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# MATERNITY MENU

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AUTUMN/WINTER MENU 2023 (WEEK 1 & 2)

# YOUR GUIDE TO MEALS IN HOSPITAL

We understand that mealtimes on the maternity ward need to be flexible to suit you and your baby's schedule. This newly formulated menu has been developed to provide you with the flexibility of ordering meals 24 hours a day.



To order items on the day menu (between 07:30 to 19:30) please speak to the ward host.

To order items on the 24 hour menu (between 19:30 to 07:30) please speak to a member of staff.

We can offer you our Cultural menu if you require a Kosher, African Caribbean, Halal or Asian Vegetarian meal.

## 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.

**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.

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## POOR APPETITE

When you are unwell, you may need more calories and protein to get better, yet you may not feel like eating, so we have included lighter and smaller meals on the menu. Please tell the ward staff if you have lost weight and are not managing your meals.

## 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 you have 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 you require a cultural or vegan meal we can offer the can cater for the following diets:

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



## 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).

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## PROTECTED MEAL TIMES

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

## NUTRITIONAL AND ALLERGEN INFORMATION

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

## SNACKS

Hot and cold drinks will be available for self service in the communal areas on the ward. Snacks will also be available here, including biscuits, cake, and fresh fruit. If you are unable to serve yourself, please ask a member of the ward staff to assist you.



# BREAKFAST MENU

If you require a gestational diabetic menu, please ask the ward hostess.

## FRUIT JUICE

Orange or Apple



## CEREALS

Porridge



Whole Milk

Weetabix



Semi Skimmed Milk

Bran Flakes



Soya Milk

Corn Flakes



Rice Krispies



## BREAD OR TOAST

Served with Butter or Spread and a selection of Jams, Marmalade and Honey.

Wholemeal Bread or White Bread (toast available on request)

Crumpets



Assorted Jams



Butter



Marmalade



Sunflower Spread



## YOGHURT

Thick & Creamy Yoghurt



Apple

Low Fat Fruit Yoghurt



Satsuma

Banana



# MAIN COURSE - AVAILABLE FOR LUNCH & SUPPER

Please choose either a hot meal or a Salad or Sandwich, followed by a hot or cold dessert.

## Beef Casserole

Served with mashed potato and carrots.



## Sweet Potato & Bean Chilli



Sweet potato, red kidney beans and haricot beans in a mild tomato and chilli sauce, served with white rice seasoned with coriander.

## Chilli Con Carne

A spicy traditional chilli con carne served with white rice, peas and sweetcorn..



## Macaroni Cheese



Served with a mixture of broccoli, peas, carrots and sweetcorn.

## Chicken Curry

A mild, fruity chicken curry served with a mix of yellow rice, red peppers and peas.



## Sweet & Sour Chicken

Chicken with peppers and pineapple in a sweet and sour sauce, served with white rice with red pepper and peas.



## West Country Cheddar Bake

Potato, onion, West Country Cheddar and ripened hard cheese filling, topped with Cheddar cheese and fried diced potato, served with green beans, peas and sweetcorn.



## Battered Fish and Mushy Peas

Served with fried diced potatoes, and minted mushy peas.



## Fish Bake

Pieces of salmon and smoked haddock with leeks and herbs in a creamy sauce topped with fried diced potatoes, served with carrots and peas.



## Cheese & Tomato Omelette

A tasty Cheddar cheese and tomato omelette, served with fried diced potatoes and mixed vegetables.



# LIGHTER OPTIONS

## SALADS

Mixed leaf with sliced tomato and cucumber.

Cheese Salad



Chicken Salad



Egg Salad



Avocado, Sweet Potato & Tomato Salad



## SANDWICHES

Available on white or brown bread.

Just Ham



Just Cheese



Tuna Mayonnaise



Egg Mayonnaise



Chicken Mayonnaise



Humous & Chickpea



# DESSERTS

Sticky Toffee Pudding & Custard



Rice Pudding



Raspberry Trifle



Thick & Creamy Yoghurt



Fruit Cocktail



Cheese & Crackers



Selection of Fresh Fruit





Our full menu pack is now available to view online.  
Please scan the QR code with the camera on your smart device  
to access the full menu range including  
Cultural, Kosher, Allergy Aware & Late Orders

