



St George's University Hospitals
NHS Foundation Trust

SENIOR HEALTH





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%

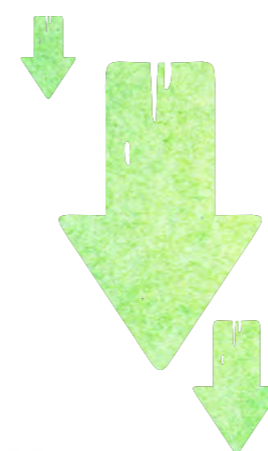
lower carbon footprint than our previous menu...



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.

Ⓥ 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

	Available throughout the day, along with sugar and sweetener.
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YOGHURT

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

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

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



SENIOR HEALTH

WEEK 1



WEEK 1 MONDAY LUNCH

MAIN COURSES

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

- 4 Beef Bolognese
- 5 Cottage Pie
- 6 Macaroni Cheese
- Finger Food Omelettes

SIDES & VEGETABLES

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

HOT DESSERTS

- Summer Fruit Crumble
- Clotted Cream Rice Pudding
- Custard
- Clotted Cream

- 4 Lemon Sponge & Custard
- 5 Summer Fruits & Vanilla Puree
- 6 Chocolate Sponge & Custard

COLD DESSERTS

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

MAIN COURSES

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

- 4 Macaroni Cheese
- 5 Vegetable Tikka Masala
- 6 Chicken in Tomato & Basil Sauce
- Finger Food Chicken Goujons

SIDES & VEGETABLES

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

HOT DESSERTS

- Stewed Apple
- Semolina
- Custard
- Clotted Cream

- 4 Chocolate Mousse
- 5 Rice Pudding
- 6 Custard Pot

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?



WEEK 1 TUESDAY LUNCH

MAIN COURSES

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

- 4 Fisherman's Pie
- 5 Vegetable Lasagne
- 6 Chicken Curry
- Finger Food Chipolatas

HOT DESSERTS

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

- 4 Summer Fruits & Vanilla Puree
- 5 Lemon Sponge & Custard
- 6 Rice Pudding

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

SIDES & VEGETABLES

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

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

COLD DESSERTS

- Strawberry Trifle
- Raspberry 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

WEEK 1 TUESDAY DINNER

MAIN COURSES

- Beef Lasagne
- Chicken Chasseur
- Macaroni Cheese

- 4 Potato & Onion Gratin
- 5 Chicken Casserole
- 6 Beef Bolognese
- Finger Food Fish Goujons

HOT DESSERTS

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

- 4 Thick & Creamy Yoghurt
- 5 Chocolate Mousse
- 6 Thick & Creamy Yoghurt

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

SIDES & VEGETABLES

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

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

COLD DESSERTS

- Strawberry Trifle
- Raspberry 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

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WEEK 1 WEDNESDAY LUNCH

MAIN COURSES

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

- 4 Chicken Tikka Masala
- 5 Chicken Curry
- 6 Cottage Pie
- Finger Food Chicken Goujons

- V ★ E
- GF ♥
- GF V ♥
- GF
- GF
- ♥

HOT DESSERTS

- Rhubarb Crumble
- Clotted Cream Rice Pudding
- Custard
- Clotted Cream

- 4 Rice Pudding
- 5 Summer Fruits & Vanilla Puree
- 6 Rice Pudding

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

SIDES & VEGETABLES

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

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

COLD DESSERTS

- Strawberry Trifle
- Raspberry 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

WEEK 1 WEDNESDAY DINNER

MAIN COURSES

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

- 4 Chickpea Stew
- 5 Lentil Bolognese
- 6 Vegetable Casserole
- Finger Food Omelettes

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

HOT DESSERTS

- Pineapple Sponge
- Chef's Rice Pudding
- Custard
- Clotted Cream

- 4 Chocolate Mousse
- 5 Custard Pot
- 6 Summer Fruits & Vanilla Puree

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

SIDES & VEGETABLES

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

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

COLD DESSERTS

- Strawberry Trifle
- Raspberry 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

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Have you asked about our cultural menu?





