



St George's University Hospitals
NHS Foundation Trust

RUTH MYLES WARD MENU



RM/FN-AS/SA-23.10-01

AUTUMN/WINTER MENU 2023 (WEEK 1 & 2)

YOUR GUIDE TO MEALS IN HOSPITAL

Welcome to the Ruth Myles Patient menu. Available to you are a variety of choices for hot main meals from the available daily section, chef's dish of the day, or light bites. Cold sandwich options are also available at the back of the booklet, where 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 your 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, Finger Food & Vegan.

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, please request one of the following menus:

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

MENU CODING

GF Gluten Free – Meals have no gluten containing ingredients.

V Vegetarian – These meals are available for Vegetarians.

V Vegan – These meals are available for Vegans.

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

★ 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.

E Energy Dense – These are suitable for patients with a poor appetite or increase energy requirements.

♥ Healthier Choice – Meals have less fat and salt and desserts have a lower sugar content.

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.



AVAILABLE DAILY

BREAKFAST

A Continental Breakfast is served each day, please choose from the below.

- Ready Brek **V V ★ E ♥**
- Cornflakes **V V**
- Rice Krispies **V V ♥**
- Weetabix **V V ★ ♥**
- Bran Flakes **V V ♥**
- Toast/Bread **V V**
- Crumpets **V**
- Jam **GF V V ★**
- Marmite **GF V V ★**
- Marmalade **GF V V ★**
- Honey **GF V ★**
- Fresh Fruits **GF V V ♥**

AVAILABLE MILKS - PLEASE ASK

- Skimmed **GF V ★**
- Semi-Skimmed Milk **GF V ★**
- Whole Milk **GF V ★ E**
- Soya Milk **GF V V ★**
- Oat Milk **GF V V ★**

YOGHURT

- Thick & Creamy Yoghurt **GF V ★**
- Low Fat Fruit Yoghurt **GF V ★**
- Alpro Soya Yoghurt **GF V V ★**





WEEK ONE

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

LUNCH & SUPPER

Roast Chicken in Gravy GF ♥

Steam roast chicken in gravy with roast potatoes, mashed carrot and peas.

Lamb & Vegetable Casserole GF

Served with mashed potato, mashed carrot and green beans.

Cottage Pie GF ♥

Served with carrots and peas.

Salmon & Broccoli Supreme GF E

Served with mashed potato, carrots and peas.

Bangers & Mash ★

Pork sausages in gravy with mashed potato and peas.

Omelette, Chips & Beans GF V

A plain egg omelette served with oven chips and baked beans.

West Country Cheddar Macaroni Cheese V ★ E

Macaroni pasta in a West Country Cheddar and ripened hard cheese sauce topped with Regato crumb; with carrots and green beans.

Spicy Bean Casserole GF V V ♥

Mixed beans and peppers in a spicy tomato sauce, with potato wedges, broccoli, peas and sweetcorn.

LIGHT BITES

Chicken Hotpot (mini meal) GF ★ E

Cheese & Potato Bake (mini meal) GF V ★ E

Fish Goujons ♥

Tomato & Lentil Soup GF V ★ E



CHEF'S DISH OF THE DAY

MONDAY

LUNCH

Plant Based Shepherds Pie served with Boiled Potatoes & Broccoli V V ♥

SUPPER

Cauliflower & Broccoli Pasta with Croquette Potatoes & Peas V ♥

TUESDAY

LUNCH

Fishcake Served with Saute Potatoes & Green Beans

SUPPER

Beef Lasagne with Chips & Peas E

WEDNESDAY

LUNCH

Chana Masala Served with White Rice & Sweetcorn GF V ♥

SUPPER

Pasta Carbonara Served with Cauliflower & Broccoli E

THURSDAY

LUNCH

Pasta in Tomato & Herb Sauce with Mixed Vegetables V V

Supper

Chicken & Ham Pie served with Roast Potatoes & Carrots ♥

FRIDAY

LUNCH

Breaded Cod with Chips & Garden Peas ♥

SUPPER

Vegetable Quiche with Baby Potatoes & Vegetable Medley V E

SATURDAY

LUNCH

Coronation Chicken with Potato Wedges & Broccoli GF ♥

SUPPER

Vegetable Lasagne Served with Mixed Vegetables V

SUNDAY

LUNCH

Roast Beef in Gravy with Roast Potatoes & Mashed Root Vegetables GF ♥

SUPPER

Quiche Lorraine with Croquette Potatoes & Mixed Vegetables E





WEEK TWO

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

LUNCH & SUPPER

Chicken, Bacon & Thyme Hotpot GF ♥

Served with mashed carrot & swede, broccoli, green beans and peas.

