

Patient's Name.....Bay Number.....
Ward.....Bed Number.....

= Healthier Choice = High Calorie = Vegetarian = Textured E Fork Mashable

MARK **AGAINST ONE ITEM ONLY FROM EACH SECTION**

During your stay in hospital it is important that you have enough calories and protein to aid your recovery. You can choose any of the foods on our menus, which are all suitable for normal and diabetic diets

- 1. Beef Lasagne**
(Contains, Wheat, Milk)
- 2. Peppered Mackerel**
(Contains, Fish)
- 3. Cauliflower Cheese**
(Contains, Wheat, Milk, Mustard)
- 4. Fishcakes**
(Contains, Fish, Gluten, Milk, Mustard, Wheat)
- 5. W/meal Cheese & Tomato Sandwich**
(See Packaging for allergy advice)

- 6. Green Beans**
- 7. Mixed Salad**
- 8. Baked Beans**

- 9. Creamed Potatoes**
(Contains, Milk)
- 10. Boiled Potatoes**

- 11. Apple Cake**
(Contains Wheat, Egg)
- 12. Mandarins in Natural Juice**
- 13. Vanilla Ice Cream**
(Contains, Milk)

- 14. Custard**
(Contains, Milk)

- 15. Fresh Satsuma**

SPECIAL DIETARY ADVICE

Special diets

If you require a special diet, the ward staff will order it for you.

Gluten Free, Low Salt and Vegan menus are available from the nursing staff who will print a copy off for you from the Trusts Intranet pages.

Food Allergens

All food allergens deliberately added to foods we serve are identified in brackets directly below the listed menu items

Cultural and Religious Meals


Kosher, Halal and Caribbean meals are available from the kitchen on request


Please advise of special diet requirements here:-

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- 1. Fresh Homemade Tomato & Basil Soup**  **V**
(Contains, Celery, Soya, Milk)

SANDWICH CHOICE






- Egg Mayo** **2. White** **3. W/Meal**  **↑ V**
White (Contains, Wheat, Soya, Gluten, Egg, Mustard)
W/Meal (Contains, As above plus Barley)

- Tuna Flakes** **4. White** **5. W/Meal**  **↑**
White (Contains, Wheat, Soya, Gluten, Fish)
W/Meal (Contains, As above plus Barley)

HOT MEAL CHOICE

- 6. Pasta in Creamy Cheese Sauce** **↑ E**
(Contains, Wheat, Milk, Celery)
- 7. Vegetable & Bean Cottage Pie**  **V E**
(Contains, Milk)


Finger Food Platter **8. Meat** **9. Vegetable**
(Please contact kitchen for allergy advice)

- 10. Fresh Baton Carrots**  **V E**
- 11. Grilled Tomatoes**  **V**
- 12. Mixed Salad**  **V**
- 13. Creamed Potatoes**  **V E**
(Contains, Milk)
- 14. Boiled Potatoes**  **V E**

- 15. Raspberry Milk Jelly** **↑ V**
(Contains, Milk)

- 16. Apple Pie** **↑ V**
(Contains, Wheat, Gluten)

- 17. Fruit Cocktail in Natural Juice**  **V E**

- 18. Low Fat Fruit Yoghurt**  **V E**
(Contains, Milk)

- 19. Vanilla Ice Cream** **↑ V**
(Contains, Milk)

- 20. Cheddar Cheese & Crackers** **↑ V**
(Contains, Gluten, Milk)

- 21. Fresh Apple**  **V**

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Your experience

We would like you to tell us what you think about the food service. Please fill out the questionnaire overleaf and hand to a member of the ward staff. Your comments will be used to help us develop our menus and provide you with a high quality service.

Please advise of special diet requirements here:-