



St George's University Hospitals
NHS Foundation Trust

MAIN MENU



MM-AS/SA-23.10-01

AUTUMN/WINTER MENU 2023 (WEEK 1 & 2)



OUR CARBON REDUCTION PLEDGE

The NHS has pledged to become the world's first carbon net-zero national health system by 2040. Mitie are proud to support St George's Hospital with our Plan Zero initiative.

Our new carbon reduction menu is designed not only to provide tasty, nutritious dishes but also to do our bit to help tackle the worldwide problem of climate change. This menu has been curated to reflect a growing demand to be more environmentally sympathetic. Reducing impact on the world around us and to protect the planet for future generations.

Our dedicated team of Dietitians have worked closely with Mitie and our supplier Apetito, to create a delicious menu filled with popular choices that are most importantly nutritionally balanced for you, our patients to aid in the best recovery possible. Whilst also considerate to the environmental impact.

Our new hot main meal options across lunch and supper have an

11%

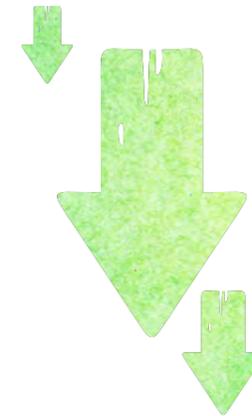
lower carbon footprint than our previous menu...



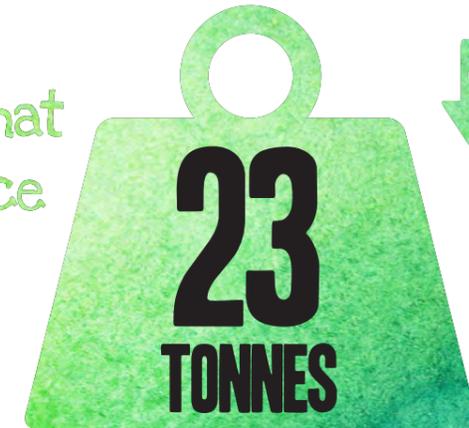
The dietetic team have kept patient favourites on the menu! There is a variety of food on offer catering for meat-based meals and also vegetarian or plant based. The menu has been compiled whilst carefully maintaining compliance with core energy and protein targets for both nutritionally well and nutritionally vulnerable patients.



OUR CARBON REDUCTION PLEDGE



We estimate that this will reduce our carbon footprint by over...



... per year!



This saves an amount of carbon equivalent to planting over 140 TREES every year or sending over 3 BILLION text messages!

WHAT YOU CAN EXPECT FROM THE NEW MENU

Beef and lamb dishes have the largest carbon footprint on the menu, so whilst we haven't removed these options from the menu, we have reduced their frequency a little. However, they will still feature on 13 days out of a 14 day cycle for at least one meal per day. Our dietitians have sought other nutritious protein sources such as chicken, pork, lentils and soya.

LOOK OUT FOR

New to the menu is a Plant based Shepherds Pie, lentils, carrot, onion and swede in a tomato, garlic and herb sauce, topped with potato, sweet potato and carrot mash and a parsley crumb. Rich in protein and a healthy, low carbon option to it's lamb counterpart.

Our new menu – supporting both your recovery and that of our planet.



WELCOME TO ST GEORGE'S HOSPITAL MENU

Food and drinks are an important part of your treatment.

While you are unwell you may need more energy and protein to help your recovery.

This menu offers you a choice of meals and snacks. If you have any questions about the food or the meals do not meet your requirements please ask your mealtime host. We hope you enjoy your meals.

CHOICE

Please select your meal choice from this menu and your ward host will come and take your order. They will ask what size portion you would like- normal or large.

Let us you know if you will be off the ward at the mealtime and we can offer alternatives.

SPECIAL DIETS

Please tell us if you are on a special diet.

This menu includes;

GF Gluten Free – Meals have no gluten containing ingredients.

E Energy Dense – These are suitable for patients with a poor appetite or increased 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 difficulties.

V Vegetarian – These meals do not contain meat.

⓪ Vegan – These meals do not contain meat or animal by-product.

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

We also have special diet alternative menus and these include:-

Allergy Aware

- Main meals free from all 14 main allergens.

Modified Texture

Vegan

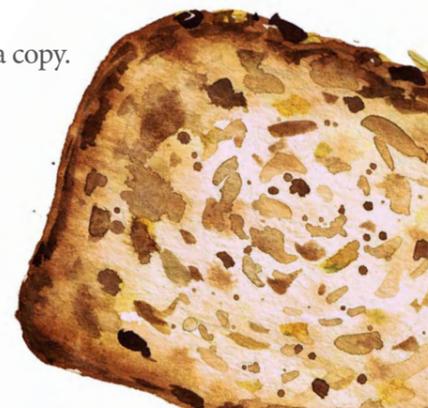
Cultural & Religious

Renal

Chyle Leak

Finger Food

Please ask your host for a copy.



