

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. White Fish in Parsley Sauce   
*(Contains, Fish, Wheat, Milk)*
- 2. Lentil & Vegetable Casserole   
*(Contains, Celery, Soya)*
- 3. Cold Sliced Roast Ham
- 4. Sausage Roll   
*(Contains, Wheat, Gluten, Sulphites)*
- 5. W/meal Egg Mayo Sandwich   
*(See Packaging for allergy advice)*

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- 6. Garden Peas
- 7. Fresh Sliced Carrots
- 8. Mixed Salad
- 9. Baked Beans

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- 10. Creamed Potatoes   
*(Contains, Milk)*
- 11. New Potatoes

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- 12. Apple Crumble   
*(Contains, Wheat, Oat, Sulphites)*
- 13. Peaches in Natural Juice
- 14. Vanilla Ice Cream   
*(Contains, Milk)*

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- 15. Custard   
*(Contains, Milk)*

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- 16. Fresh Apple

**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 Vegetable Soup**  **V**  
*(Contains, Milk, Celery, Soya)*

**SANDWICH CHOICE**

- Cheese & Pickle**  **2. White**  **3. W/Meal** **↑**

*White (Contains, Wheat, Soya, Gluten, Barley, Sulphites, Milk)*

*W/Meal (Contains, Wheat, Soya, Gluten, Barley, Sulphites, Milk)*

- Tuna Mayo**  **4. White**  **5. W/Meal**  **↑**

*White (Contains, Wheat, Soya, Gluten, Egg, Fish, Mustard)*

*W/Meal (Contains, As above plus Barley)*

**HOT MEAL CHOICE**

- 6. Minced Beef Pie** **↑** **E**  
*(Contains, Wheat, Gluten, Barley, Fish, Egg)*

- 7. Plain Omelette** **↑** **V E**  
*(Contains, Egg, Milk)*

- Finger Food Platter**  **8. Meat**  **9. Vegetable**

*(Please contact kitchen for allergy advice)*

- 10. Fresh Diced Swede**  **V E**

- 11. Green Beans**  **V E**

- 12. Mixed Salad**  **V**

- 13. Creamed Potatoes**  **V E**  
*(Contains, Milk)*

- 14. Boiled Potatoes**  **V E**

- 15. Raspberry Ripple Mousse** **V**  
*(Contains, Milk)*

- 16. Bakewell Tart** **↑** **V**  
*(Contains, Egg, Wheat, Gluten)*

- 17. Stewed Plums**  **V E**

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

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

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

- 21. Fresh Satsuma**  **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:-**