

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. Roast Turkey  ♥  
(Contains, None of the main 14 allergens)
- 2. Cheese Leek & Potato Bake  ↑ ✓  
(Contains, Milk)
- 3. Cold Sliced Gammon Ham  ♥  
(Contains, None of the main 14 allergens)
- 4. W/grain Egg Mayonnaise Sandwich ↑ ✓  
(Contains, Wheat, Barley, Egg, Mustard) May contain Sesame, Soya
- 5. Gravy 


**Vegetables & Potatoes** (Choose 2 of the following)

- 6. Seasonal Side Salad  ♥ ✓ May contain Mustard
- 7. Mixed Vegetables  ♥ ✓
- 8. Garden Peas  ♥ ✓
- 9. Creamed Potatoes  ♥ ✓  
(Contains, Milk)
- 10. Roast Potatoes  ↑ ✓

**Desserts** (Choose 1 of each of the following)

- 11. Summer Fruit Crumble ↑ ✓  
(Contains, Wheat, Oats)
- 12. Peaches 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

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**Starter** (Choose 1 of the following)

- 1. Fresh Homemade Lentil & Vegetable Soup  ♥ ↑ ✓ (Contains, Celery, Milk)
- 2. Orange Fruit Juice  ♥ ✓

**Main Course** – (Choose 1 of the following)

**Sandwich Choice**

Tuna Mayonnaise  3. White  4. W/Meal ↑

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

Cheese & Pickle  5. White  6. W/Meal ↑ ✓

White (Contains, Wheat, Milk, Sulphites) May contain Sesame, Soya  
W/Meal (Contains, Wheat, Milk, Sulphites) May contain Sesame, Soya.




**Hot Meal Choice**

- 7. Shepherds Pasty (Contains, Wheat) ↑
- 8. Vegetable Lasagne  ♥ ✓  
(Contains, Celery, Egg, Milk) May contain Soya





**Finger Food Platter**

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

**Vegetables & Potatoes** (Choose 2 of the following)

- 11. Creamed Potatoes  ♥ ✓ (Contains, Milk)
- 12. Herby Diced Potatoes ♥ ✓  
(Contains, Wheat)
- 13. Diced Swede  ♥ ✓
- 14. Seasonal Side Salad  ♥ ✓ May contain Mustard

**Desserts** (Choose 1 of the following)

- 15. Chocolate Mousse  ↑ ✓  
(Contains, Milk)
- 16. Full Fat Fruit Yoghurt  ♥ ✓  
(Contains, Milk)
- 17. Bakewell Cake Slice ↑ ✓  
(Contains, Wheat, Egg, Soya, Nuts) May contain Milk
- 18. Vanilla Ice Cream  ↑ ✓  
(Contains, Milk)
- 19. Fresh Banana  ♥ ✓

**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.