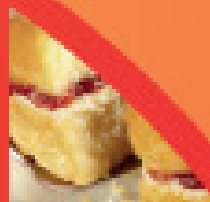




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Pictorial Menu Guide





Pictorial Menu Guide

In our hospital the experience our patients have is extremely important to us. Making a choice about what they wish to eat and drink is an essential part of the patient experience.

The aim of this booklet is to assist people who have difficulties in communicating what they would like to eat and drink.

It can be used by anybody -Speech & Language Therapists, Dietitians, Ward Staff, 'Volunteers', relatives and friends.

Read the menu choices aloud while showing the patient the appropriate picture, then allow the patient to point to the chosen picture item or give you a yes/no response. For example:-

'Do you prefer tea, coffee or hot chocolate?'

'Do you like milk in your drink?'

'Do you like sugar or sweetener in your drink?'

And so gradually building up a list of the patients preferred choices. Write these down for other members of the care team to use and give the list to the host ordering the meals.

'Do you prefer a pasta dish or a casserole?'

'Do you prefer the vegetarian pasta dish or the fish?'

'Do you like gravy on that?'

Points to remember

- Ensure the person can see and hear you, check they are wearing their glasses/hearing aid if required.
- Reduce distractions e.g. turn off the TV or radio, go somewhere quiet if possible.
- Ensure you have the person's attention before talking.
- Sit down with the person and establish eye contact.
- Speak slowly and clearly.
- Read the choices aloud whilst pointing to the appropriate picture.
- Use short simple sentences or single words – yes/no questions may be easier to answer.
- Allow the patient plenty of time to respond.
- Point to the menu, and encourage them to point to make choices.
- Repeat back what you think the person has said to check you have understood.





