

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. TM Quorn Tikka Masala
(Contains, Celery, Milk, Egg) **May contain** Mustard, Nuts, Peanuts
- ☐ 3. Peppered Mackerel (Served Cold)
(Contains, Fish) **May contain** bones
- ☐ 4. W/Meal Plain Cheese Sandwich
(Contains, Wheat, Milk) **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
- ☐ 11. Steamed White Rice

Desserts (Choose 1 of the following)

- ☐ 12. Creamy Rice Pudding
(Contains, Milk)
- ☐ 13. Pineapple Pieces in Natural Juice
- ☐ 14. Vanilla Ice Cream
(Contains, Milk)
- ☐ 15. 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 Leek & Potato Soup

(Contains, Celery, Milk)

- ☐ 2. Orange Fruit Juice

Main Course – (Choose 1 of the following)

Sandwich Choice

- Ham ☐ 3. White ☐ 4. W/Meal

White (Contains, Wheat) **May contain** Sesame, Soya

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

- Egg Mayonnaise ☐ 5. White ☐ 6. W/Meal

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 with Tomatoes in Mushroom
& Red Wine Sauce

(Contains, Celery, Sulphites)

- ☐ 8. Cheese & Onion Pasty

(Contains, Wheat, Milk, Mustard, Soya) **May contain** Nuts

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. Boiled Potatoes

- ☐ 13. Baked Beans

- ☐ 14. Whole Green Beans

Desserts (Choose 1 of the following)

- ☐ 15. Strawberry & 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