



Check out the kids

# MENU

WELCOME TO OUR TASTY FOOD





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## A GUIDE TO MEALS IN HOSPITAL

Welcome to the Children's Patient menu. Menus available here include: Main Junior menu, Young Persons menu and Paediatric Puree. Available to you are a variety of choices for hot main meals from the available daily section, a dish of the day menu, or jacket potato, sandwiches and snacks. You will also find hot and cold dessert options. Your ward hostess will be able to inform you if it is week 1 or 2. Please discuss meals with your ward hostess, and if you require anything further, please feel free to ask, we have an array of supplementary menus including Allergy Aware, Cultural & Vegan.

### SPECIAL DIETS

- **Diabetes** – the carbohydrate content of all the meals and snacks is available either on the ordering tablet, or the Nutrition and Allergen Folder on each ward. If your child has special dietary requirements, please inform a member of the Ward Staff.

We have a range of Special Dietary Menus including:

- **Free From Menu** – suitable for those who need to avoid any of the 14 main allergens. This menu is suitable those with Coeliac Disease.

### CULTURAL AND VEGAN DIETS

If there is nothing suitable on this menu or your child requires a cultural or vegan meal we can cater for the following diets:

- Vegan
- Asian Vegetarian
- Caribbean and West Indian
- Halal
- Kosher

### MENU CODING

- GF** **Gluten Free** – Meals have no gluten containing ingredients.
- E** **Energy Dense** – These are suitable for patients with a poor appetite or increase energy requirements.
- ★** **Easy to Chew** – These dishes are easy to cut and do not require much chewing. Modified texture menus are available if you have swallowing problems.

### PROTECTED MEAL TIMES

Non-urgent clinical activity stops during meal service times to give your child the opportunity to eat their meal without interruptions.

### NUTRITIONAL AND ALLERGEN INFORMATION

Nutrition and allergen information for the food and drink served at ward level is available. Please ask your Ward Hostess for more information. If your child has additional dietary requirements or allergies, please inform a member of the Ward Staff. This will enable us to ensure they are offered the most appropriate foods.

### SNACKS

Hot and cold drinks will be served throughout the day by the ward hostess. These will include hot and cold drinks, fresh fruits, cakes, sweet & savoury biscuits and ice creams. If your child would like a snack or a drink at any other time please ask any member of the ward team.

- V** **Vegetarian** – These meals are available for Vegetarians.
- V** **Vegan** – These meals are available for Vegans.
- ♥** **Healthier Choice** – Meals have less fat and salt and desserts have a lower sugar content.
- EF** **Egg Free** – Made without egg.
- MF** **Milk Free** – Made without milk.



### ASK THE DIETITIAN...

For any patient catering or menu related queries scan this QR code to email the Mitie dietetic team, who will respond to your email within 48 hours.

If you don't have access to QR scanning, then the email address is [dietitian@mitie.com](mailto:dietitian@mitie.com).



If this menu does not meet your child's needs or they need a special diet. Please ask the host so we can cater specially for you.

## Breakfast

|                        |            |
|------------------------|------------|
| Ready Brek             | V ★ ♥      |
| Cornflakes             | V ★        |
| Rice Krispies          | V ★ ♥      |
| Weetabix               | V ★ ♥      |
| Coco Pops              | V ★        |
| Fresh Fruit            | GF V V ♥   |
| Thick & Creamy Yoghurt | GF V ★ E   |
| Bread/Toast            | V V        |
| Butter                 | GF V ★ E   |
| Spread                 | GF V V ★ ♥ |
| Jam                    | GF V V ★   |
| Honey                  | GF V ★ E   |

## Available Milks – please ask

|              |          |
|--------------|----------|
| Semi Skimmed | GF V ★   |
| Whole        | GF V ★ E |
| Soya         | GF V V ★ |
| Oat          | GF V V ★ |





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## Available at Lunch & Supper

- Cottage Pie ★♥
- Pork Sausages in Onion Gravy
- Chicken Nuggets (halal) E
- Salmon & Broccoli Bake ♥
- Fish Fingers
- Penne Pasta in a Tomato & Basil Sauce V V ★ ♥
- Cheese & Tomato Pizza V
- Macaroni Cheese V E
- Plain Omelette GF V ★

