

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. **Oven Baked Battered Cod** ↑
(Contains, Fish, Wheat)
- 2. **Vegetable & Bean Cottage Pie**   
(Contains, Celery, Milk)
- 3. **Cold Sliced Beef**  
(Contains, None of the main 14 allergens)
- 4. **W/Meal Cheese & Pickle Sandwich** ↑ 
(Contains, Wheat, Milk, Sulphites) *May contain Sesame, Soya*
- 5. **Gravy** 


Vegetables & Potatoes (Choose 2 of the following)

- 6. **Seasonal Side Salad**    *May contain Mustard*
- 7. **Garden Peas**   
- 8. **Baked Beans**   
- 9. **Creamed Potatoes**   
(Contains, Milk)
- 10. **Skin on Chipped Potatoes**  ↑ 

Desserts (Choose 1 of each of the following)

- 11. **Ginger Pudding with Orange Sauce** ↑ 
- 12. **Mandarins 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

Fresh fruit is available at all times just ask your nurse

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Starter (Choose 1 of the following)


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

Main Course – (Choose 1 of the following)

Sandwich Choice

- Ham 3. **White** 4. **Wheatgrain** 

*White (Contains, Wheat) May contain Sesame, Soya
W/grain (Contains, Wheat, Barley) May contain Sesame, Soya*

- Egg Mayonnaise 5. **White** 6. **W/grain** ↑ 

*White (Contains, Wheat, Egg, Mustard) May contain Sesame, Soya
W/grain (Contains, Wheat, Barley, Egg, Mustard) May contain Sesame, Soya*













Hot Meal Choice

- 7. **Chicken Korma**  ↑
(Contains, Milk, Mustard, Sulphites) *May contain Nuts, Peanuts*
- 8. **Quorn Patties in Tomato & Basil Sauce**  
(Contains, Wheat, Barley, Egg, Milk, Celery)











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. **Boiled Potatoes**   
- 13. **Mixed Vegetables**   
- 14. **Steamed White Rice**   

Desserts (Choose 1 of the following)

- 15. **Strawberry & Vanilla Swirled Mousse**  ↑
(Contains, Milk)
- 16. **Full Fat Fruit Yoghurt**   
(Contains, Milk)
- 17. **Lemon Drizzle Cake** ↑ 
(Contains, Wheat, Lupin, Egg, Soya, Milk, Sulphites)
- 18. **Vanilla Ice Cream**  ↑ 
(Contains, Milk)
- 19. **Fresh Satsuma**   

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.