

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. **Chicken & Vegetable Hotpot**   
*(Contains, None of the main 14 allergens)*
- 2. **Macaroni Cheese**   
*(Contains, Milk) **May contain** Soya*
- 3. **Cold Sliced Gammon**   
*(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. **Baked Beans**
- 7. **Diced Swede**
- 8. **Creamed Potatoes**   
*(Contains, Milk)*
- 9. **Boiled New Potatoes**
- 10. **Jacket Potato**

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

- 11. **Jam Sponge**   
*(Contains Wheat, Eggs) **May contain** Milk*
- 12. **Fruit Salad in Natural Juice**
- 13. **Vanilla Ice Cream**   
*(Contains, Milk)*
- 14. **Cheese Spread & Crackers**   
*(Contains, Milk, Wheat) **May contain** Sesame, Egg*
- 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 Carrot & Coriander Soup    (Contains, Celery)
- 2. Orange Fruit Juice   

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

#### Sandwich Choice






Tuna Mayo  3.White  4.W/Meal 

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

Cheddar Cheese  5.White  6.W/Meal  

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













#### Hot Meal Choice

- 7. Chilli Con Carne    
(Contains, None of the main 14 allergens)
- 8. Free Range Plain Omelette   














#### 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 (Contain, Milk)   
- 12. Baked Beans   
- 13. Steamed White Rice   
- 14. Seasonal Side Salad    **May contain** Mustard

### Desserts (Choose 1 of the following)

- 15. Chocolate & Vanilla Swirled Mousse    
(Contains, Milk)
- 16. Full Fat Fruit Yoghurt     
(Contains, Milk)
- 17. Egg Custard Tarts    
(Contains, Eggs, Milk, Wheat) **May contain** Nuts
- 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