

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

= Healthier Choice | = High Calorie | = Vegetarian |

▼ MARK WITHIN THE BOXES OF DISHES YOU REQUIRE FROM EACH SECTION

Food choices for People with Diabetes 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 people with diabetes.

Main Course (Choose 1 of the following)

- 1. Fisherman's Pie * (Pastry Top)
(Contains, Crustaceans, Fish, Milk, Celery, Sulphites) *May contain* Bones *(Contains, Wheat, Egg)
- 2. TMQuorn & Mushroom Chilli
(Contains, Egg, Celery, GF Barley Malt Extract)
- 3. Cold Sliced Turkey
(Contains, None of the main 14 allergens)
- 4. W/grain Egg Mayonnaise Sandwich
(Contains, Wheat, Barley, Egg, Mustard) *May contain* Sesame, Soya

Vegetables & Potatoes (Choose 2 of the following)

- 5. Seasonal Side Salad *May contain* Mustard
- 6. Sweetcorn
- 7. Cut Green Beans
- 8. Creamed Potatoes
(Contains, Milk)
- 9. Jacket Potato
- 10. Steamed White Rice

Desserts (Choose 1 of each of the following)

- 11. Bread & Butter Pudding
(Contains, Milk, Eggs, Wheat, Soya)
- 12. Apricots in Natural Juice
- 13. Cheese Spread & Crackers
(Contains, Milk, Wheat) *May contain* Sesame, Egg
- 14. Vanilla Ice Cream
(Contains, Milk)
- 15. Custard
(Contains, Milk)

SPECIAL DIETARY ADVICE

Menu items marked with have no gluten containing ingredients.

Special Diets

If you require a special diet meal, then please speak to your nurse who will arrange for the appropriate menu for you to make your meal choice.

Cultural and Religious Meals

If you require a Kosher, Halal, Caribbean or a West Indian meal choice then speak with your nurse who will arrange the appropriate menu for you.

All Special diet menus can be obtained from the intranet under Catering for Patients

Food Allergens

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

Fresh Fruit

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Starter (Choose 1 of the following)

- 1. Fresh Homemade Broccoli & Stilton Soup
(Contains, Celery, Milk)
- 2. Orange Fruit Juice

Main Course – (Choose 1 of the following)

Sandwich Choice

Chicken Mayonnaise 3. White 4. W/Meal

White (Contains, Wheat, Egg) *May contain* Sesame, Soya
W/Meal (Contains, Wheat, Eggs) *May contain* Sesame, Soya

Cheese & Onion 5. White 6. W/Meal

White (Contains, Wheat, Egg, Milk) *May contain* Sesame, Soya
W/Meal (Contains, Wheat, Egg, Milk) *May contain* Sesame, Soya

Hot Meal Choice

- 7. Pork & Butterbean Casserole
(Contains, Milk)
- 8. Mushroom & Spinach Risotto
(Contains, Celery, Sulphites, Milk)

Finger Food Platter

- 9. Meat Option 10. Vegetarian Option
(Please contact kitchen for allergy advice)

Potatoes & Vegetables (Choose 2 of the following)

- 11. Creamed Potatoes
(Contains, Milk)
- 12. Croquette Potatoes
(Contains, Wheat, Milk)
- 13. Broccoli Florets
- 14. Seasonal Side Salad *May contain* Mustard

Desserts (Choose 1 of the following)

- 15. Raspberry Ripple Mousse
(Contains, Milk)
- 16. Full Fat Fruit Yoghurt
(Contains, Milk)
- 17. Jam Doughnut
(Contains, Wheat, Soya) *May contain* Egg, Milk Sesame
- 18. Vanilla Ice Cream
(Contains, Milk)
- 19. Fresh Apple

Your experience

We would like you to tell us what you think about the food service. Please scan the QR code below to complete a short questionnaire. Your comments will be used to help us develop our menus and provide you with a high quality service.

Patient Catering Questionnaire



Each ward has a microwave to boost the temperature of your meal if required. Please ask a nurse if you require this service.