WELCOME TO ST GEORGE'S HOSPITAL MENU

MEAL TIMES

- Early morning drink
- Breakfast 7.30-8.30am
- Mid morning drink and snack
- Lunch 12.00-1.00pm
- Afternoon drink and snack
- Supper 5.00-6.00pm
- Bedtime drink and snack

Meal times may vary dependent on the ward.

DRINKS

Drinks are important to keep you hydrated. We offer a selection of hot and cold drinks including tea and coffee. Please ask if you would prefer decaffeinated.

We also offer a selection of fruit and herbal teas, hot or cold milk, hot chocolate, malted milk drinks, squash and water.

If you miss a drink, please ask a member of ward staff to get you one.

You have a water jug beside your bed. Please have glasses of water throughout the day unless advised by your medical team.

SNACKS

Snacks will be offered with your drinks throughout the day. These will include;

Selection of biscuits and cakes

Fresh Fruit

Yoghurts

Snacks are available for those on special diets, please ask your host.



Special 'diabetic menus' are not required when you are unwell in hospital as you are likely to require more calories & protein to recover. If blood glucose levels are high, doctors & diabetes nurses will consider increasing diabetes medication. Nutrition should not be restricted whilst you are unwell. Options with a heart code on the menu can be encouraged if patients are NOT at risk of malnutrition.

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.



BREAKFAST MENU

A Continental Breakfast is served each day, please choose from cereal, bread, yoghurt and fruit.

CEREAL & MILK

- Ready Brek
 - Corn Flakes
 - Rice Krispies
- Available Milks - please ask
- Skimmed
 - Semi Skimmed



Weetabix
Bran Flakes



Whole
Soya
Oat



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)

- Butter
- Sunflower Spread
- Assorted Jams



Marmalade
Honey



JUICES

- Orange Juice
- Apple Juice



BEVERAGES

Available throughout the day, along with sugar and sweetener.

- Coffee
- Decaffeinated Coffee
- Tea
- Decaffeinated Tea
- Drinking Chocolate
- Green Tea
- Peppermint Herbal Tea
- Chamomile Tea
- Malted Milk
- Fruit Cordial (No added sugar)



YOGHURT

- Thick & Creamy Yoghurt
- Natural Yoghurt
- Alpro Soya Yoghurt

FRUIT

- Available throughout the day.
- Apple
 - Satsuma
 - Banana



AVAILABLE DAILY

SALADS

Mixed Leaves with Cucumber and Cherry Tomatoes

Please choose a side (potatoes) from the main options of the day.

- 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



JACKET POTATOES

- Plain
- With Cheese Portion
- With Tuna Mayonnaise
- With Beans



LUNCH ONLY SOUP & SANDWICH

Please choose a sandwich from the list above

- Cream of Chicken Soup
- Tomato Soup



CONDIMENTS

- Salt
- Pepper
- Vinegar
- Tomato Sauce
- Salad Cream
- Brown Sauce
- Mayonnaise
- Tartar Sauce



MAIN MENU

WEEK 1



MONDAY LUNCH

MAIN COURSES

- Fish Pie
- Vienna Pork Steak in Sauce
- Plant Based Shepherd's Pie



HOT DESSERTS

- Summer Fruit Crumble
- Chef's Rice Pudding
- Custard



SIDES & VEGETABLES

- Mashed Potato
- Boiled Potatoes
- Vegetable Medley
- Broccoli
- Gravy



COLD DESSERTS

- Strawberry Trifle
- Raspberry Dessert
- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers



MONDAY SUPPER

MAIN COURSES

- Chicken Stew with Dumpling
- Cottage Pie
- Cauliflower & Broccoli Pasta



HOT DESSERTS

- Stewed Apple
- Semolina
- Custard



SIDES & VEGETABLES

- Mashed Potato
- Croquette Potatoes
- Peas
- Cauliflower
- Gravy



COLD DESSERTS

- Strawberry Trifle
- Raspberry Dessert
- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers



Available Daily: jacket potato, sandwiches & salads – please see page 7 for choices.

Please ask your ward host if you would like to change your portion size.

Have you asked about our cultural menu?



