie		Shepherd's Pie	
Lancashire Hotpot		Lancashire Hotpot	
Chicken and Stuffing		Chicken and Stuffing	
Fish Pie		Fish Pie	
Roast Beef and Yorkshire Pudding		Roast Beef and Yorkshire Pudding	
Chicken and Potato Pie		Chicken and Potato Pie	
Salmon in Dill		Salmon in Dill	
Hearty Chicken Casserole		Hearty Chicken Casserole	
Bean and Vegetable casserole (V)		Bean and Vegetable casserole (V)	
Vegetable Tikka (V)		Vegetable Tikka (V)	
Vegetable Lasagne (V)		Vegetable Lasagne (V)	
N.B Staff reheat meals to 75°C		N.B Staff reheat meals to 75°C	
Desserts Lunch		Desserts Supper	
Whirl		Whirl	
Yoghurt (<i>Thick and creamy</i>)		Yoghurt (<i>Thick and creamy</i>)	
Ground Rice Pudding		Ground Rice Pudding	

Level 5 Minced & Moist	Ward	
 International Dysphagia Diet Standardisation Initiative	Room	
(V) means suitable for Vegetarian	Name	


Can be eaten with fork or spoon or chopsticks if individual has good hand control

Can be scooped and shaped for example ball shape on a plate

Soft and moist with no separate thin liquid.
Small lumps visible in food

Adult 4mm lump size
Lumps are easy to squash with tongue.

5 Minced & Moist		5 Minced & Moist	
Lunch main courses (choose one)		Supper main courses (choose one)	
Fish Pie with Potato Topping		Fish Pie with Potato Topping	
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)	
Quorn casserole		Quorn casserole	
Beef Pasta Bolognaise		Beef Pasta Bolognaise	
Quorn Korma (V)		Quorn Korma (V)	
Chicken Casserole		Chicken Casserole	
Vegetable side Dish Selection		Vegetable side Dish Selection	
Carrots		Carrots	
Swede		Swede	
Creamed Potato		Creamed Potato	
Desserts Lunch		Desserts Supper	
Sponge & Custard		Sponge & Custard	
Banana		Banana	
Stewed Apple & Custard		Stewed Apple & Custard	
Tinned Peaches		Tinned Peaches	
Yoghurt (<i>Thick and creamy</i>)		Yoghurt (<i>Thick and creamy</i>)	
Rice Pudding		Rice Pudding	

Level 6 Soft & Bite Sized	Ward	
 International Dysphagia Diet Standardisation Initiative	Room	
(V) means suitable for Vegetarian	Name	

Can be eaten with a fork spoon or chopsticks.

Can be mashed /broken down with pressure from fork, spoon or chopstick

A knife is not required to cut this food , but may be used to help load fork or spoon.

Chewing is required before swallowing

Soft tender and moist throughout but with no separate thin liquid

Bite size pieces as appropriate for size and oral processing skills.

Adults 15mm =1.5cm pieces

6 Soft & Bite Sized		6 Soft & Bite Sized	
Lunch main courses (choose one)		Supper main courses (choose one)	
Fish Pie with Potato Topping		Fish Pie with Potato Topping	
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)	
Quorn casserole		Quorn casserole	
Beef Pasta Bolognaise		Beef Pasta Bolognaise	
Quorn Korma (V)		Quorn Korma (V)	
Chicken Casserole		Chicken Casserole	
Vegetable side Dish Selection		Vegetable side Dish Selection	
Carrots		Carrots	
Swede		Swede	
Creamed Potato		Creamed Potato	
Desserts Lunch		Desserts Supper	
Sponge & Custard		Sponge & Custard	
Banana		Banana	
Stewed Apple & Custard		Stewed Apple & Custard	
Tinned Peaches		Tinned Peaches	
Yoghurt (<i>Thick and creamy</i>)		Yoghurt (<i>Thick and creamy</i>)	
Rice Pudding		Rice Pudding	

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

United Lincolnshire Hospitals NHS Trust
Greetwell Road
Lincoln
Lincolnshire
LN2 5QY