

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 Pork   
(Contains, None of the main 14 allergens)
- 2. Cauliflower & Broccoli Pasta Bake   
(Contains, Celery, Milk) May contain Soya
- 3. Peppered Mackerel (Served Cold)   
(Contains, Fish) May contain bones
- 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. Sliced Carrots
- 8. Brussels Sprouts
- 9. Creamed Potatoes   
(Contains, Milk)
- 10. Roast Potatoes

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

- 11. Chef's Rice Pudding   
(Contains Milk)
- 12. Pineapple Pieces in Natural Juice
- 13. Vanilla Ice Cream   
(Contains, Milk)
- 14. Cheese Spread & Crackers   
(Contains, Milk, Wheat) May contain Sesame, Egg

**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. Homemade Sweet Potato & Roasted Red Pepper Soup   
(Contains, Celery)
- 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, Egg) 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 Meatballs in Mushroom & Tarragon & White Wine Sauce   
(Contains, Wheat, Barley, Milk, Sulphites)
- 8. Sweet & Sour Vegetables   
(Contains, 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. Potato Hash Browns
- 13. Cut Green Beans
- 14. Steamed White Rice

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

- 15. Chocolate & Vanilla Swirled 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.