WEEK 1 SATURDAY LUNCH

MAIN COURSES

Coronation Chicken
Baked Steak & Mushroom Pie
Bean Chilli

4 Beef Curry
5 Lentil Bolognese
6 Vegetable Cottage Pie
Chipolatas

SIDES & VEGETABLES

Mashed Potato
Potato Wedges
Mashed Swede
Broccoli
Gravy

HOT DESSERTS

Apple Pie
Rice Pudding with Nutmeg
Custard
Clotted Cream

4 Rice Pudding
5 Lemon Sponge
6 Summer Fruits & Vanilla Puree

COLD DESSERTS

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



WEEK 1 SUNDAY LUNCH

MAIN COURSES

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

4 Roast Lamb
5 Vegetable Lasagne
6 Chicken Supreme
Omelettes

SIDES & VEGETABLES

Mashed Potato
Roast Potatoes
Cut Green Beans
Mashed Root Vegetables
Gravy

HOT DESSERTS

Apricot Crumble
Chef's Rice Pudding
Custard
Clotted Cream

4 Chocolate Mousse
5 Chocolate Mousse
6 Thick & Creamy Yoghurt

COLD DESSERTS

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



WEEK 1 SATURDAY DINNER

MAIN COURSES

Sausages in Onion Gravy
Chicken Curry
Vegetable Lasagne

4 Potato & Onion Gratin
5 Cottage Pie
6 Chicken in Tomato & Basil Sauce
Chicken Goujons

SIDES & VEGETABLES

Mashed Potato
Vegetable Rice
Mixed Vegetables
Peas
Gravy

HOT DESSERTS

Jam Sponge
Clotted Cream Rice Pudding
Custard
Clotted Cream

4 Thick & Creamy Yoghurt
5 Thick & Creamy Yoghurt
6 Chocolate Sponge

COLD DESSERTS

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



WEEK 1 SUNDAY DINNER

MAIN COURSES

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

4 Chicken Tikka Masala
5 Chicken Curry
6 Beef Bolognese
Chipolatas

SIDES & VEGETABLES

Mashed Potato
Croquette Potatoes
Mixed Vegetables
Broccoli
Gravy

HOT DESSERTS

Sticky Toffee Pudding
Rice Pudding With Nutmeg
Custard
Clotted Cream

4 Summer Fruits & Vanilla Puree
5 Rice Pudding
6 Rice Pudding

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?

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SENIOR HEALTH

WEEK 2



WEEK 2 MONDAY LUNCH

MAIN COURSES

- Savoury Minced Beef
- Sausage Casserole
- Root Vegetable Pie

- 4 Chickpea Stew
- 5 Chicken Casserole
- 6 Cottage Pie
- Omelettes

SIDES & VEGETABLES

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

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

HOT DESSERTS

- Summer Fruit Crumble
- Clotted Cream Rice Pudding
- Custard
- Clotted Cream

- 4 Summer Fruits & Vanilla Puree
- 5 Custard Pot
- 6 Summer Fruits & Vanilla Puree

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

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

WEEK 2 MONDAY DINNER

MAIN COURSES

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

- 4 Chicken Casserole
- 5 Vegetable Tikka Masala
- 6 Chicken Supreme
- Chicken Goujons

