



RUTH MYLES WARD 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

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 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 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** ★



GF Gluten Free

V Vegetarian

V Vegan

★ Easy to Chew

E Energy Dense

♥ Healthier Choice



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.

Steak & Kidney Pie E

Served with mashed potato, mashed carrot & green beans.

Cottage Pie GF ♥

Served with carrots and peas.

Fish & Chips ♥

Breaded fish, served with peas.

Bangers & Mash ★

Pork sausages in gravy with mashed potato and peas.

Mushroom, Leek & West Country Cheddar Bake GF V E

A tasty mushroom, leek and Cheddar bake, served with broccoli and red cabbage with apple.

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 Soup GF ★ E

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

Tomato & Lentil Soup GF V ★ E



CHEF'S DISH OF THE DAY

MONDAY

LUNCH

Plant Based Shepherd's Pie served with Boiled Potatoes & Broccoli V V ♥

SUPPER

Penne Pasta in tomato & Basil Sauce served with Peas & Sweetcorn V V ♥

TUESDAY

LUNCH

Fishcake served with Sauté Potatoes & Green Beans

SUPPER

Chicken Chasseur served with Mashed Potato & Peas GF ♥

WEDNESDAY

LUNCH

Chicken Korma served with White Rice GF ♥

SUPPER

Cauliflower Cheese served with Roast Potatoes & Broccoli GF V

THURSDAY

LUNCH

Fish in Cheese Sauce served with Baby Potatoes, Green Beans & Cabbage GF

SUPPER

Minced Beef Hotpot served with Mashed Potato & Carrots GF ★ ♥

FRIDAY

LUNCH

Breaded Cod with Chips & Garden Peas ♥

SUPPER

Vegetable Quiche with Sauté Potatoes & Spring Vegetable Medley V E

SATURDAY

LUNCH

Salmon Crumble served with Mashed Potato & Green Beans E

SUPPER

Vegetable Lasagne Served with Mixed Vegetables V

SUNDAY

LUNCH

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

SUPPER

Chicken Stew served with a Dumpling & Mixed Vegetables E



WEEK TWO

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

LUNCH & SUPPER

Beef Lasagne E ♥

A ragu of beef, tomatoes and herbs layered with soft pasta and a Cheddar cheese sauce.

Chilli Con Carne GF ★

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

Chicken Curry with Rice GF ♥

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

Fish & Chips ♥

Breaded fish, served with peas.

Salmon & Broccoli Supreme GF E

Served with mashed potato, carrots and peas.

Cheese, Onion, Leek & Potato Bake GF V

Diced potatoes, leeks and onions in cheese sauce.
Served with green beans and mashed root vegetables.

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

Chicken Soup GF ★ E

Tomato & Lentil Soup GF V ★ E



CHEF'S DISH OF THE DAY

MONDAY

LUNCH

Sausage Casserole served with Boiled Potatoes & Mixed Vegetables E

SUPPER

Orange & Ginger Chicken served with Wholegrain Rice & Cauliflower GF ♥

TUESDAY

LUNCH

Cottage Pie served with Broccoli GF ★ ♥

SUPPER

Cauliflower Cheese served with Mixed Vegetables V ★

WEDNESDAY

LUNCH

Beef Bolognese served with Pasta & Peas

SUPPER

Fishcake served with Potato Wedges & Sweetcorn ★ ♥

THURSDAY

LUNCH

Chicken Breast in Tomato & Basil Sauce with Mashed Potatoes & Green Beans GF ♥

SUPPER

Vegetarian Cottage Pie served with Sliced Carrots & Mixed Vegetables GF V ★ ♥

FRIDAY

LUNCH

Breaded Cod with Chips & Mushy Peas ♥

SUPPER

Sweet & Sour Chicken served with Wholegrain Rice GF ♥

SATURDAY

LUNCH

Bean Chilli & White Rice with Sliced Carrots V E

SUPPER

Steak Pie with Flaky Pastry Top served with Baby Potatoes & Vegetable Medley E

SUNDAY

LUNCH

Roast Chicken Breast in Gravy served with Roast Potatoes, Broccoli & Mashed Root Veg GF ♥

SUPPER

Tuna Pasta Bake served with Garden Peas ♥



AVAILABLE DAILY

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

SANDWICHES

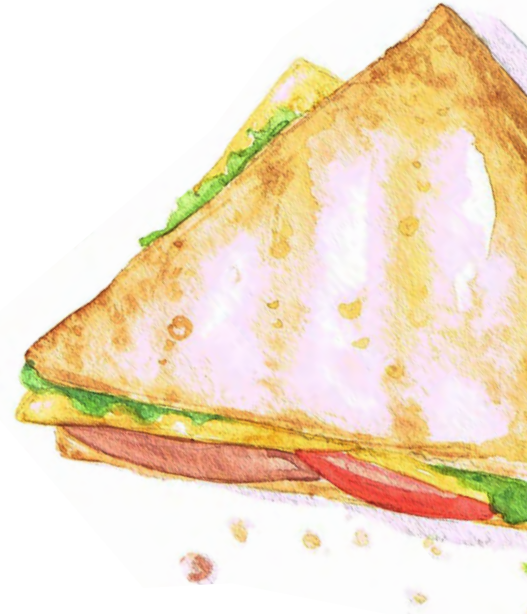
Just Ham

Just Cheese 

Tuna Mayonnaise  

Egg Mayonnaise   

Chicken Mayonnaise  



DESSERTS WEEK 1

Stewed Apple & Custard   

Plum & Cherry Crumble   

Rice Pudding    

Raspberry Trifle 

Thick & Creamy Yoghurt   

Fruit Cocktail     

Cheese & Crackers 

Selection of Fresh Fruit    

DESSERTS WEEK 2

Apple Crumble  

Sticky Toffee Pudding & Custard   

Rice Pudding    

Strawberry Trifle  

Thick & Creamy Yoghurt   

Fruit Cocktail     

Cheese & Crackers 

Selection of Fresh Fruit    

