



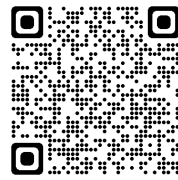
St George's University Hospitals
NHS Foundation Trust

MATERNITY MENU



TO VIEW MENUS ONLINE

Our full menu range is now available online. Scan the QR code to view.



NUTRITIONAL & ALLERGEN INFORMATION

Please scan this QR code to access the full nutritional and allergen information for our menus.



SPRING / SUMMER MENU 2024 (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.

GF Gluten Free **V** Vegetarian **V** Vegan **★** Easy to Chew **E** Energy Dense **♥** Healthier Choice

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

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 via the QR code on the front of this menu. 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.



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.

GF Gluten Free **V** Vegetarian **V** Vegan **★** Easy to Chew **E** Energy Dense **♥** Healthier Choice

BREAKFAST MENU

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

FRUIT JUICE

Orange or Apple V V ★ ♥

CEREALS

Porridge	V ★ ♥	Whole Milk	V ★
Weetabix	V ★ ♥	Semi Skimmed Milk	V ★ ♥
Bran Flakes	V ♥	Soya Milk	V V ★ ♥
Corn Flakes	V ♥		
Rice Krispies	V ♥		

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)	V V ★ ♥		
Crumpets	V	Assorted Jams	V V ★
Butter	V ★ E	Marmalade	V V ★
Sunflower Spread	V V ★ ♥		

YOGHURT

Thick & Creamy Yoghurt	V ★	FRUIT	V V ♥
Low Fat Fruit Yoghurt	V ★ ♥	Apple	V V ★ ♥
		Satsuma	V V ★ ♥
		Banana	V V ★ ♥

MAIN COURSE - AVAILABLE FOR LUNCH & SUPPER

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

Chilli Con Carne A spicy traditional chilli con carne served with white rice, peas and sweetcorn.	GF	Quorn & Vegetable Casserole Quorn pieces and haricot beans in a herby tomato vegetable sauce, served with mashed potato and peas.	GF V ♥
Chicken Chow Mein Cooked egg noodles with pieces of chicken and vegetables in a soy, garlic and ginger sauce.	♥	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.	V V
Chicken Curry A mild, fruity chicken curry served with a mix of yellow rice, red peppers and peas.	GF E	Macaroni Cheese Served with a mixture of broccoli, peas, carrots and sweetcorn.	V
Smoked Paprika & Tomato Chicken Tender chicken pieces in a smoked paprika and tomato sauce served with parsley yellow rice.	GF E ♥		
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.	GF ♥		
Battered Fish and Mushy Peas Served with fried diced potatoes, and minted mushy peas.	E		
Butternut Squash & Butterbean Stew Potato, peas, butter beans, butternut squash in a tomato & rosemary sauce.	GF V V ♥		

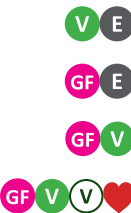


LIGHTER OPTIONS



SALADS

- Mozzarella & Marinara Pasta Salad
- Chicken & Supergrain Salad
- Egg & Coleslaw Salad
- Rainbow Chickpea Salad



SANDWICHES

Available on white or brown bread.

- Just Ham
- Just Cheese
- Tuna Mayonnaise
- Egg Mayonnaise
- Chicken Mayonnaise
- Hummus & Bean
- Gluten Free Seeded Roll with Two Cheese Mayonnaise & Roasted Tomato



DESSERTS

- Sticky Toffee Pudding & Custard
- Jam Sponge
- Rice Pudding
- Raspberry Trifle
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Cheese & Crackers
- Selection of Fresh Fruit