SIDES & VEGETABLES

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

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

HOT DESSERTS

- Stewed Apple
- Chef's Rice Pudding
- Custard
- Clotted Cream

- 4 Thick & Creamy Yoghurt
- 5 Lemon Sponge
- 6 Thick & Creamy Yoghurt

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

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WEEK 2 TUESDAY LUNCH

MAIN COURSES

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

- 4 Vegetable Chilli
- 5 Fish in Cheese Sauce
- 6 Macaroni Cheese
- Chipolatas

SIDES & VEGETABLES

Mashed Potato
Croquette Potatoes
Root Vegetable Medley
Cabbage
Gravy

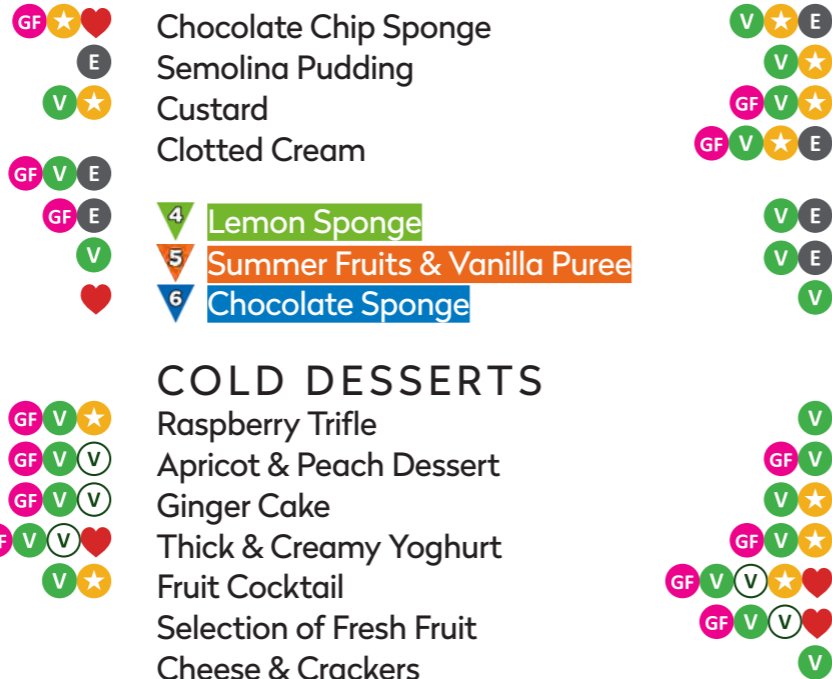
HOT DESSERTS

Chocolate Chip Sponge
Semolina Pudding
Custard
Clotted Cream

- 4 Lemon Sponge
- 5 Summer Fruits & Vanilla Puree
- 6 Chocolate Sponge

COLD DESSERTS

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



WEEK 2 WEDNESDAY LUNCH

MAIN COURSES

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

- 4 Macaroni Cheese
- 5 Cottage Pie
- 6 Chicken Curry
- Chicken Goujons

SIDES & VEGETABLES

Mashed Potato
Vegetable Rice
Peas
Cauliflower
Gravy

HOT DESSERTS

Rhubarb Crumble
Rice Pudding With Nutmeg
Custard
Clotted Cream

- 4 Thick & Creamy Yoghurt
- 5 Lemon Sponge
- 6 Thick & Creamy Yoghurt

COLD DESSERTS

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



WEEK 2 TUESDAY DINNER

MAIN COURSES

Tuna Pasta Bake
Chicken Chasseur
Cauliflower Cheese

- 4 Beef Curry
- 5 Lancashire Hotpot
- 6 Tuna Bake
- Fish Goujons

SIDES & VEGETABLES

Mashed Potato
Sauté Potato
Mixed Vegetables
Broccoli
Gravy

HOT DESSERTS

Mixed Fruit Pie
Clotted Cream Rice Pudding
Custard
Clotted Cream

- 4 Thick & Creamy Yoghurt
- 5 Thick & Creamy Yoghurt
- 6 Rice Pudding

COLD DESSERTS

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



WEEK 2 WEDNESDAY DINNER

MAIN COURSES

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

- 4 Beef Bolognese
- 5 Lentil Bolognese
- 6 Vegetable Cottage Pie
- Omelettes

SIDES & VEGETABLES

Mashed Potato
Potato Wedges
Spring Vegetable Medley
Sliced Carrots
Gravy

HOT DESSERTS

Pineapple Sponge
Clotted Cream Rice Pudding
Custard
Clotted Cream

- 4 Lemon Sponge
- 5 Chocolate Mousse
- 6 Summer Fruits & Vanilla Puree

COLD DESSERTS

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



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WEEK 2 THURSDAY LUNCH

MAIN COURSES

Vienna Pork Steak in Sauce
Minced Beef Hotpot
Bean Chilli

- 4 Roast Lamb
- 5 Chicken Curry
- 6 Chicken Supreme
- Finger Food Fish Goujons



HOT DESSERTS

Raspberry Pudding
Chef's Rice Pudding
Custard
Clotted Cream

- 4 Custard Pot
- 5 Lemon Sponge
- 6 Thick & Creamy Yoghurt



SIDES & VEGETABLES

Mashed Potato
Baby Potatoes
Mixed Vegetables
Cut Green Beans
Gravy



COLD DESSERTS

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



WEEK 2 FRIDAY LUNCH

MAIN COURSES

Breaded Cod
Shepherd's Pie
Vegetable Quiche

- 4 Fisherman's Pie
- 5 Fish in Cheese Sauce
- 6 Tuna Bake
- Finger Food Fish Goujons