Hot Drinks

Tea



Coffee



Hot Chocolate



Decaffeinated Coffee



Milk



Sugar



Sweetener



Cold Drinks

Milk



Water



Apple Juice



Orange Juice



Lemon Squash



Orange Squash





Cereals

Porridge



Weetabix



Cornflakes



Crispy Rice Cereal



Bran Flakes



Sugar

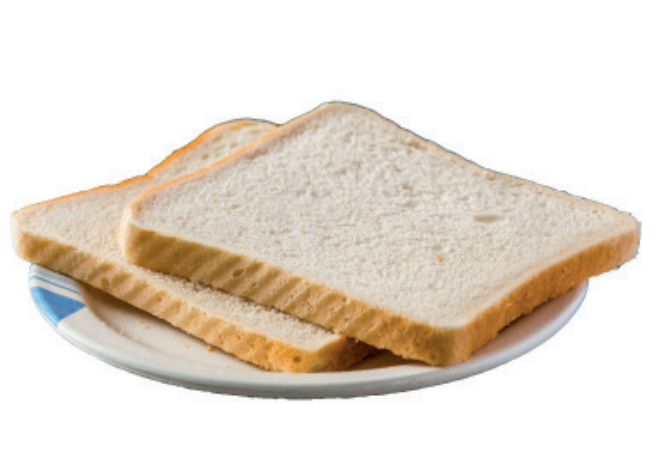


Milk



Bread/Toast

White



Brown



Butter



Spread



Jam and Marmalade





Soups

Chunky Soup



Smooth Soup



Potato and Rice

Mashed Potato



Roast Potato



Potato Wedges/Chips



Rice



Gravy





Main Courses

Pasta Meal



Beef



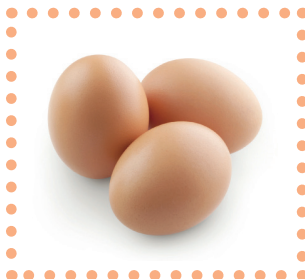
Vegetable



Omelette



Plain



Vegetable



Cheese



Main Courses

Lasagne



Beef



Vegetable



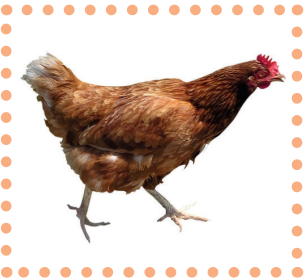
Pie



Steak



Chicken



Vegetable





Main Courses

Roast



Beef



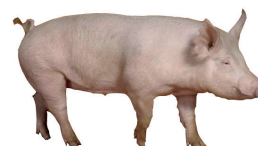
Lamb



Chicken



Pork



Stew



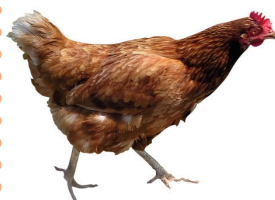
Beef



Lamb



Chicken



Vegetable



Main Courses

Meatballs



Breaded Fish



Chicken in Sauce



Chicken Curry



Sausages





Vegetables

Broccoli



Carrots



Mixed Vegetables



Baked Beans





Jacket Potato

Jacket Potato



Butter



Grated Cheese



Baked Beans



Tuna





Sandwiches/Rolls/Wraps

Brown Sandwich



White Sandwich



Bread Roll



Wrap



Fillings

Chicken



Egg



Cheese



Ham



Beef



Tuna

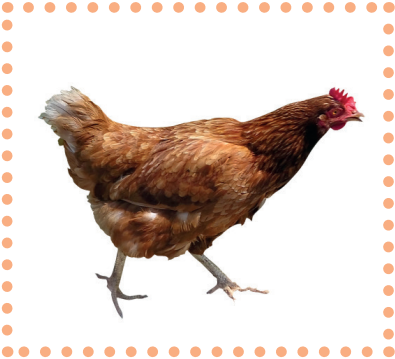


Salads

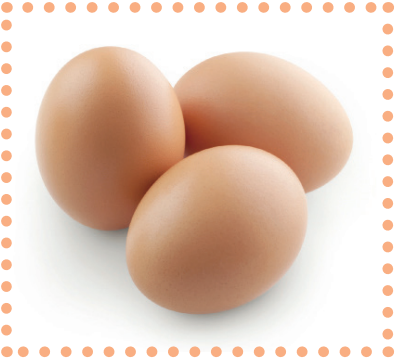
Salad



Chicken



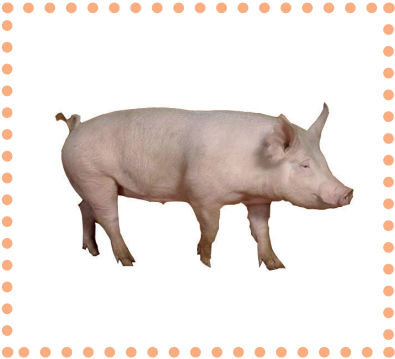
Egg



Cheese



Ham



Vegetable



Tuna





Hot Desserts

Sponge



Fruit Pie



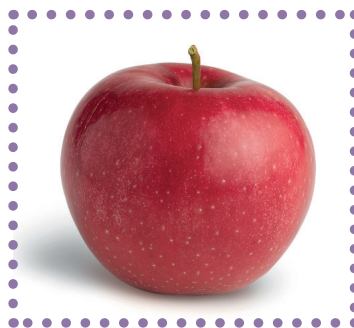
Crumble



Mixed Fruit



Apple



Apricot



Custard



Ice Cream



Cold Desserts

Ice Cream



Jelly



Fruit Yoghurt



Crème Caramel



Rice Pudding



Stewed Fruit





Cold Desserts

Orange



Apple



Cheese and Crackers



Tinned Fruit





Snacks

Biscuit



Cake



Yoghurt





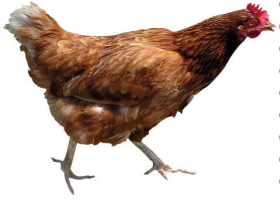
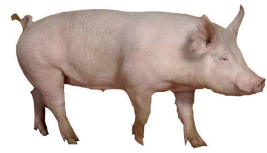


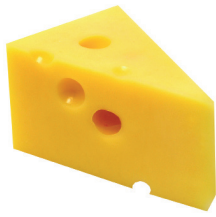





Apple



Orange



Symbols

<div>Beef</div> <div></div>	<div>Lamb</div> <div></div>	<div>Chicken</div> <div></div>	<div>Pork/Ham</div> <div></div>
<div>Fish</div> <div></div>	<div>Egg</div> <div></div>	<div>Cheese</div> <div></div>	<div>Milk</div> <div></div>
<div>Vegetable/ Vegetarian</div> <div></div>	<div>Potato</div> <div></div>	<div>Pasta</div> <div></div>	<div>Mixed Fruit</div> <div></div>



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