TUESDAY LUNCH

MAIN COURSES

- Fishcake
- Baked Chicken & Vegetable Pie
- Potato Cheese & Leek Bake



HOT DESSERTS

- Chocolate Chip Sponge
- Clotted Cream Rice Pudding
- Custard



SIDES & VEGETABLES

- Mashed Potato
- Sauté Potatoes
- Cut Green Beans
- Spring Vegetable Medley
- Gravy



COLD DESSERTS

- Strawberry Trifle
- Raspberry Dessert
- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers



WEDNESDAY LUNCH

MAIN COURSES

- Cheese & Onion Pie
- Sweet & Sour Chicken
- Chana Masala



HOT DESSERTS

- Rhubarb Crumble
- Clotted Cream Rice Pudding
- Custard



SIDES & VEGETABLES

- Mashed Potato
- White Rice
- Sweetcorn
- Sliced Carrots
- Gravy



COLD DESSERTS

- Strawberry Trifle
- Raspberry Dessert
- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers



TUESDAY SUPPER

MAIN COURSES

- Beef Lasagne
- Chicken Chasseur
- Macaroni Cheese



HOT DESSERTS

- Mixed Fruit Pie
- Rice Pudding with Nutmeg
- Custard



SIDES & VEGETABLES

- Mashed Potato
- Oven Chips
- Peas
- Mashed Root Vegetables
- Gravy



COLD DESSERTS

- Strawberry Trifle
- Raspberry Dessert
- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers



WEDNESDAY SUPPER

MAIN COURSES

- Pasta Carbonara
- Chicken Breast in Tomato & Basil Sauce
- Vegetarian Cottage Pie



HOT DESSERTS

- Pineapple Sponge
- Chef's Rice Pudding
- Custard



SIDES & VEGETABLES

- Mashed Potato
- Sauté Potatoes
- Cauliflower
- Broccoli
- Gravy



COLD DESSERTS

- Strawberry Trifle
- Raspberry Dessert
- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers



Available Daily: jacket potato, sandwiches & salads – please see page 7 for choices.

Please ask your ward host if you would like to change your portion size.

Have you asked about our cultural menu?



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SATURDAY LUNCH

MAIN COURSES

- Coronation Chicken
- Baked Steak & Mushroom Pie
- Bean Chilli



HOT DESSERTS

- Apple Pie
- Rice Pudding with Nutmeg
- Custard



SIDES & VEGETABLES

- Mashed Potato
- Potato Wedges
- Mashed Swede
- Broccoli
- Gravy



COLD DESSERTS

- Strawberry Trifle
- Raspberry Dessert
- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers



SATURDAY SUPPER

MAIN COURSES

- Sausages in Onion Gravy
- Chicken Curry
- Vegetable Lasagne



HOT DESSERTS

- Jam Sponge
- Clotted Cream Rice Pudding
- Custard



SIDES & VEGETABLES

- Mashed Potato
- Vegetable Rice
- Mixed Vegetables
- Peas
- Gravy



COLD DESSERTS

- Strawberry Trifle
- Raspberry Dessert
- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers



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SUNDAY LUNCH

MAIN COURSES

- Roast Beef in Gravy
- Roast Chicken Breast in Gravy
- Cheese & Onion Pie



HOT DESSERTS

- Apricot Crumble
- Chef's Rice Pudding
- Custard



SIDES & VEGETABLES

- Mashed Potato
- Roast Potatoes
- Cut Green Beans
- Mashed Root Vegetables
- Gravy



COLD DESSERTS

- Strawberry Trifle
- Raspberry Dessert
- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers



SUNDAY SUPPER

MAIN COURSES

- Quiche Lorraine
- Fish in Cheese Sauce
- Plant Based Shepherd's Pie



HOT DESSERTS

- Sticky Toffee Pudding
- Rice Pudding with Nutmeg
- Custard



SIDES & VEGETABLES

- Mashed Potato
- Croquette Potatoes
- Mixed Vegetables
- Broccoli
- Gravy



COLD DESSERTS

- Strawberry Trifle
- Raspberry Dessert
- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers



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Have you asked about our cultural menu?





MAIN MENU

WEEK 2



MONDAY LUNCH

MAIN COURSES

- Savoury Minced Beef
- Sausage Casserole
- Root Vegetable Pie

SIDES & VEGETABLES

- Mashed Potato
- Oven Chips
- Mixed Vegetables
- Sweetcorn
- Gravy

- GF ★ ♥
- E
- V V E
- GF V ★
- GF V V
- GF V V ♥
- GF V V ♥
- V ★

HOT DESSERTS

- Summer Fruit Crumble
- Clotted Cream Rice Pudding
- Custard

- V V ★ E
- GF V ★ E
- GF V ★

COLD DESSERTS

- Raspberry Trifle
- Apricot & Peach Dessert
- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers

- V
- GF V
- V ★
- GF V ★
- GF V V ★ ♥
- GF V V ♥
- V

MONDAY SUPPER

MAIN COURSES

- Salmon Crumble
- Sweet & Sour Chicken
- Vegetarian Tikka Masala

- ★ E
- GF ♥
- GF V ★ ♥

SIDES & VEGETABLES

- Mashed Potato
- White Rice
- Vegetable Medley
- Cauliflower
- Gravy

- GF V ★
- GF V V ★ ♥
- GF V V ★ ♥
- GF V V ★ ♥
- V ★

HOT DESSERTS

- Stewed Apple
- Chef's Rice Pudding
- Custard

- GF V V ★
- GF V ★
- GF V ★

COLD DESSERTS

- Raspberry Trifle
- Apricot & Peach Dessert
- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers

- V
- GF V
- V ★
- GF V ★
- GF V V ★ ♥
- GF V V ♥
- V

Available Daily: jacket potato, sandwiches & salads – please see page 7 for choices.