HOT DESSERTS

Lemon Sponge
Rice Pudding With Nutmeg
Custard
Clotted Cream

- 4 Rice Pudding
- 5 Rice Pudding
- 6 Summer Fruits & Vanilla Puree



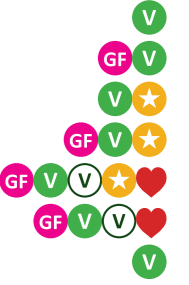
SIDES & VEGETABLES

Mashed Potato
Oven Chips
Mushy Peas
Garden Peas
Gravy



COLD DESSERTS

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



WEEK 2 THURSDAY DINNER

MAIN COURSES

Chicken Breast in Tomato & Basil Sauce
Cheese & Tomato Quiche
Vegetarian Cottage Pie

- 4 Chickpea Stew
- 5 Lancashire Hotpot
- 6 Vegetable Casserole
- Finger Food Chicken Goujons



HOT DESSERTS

Stewed Apple
Semolina
Custard
Clotted Cream

- 4 Thick & Creamy Yoghurt
- 5 Summer Fruits & Vanilla Puree
- 6 Chocolate Sponge



SIDES & VEGETABLES

Mashed Potato
Sauté Potato
Mixed Vegetables
Sliced Carrots
Gravy



COLD DESSERTS

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



WEEK 2 FRIDAY DINNER

MAIN COURSES

Fish Pie
Chicken & Ham Pie with Flaky Pastry Top
Potato, Cheese & Leek Bake

- 4 Potato & Onion Gratin
- 5 Cottage Pie
- 6 Beef Bolognese
- Finger Food Omelettes



HOT DESSERTS

Chocolate Chip Sponge
Semolina
Custard
Clotted Cream

- 4 Summer Fruits & Vanilla Puree
- 5 Thick & Creamy Yoghurt
- 6 Rice Pudding



SIDES & VEGETABLES

Mashed Potato
Roast Potatoes
Cauliflower
Broccoli
Gravy



COLD DESSERTS

Raspberry Trifle
Apricot & Peach 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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WEEK 2 SATURDAY LUNCH

MAIN COURSES

Beef Bolognese with Pasta
Potato Topped Chicken Pie
Vegetable Lasagne

- 4 Vegetable Chilli
- 5 Vegetable Lasagne
- 6 Chicken Supreme
- Chipolatas

HOT DESSERTS

Apple Pie
Clotted Cream Rice Pudding
Custard
Clotted Cream

- 4 Chocolate Mousse
- 5 Rice Pudding
- 6 Chocolate Sponge



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



WEEK 2 SATURDAY DINNER

MAIN COURSES

Salmon & Broccoli Bake
Baked Steak & Mushroom Pie
Lentil Bolognese

- 4 Chicken Tikka Masala
- 5 Chicken Casserole
- 6 Macaroni Cheese
- Chicken Goujons

HOT DESSERTS

Jam Sponge
Chef's Rice Pudding
Custard
Clotted Cream

- 4 Lemon Sponge
- 5 Rice Pudding
- 6 Summer Fruits & Vanilla Puree



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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WEEK 2 SUNDAY LUNCH

MAIN COURSES

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

- 4 Chicken Casserole
- 5 Lancashire Hotpot
- 6 Vegetable Tikka Masala
- Omelettes



HOT DESSERTS

Apricot Crumble
Rice Pudding With Nutmeg
Custard
Clotted Cream

- 4 Summer Fruits & Vanilla Puree
- 5 Custard Pot
- 6 Thick & Creamy Yoghurt



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



WEEK 2 SUNDAY DINNER

MAIN COURSES

Corned Beef Hash
Fishcake
Root Vegetable Pie

- 4 Beef Curry
- 5 Lentil Bolognese
- 6 Cottage Pie
- Fish Goujons



HOT DESSERTS

Sticky Toffee Pudding
Semolina
Custard
Clotted Cream

- 4 Rice Pudding
- 5 Thick & Creamy Yoghurt
- 6 Summer Fruits & Vanilla Puree



SIDES & VEGETABLES

Mashed Potato
Boiled Potatoes
Peas
Baked Beans
Gravy



COLD DESSERTS

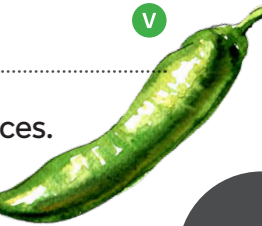
Raspberry Trifle
Apricot & Peach Dessert
Ginger Cake
Thick & Creamy Yoghurt
Fruit Cocktail
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St George's University Hospitals
NHS Foundation Trust



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