## Sides

- Mashed Potato GF V ★
- Plain Penne Pasta V V
- Croquette Potatoes GF V V
- White Rice GF V V ★ ♥
- Oven Chips GF V V
- Sliced Carrots GF V V ★ ♥
- Peas GF V V ♥
- Sweetcorn GF V V ♥
- Broccoli GF V V ★ ♥
- Baked Beans GF V V ★ ♥



## Sandwiches

- Just Cheese V
- Just Ham
- Egg Mayonnaise V ★
- Tuna Mayonnaise ★
- Chicken Mayonnaise ★
- Humous & Chickpea V V
- Ham & Cheese Panini E
- BBQ Chicken Panini E
- Tuna Melt Panini E



## SNACKS

- Carrot Sticks GF V V
- Milkshake (Strawberry or Chocolate) ★ E
- Cheese & Cream Crackers V E
- Vanilla Ice Cream GF V ★
- Crisps V E
- Fresh Fruit GF V V ♥
- Fresh Fruit Bags GF V V ★ ♥



## Build your own JACKET POTATO with a choice of

- Plain with butter or sunflower spread GF V V ★ ♥
- Grated Cheddar Cheese GF V ★ E
- Baked Beans GF V V ★ ♥
- Tuna Mayonnaise GF ★



## HOT Desserts

- Chocolate Chip Sponge V ★ E
- Stewed Apple GF V V ♥
- Rice Pudding (Hot) GF V ★
- Hot Custard GF V ★

## COLD Desserts

- Banana or Satsuma GF V V ★ ♥
- Apple GF V V ♥
- Custard Pot (cold) GF V ★
- Jelly
- Strawberry or Orange GF V V ★
- Thick & Creamy Yoghurt GF V ★
- Fresh Fruit Bags GF V V ★ ♥
- Vanilla Ice Cream GF V ★



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Please choose your sides and vegetables from the Main Menu, or maybe a salad or jacket potato!






## DISH of the DAY


# #LUNCH

### WEEK ONE


**Monday**

Plant Based Shepherds Pie   


**Tuesday**

Creamy Pasta Carbonara 


**Wednesday**

Vegetable Tikka Masala Curry   

**Thursday**

Hearty Sausage Casserole 



**Friday**

Breaded Cod 

**Saturday**



Really Cheesy Cauliflower Cheese   

**Sunday**

Roast Chicken Breast in Gravy  

### WEEK TWO

**Monday**

Cheesy Mushroom Omelette   

**Tuesday**

Hearty Chicken Stew with a Dumpling 

**Wednesday**

Vegetarian Cottage Pie   

**Thursday**

Cheese & Onion Quiche  

**Friday**

Breaded Cod 

**Saturday**

Beef Bolognese with Pasta  

**Sunday**

Roast Chicken Breast in Gravy  







## THE YOUNG PERSONS STREET FOOD

THE BELOW CHOICES ARE AVAILABLE TO YOUNG PEOPLE,  
IN ADDITION TO THE MAIN CHILDREN'S MENU

# Main Dishes

## HOT BOXES

Katsu Chicken Goujons & Rice

Pomorodo Pasta with Chicken

Vegan Chilli with Rice



Mac and Cheese



## SUPER Salads

Avocado, Sweet Potato  
& Tomato salad



Roast Chicken Salad



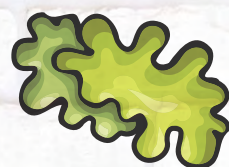
Boiled Egg Salad



Mixed Cheese Salad



Vegan Tabbouleh Salad



# Snacks

## SMOOTH SOUPS

Cream of Chicken



Tomato



## PANINIS

Ham & Cheese Panini

BBQ Chicken Panini

Tuna & Cheese Panini

# Desserts

Sticky Toffee Pudding & Custard



Ginger Cake Slice



Chocolate Chip Cookie



Strawberry Trifle



Chocolate Brownie







## 4 PUREE

### YOUNG PEOPLE'S PUREE MENU

The below choices are suitable for young people who have been diagnosed with dysphagia, or advised to be on a Level 4 Puree diet by a Speech and Language Therapist.

#### MAIN COURSE

Chicken Korma  

Macaroni Cheese 

Fish & Mash

Beef Sausage & Mash

## 4 PUREE

### YOUNG PEOPLE'S PUREE MENU

#### DESSERT

Rice Pudding    

Apple Pie with Custard 

Thick & Creamy Yoghurt  

Chocolate Mousse  