Chicken Curry with Rice GF ♥

Tender pieces of chicken in a mildly spiced curry sauce.
Served with fluffy white rice.

Chilli Con Carne GF ★

Minced beef, kidney beans and peppers in a chilli tomato sauce with vegetable rice

Fish & Chips ♥

Breaded fish, with peas.

Fisherman's Pie GF

Pieces of white fish, smoked haddock and peas in a creamy sauce, topped with mashed potato; with peas and carrots.

Cauliflower Cheese & Broccoli Bake GF V

Mixed cauliflower and broccoli in a cheese sauce, served with parsley potatoes.

West Country Cheddar Macaroni Cheese V ★ E

Macaroni pasta in a West Country Cheddar and ripened hard cheese sauce topped with Regato crumb; with carrots and green beans.

Provençale Vegetable Bake GF V V ★ ♥

Courgette, haricot beans and peppers in tomato sauce topped with sauté potatoes, with green beans, peas and broccoli.



LIGHT BITES

Corned Beef Hash (mini meal) GF E

Cheese & Potato Bake (mini meal) GF V ★ E

Chipolata Sausages ♥

Tomato & Lentil Soup GF V ★ E



CHEF'S DISH OF THE DAY

MONDAY

LUNCH

Root Vegetable Pie with Oven Chips & Mixed Vegetables V V E

SUPPER

Sweet & Sour Chicken with White Rice & Vegetable Medley GF

TUESDAY

LUNCH

Chicken Stew with a Dumpling, Mashed Potatoes & Cabbage E

SUPPER

Tuna Pasta Bake served with Mixed Vegetables GF ♥

WEDNESDAY

LUNCH

Chicken Curry with Vegetable Rice & Peas GF ♥

SUPPER

Pork Meatballs in Tomato & Herb Sauce with Potato Wedges & Sliced Carrots ★ ♥

THURSDAY

LUNCH

Minced Beef Hotpot served with Baby Potatoes & Green Beans GF ★

SUPPER

Chicken Breast in Tomato & Basil Sauce with Mashed Potatoes & Sliced Carrots GF ♥

FRIDAY

LUNCH

Breaded Cod with Chips & Mushy Peas ♥

SUPPER

Potato, Cheese & Leek Bake with Cauliflower & Broccoli V ★ E

SATURDAY

LUNCH

Vegetable Lasagne with Potato Wedges & Green Beans V E

SUPPER

Salmon & Broccoli Bake served with Mashed Potatoes & Vegetable Medley

SUNDAY

LUNCH

Steak Pie with Flaky Pastry Top served with Roast Potatoes & Mashed Root Veg GF E

SUPPER

Corned Beef Hash with Boiled Potatoes & Garden Peas ★ E



AVAILABLE DAILY

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

SANDWICHES

Just Ham

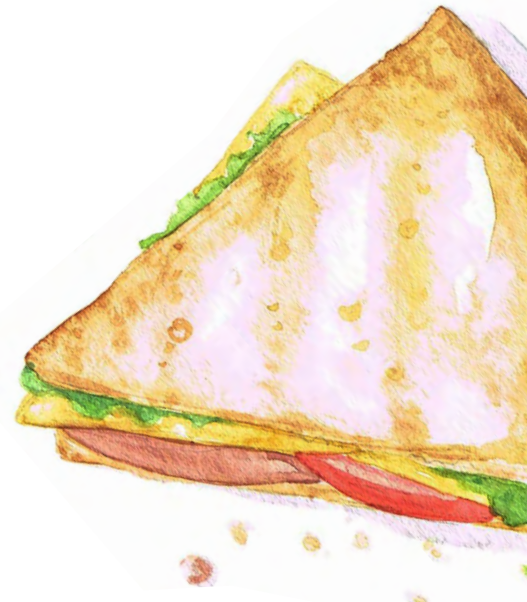
Just Cheese

Tuna Mayonnaise

Egg Mayonnaise

Chicken Mayonnaise

Jam



DESSERTS WEEK 1

Sticky Toffee Pudding & Custard

Rice Pudding

Plum & Cherry Crumble

Strawberry Trifle

Thick & Creamy Yoghurt

Fruit Cocktail

Cheese & Crackers

Selection of Fresh Fruit

DESSERTS WEEK 2

Stewed Apple & Custard

Sticky Toffee Pudding & Custard

Rice Pudding

Apricot & Peach Dessert

Thick & Creamy Yoghurt

Fruit Cocktail

Cheese & Crackers

Selection of Fresh Fruit