Please ask your ward host if you would like to change your portion size.

Have you asked about our cultural menu?



TUESDAY LUNCH

MAIN COURSES

- Pork & Apple Casserole
- Chicken Stew with Dumpling
- Cauliflower & Broccoli Pasta



HOT DESSERTS

- Chocolate Chip Sponge
- Semolina Pudding
- Custard



SIDES & VEGETABLES

- Mashed Potato
- Croquette Potatoes
- Root Vegetable Medley
- Cabbage
- Gravy



COLD DESSERTS

- Raspberry Trifle
- Apricot & Peach Dessert
- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers



TUESDAY SUPPER

MAIN COURSES

- Tuna Pasta Bake
- Chicken Chasseur
- Cauliflower Cheese



HOT DESSERTS

- Mixed Fruit Pie
- Clotted Cream Rice Pudding
- Custard



SIDES & VEGETABLES

- Mashed Potato
- Sauté Potato
- Mixed Vegetables
- Broccoli
- Gravy



COLD DESSERTS

- Raspberry Trifle
- Apricot & Peach Dessert
- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers



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Have you asked about our cultural menu?



WEDNESDAY LUNCH

MAIN COURSES

- Chicken Curry
- Baked Steak & Mushroom Pie
- Penne Pasta in Tomato & Basil Sauce



HOT DESSERTS

- Rhubarb Crumble
- Rice Pudding with Nutmeg
- Custard



SIDES & VEGETABLES

- Mashed Potato
- Vegetable Rice
- Peas
- Cauliflower
- Gravy



COLD DESSERTS

- Raspberry Trifle
- Apricot & Peach Dessert
- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers



WEDNESDAY SUPPER

MAIN COURSES

- Beef Casserole
- Pork Meatballs in Tomato & Herb Sauce
- Baked Vegetable Pie



HOT DESSERTS

- Pineapple Sponge
- Clotted Cream Rice Pudding
- Custard



SIDES & VEGETABLES

- Mashed Potato
- Potato Wedges
- Spring Vegetable Medley
- Sliced Carrots
- Gravy



COLD DESSERTS

- Raspberry Trifle
- Apricot & Peach Dessert
- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers



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Have you asked about our cultural menu?





SATURDAY LUNCH

MAIN COURSES

- Beef Bolognese with Pasta
- Potato Topped Chicken Pie
- Vegetable Lasagne



HOT DESSERTS

- Apple Pie
- Clotted Cream Rice Pudding
- Custard



SIDES & VEGETABLES

- Mashed Potato
- Potato Wedges
- Carrots
- Cut Green Beans
- Gravy



COLD DESSERTS

- Raspberry Trifle
- Apricot & Peach Dessert
- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers



SATURDAY SUPPER

MAIN COURSES

- Salmon & Broccoli Bake
- Baked Steak & Mushroom Pie
- Lentil Bolognese



HOT DESSERTS

- Jam Sponge
- Chef's Rice Pudding
- Custard



SIDES & VEGETABLES

- Mashed Potato
- Baby Potatoes
- Vegetable Medley
- Mashed Swede
- Gravy



COLD DESSERTS

- Raspberry Trifle
- Apricot & Peach Dessert
- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers



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Have you asked about our cultural menu?

SUNDAY LUNCH

MAIN COURSES

- Steak Pie with Flaky Pastry Top
- Roast Chicken Breast in Gravy
- Macaroni Cheese



HOT DESSERTS

- Apricot Crumble
- Rice Pudding With Nutmeg
- Custard



SIDES & VEGETABLES

- Mashed Potato
- Roast Potatoes
- Broccoli
- Mashed Root Vegetables
- Gravy



COLD DESSERTS

- Raspberry Trifle
- Apricot & Peach Dessert
- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers



SUNDAY SUPPER

MAIN COURSES

- Corned Beef Hash
- Fishcake
- Root Vegetable Pie



HOT DESSERTS

- Sticky Toffee Pudding
- Semolina
- Custard



SIDES & VEGETABLES

- Mashed Potato
- Boiled Potatoes
- Peas
- Baked Beans
- Gravy



COLD DESSERTS

- Raspberry Trifle
- Apricot & Peach Dessert
- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers



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St George's University Hospitals
NHS Foundation Trust



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

