

# Menu

## Week 1



Queen Mary's Hospital

### Welcome

Please find enclosed your guide to meals, beverages and snacks. A wide range of menus for special diets are also available. Your ward host will take your meal orders at the bedside, please let us know your requirements.



# Dietary coding

If you have any other specific dietary requirements or food allergies please inform your nurse when selecting meals and beverages. We have a full range of suitable dietary menus on offer.



## **EASY TO CHEW**

Soft or moist foods that are easier to chew.



**HEALTHIER EATING** Dishes/items that have low total fat, salt and added sugar content, and are suitable as part of a healthy balanced diet.



**HIGH ENERGY** Dishes that are particularly high in calories and are suitable choices if you have a small appetite or require food high in energy due to your illness, weight loss or surgery.



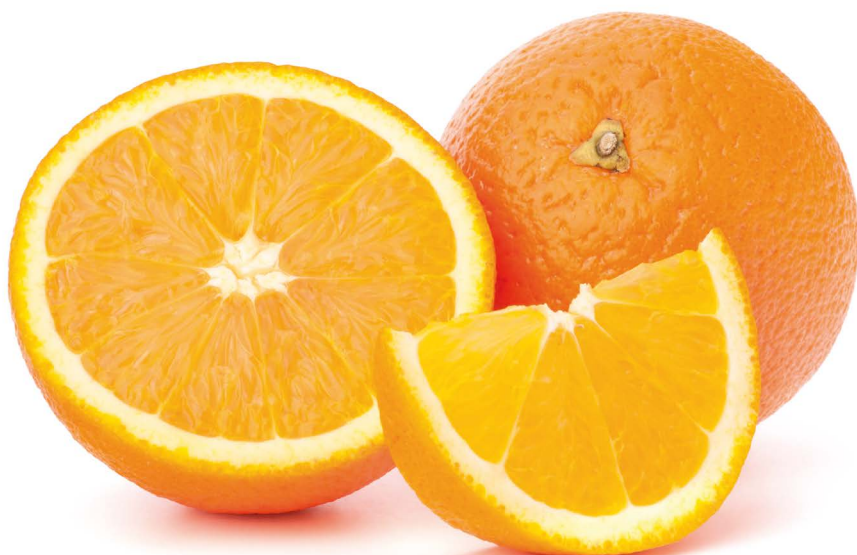
**VEGETARIAN** Suitable for lacto-ovo vegetarians where milk, egg and their products are consumed but excludes all meat, poultry, fish and ingredients or products derived from these e.g. gelatine and rennet.



**VEGAN** Suitable for vegans who exclude all forms of animal and fish flesh and their products. i.e. milk, eggs, cheese, honey, and animal based food additives such as lecithin and whey.

# Cultural and religious dietary choices

Please ask for our Halal, Asian Vegetarian, Kosher and Afro-Caribbean menus if required.



# Contents

<b>Service times</b>	4
<b>Protected mealtimes</b>	4
<b>Guide to portion sizes</b>	4
<b>Allergies</b>	4
<b>Breakfast</b>	5
<b>Beverages</b>	5

<b>Menus</b>	
Monday lunch	6
Monday evening	7
Tuesday lunch	8
Tuesday evening	9
Wednesday lunch	10
Wednesday evening	11
Thursday lunch	12
Thursday evening	13
Friday lunch	14
Friday evening	15
Saturday lunch	16
Saturday evening	17
Sunday lunch	18
Sunday evening	19

<b>Jacket potatoes</b>	20
<b>Salads</b>	20
<b>Sandwiches</b>	20
<b>Missed a meal?</b>	21
<b>Need extra help at mealtimes?</b>	22
<b>Food brought in from home</b>	22
<b>Clean hands policy</b>	23
<b>Your feedback is important to us</b>	23

# Service times

Breakfast served between	08:00 – 09:00
Lunch served between	12:00 – 13:00
Evening meal served between	17:00 – 18:00

Mid-morning and early afternoon snacks are served by the ward host.

# Protected mealtimes

Every ward operates a protected mealtimes policy

This is a period of time when meal services take priority over other routine activities. Our aim is to provide a quiet and calm environment and the time you need to enjoy your meals without interruption.

Visitors are welcome at meal times to assist patients who need help with eating following agreement with the ward senior nurse.

# Guide to portion sizes

Your daily menus are of a standard size. Should you prefer a large or small portion, this may be requested when choosing you meals.

# Allergies

We understand that food allergies can present a serious concern for some of our customers. If you would like information on the allergen content of our foods, please speak to the ward housekeeper who will be happy to assist.



# Breakfast

## Juices

Orange juice **H** **V** **VG**

Apple juice **H** **V** **VG**

## Cereals

Cornflakes **H** **V**

Ready Break **H** **V**

Porridge **H** **V**

Branflakes **H** **V**

Rice Krispies **H** **V**

Weetabix **H** **V**

## Fruits

Banana **EC** **H** **V** **VG**

Apple **H** **V** **VG**

Easy peel orange **H** **V** **VG**

## Yoghurt

Fruit yoghurt **EC** **H** **V**

Plain natural  
yoghurt **EC** **H** **V**

# Beverages

*Decaffeinated options available on request.*

*If you require dairy alternatives please ask the catering staff.*

Tea

Herbal tea

Coffee

Hot chocolate

Malted milk

Fruit squash

## Toast, breads & rolls

*With butter or  
unsaturated spread.*

Wholemeal bread **V**

White bread **V**

Gluten free white bread **V**

Soft white roll **V**

Soft wholemeal roll **V**

## Preserves

Assorted jams **EC** **V**

Marmalade **EC** **V**

Marmite **EC** **V**

Honey **EC** **V**

# Monday lunch

## Appetisers

*Please choose one option*

Orange juice **H V VG**

## Mains

*Please choose one option*

### Hot dishes

Penne pasta in tomato and basil sauce **EC H V VG**

Chicken, cheese and bacon bake **E**

Fish cakes **EC H**

Gravy **EC V VG** available on request

## Sides

### Potatoes & breads

*Please choose one option*

Mashed potato **EC V**

Sauté potatoes **V VG**

Wholemeal or white bread roll **V VG**

### Vegetables & side salad

*Please choose two options*

Sweetcorn **H V VG**

Broccoli **EC H V VG**

Side salad **H V VG**

## Desserts

*Please choose one option*

### Hot options

Rice pudding **EC H V**

Sticky toffee pudding **EC E V**

Custard **EC V** available on request

### Cold options

Vanilla ice cream **EC V**

Banana **H V VG**

Easy peel orange **H V VG**

Apple **H V VG**

Thick and creamy yoghurt **EC V**

Peach and pear in juice **V VG**

Chocolate and vanilla mousse **EC V**

Cheese and biscuits **V**



A range of jacket potatoes, salads and sandwiches are available everyday lunch and evening. See page 20.

# Monday evening

## Appetisers

*Please choose one option*

Orange juice **H V VG**

Tomato soup **EC E V**

+ Wholemeal or white bread roll **V VG**

*Served with butter portion **V** or low fat spread **V VG***

## Mains

*Please choose one option*

### Hot dishes

Plant-based shepherd's pie

Chilli con carne **H**

## Sides

### Potatoes & breads

*Please choose one option*

Mashed potato **EC V**

White rice **EC H V VG**

Wholemeal or white bread roll **V VG**

### Vegetables & side salad

*Please choose two options*

Sliced carrots **EC H V VG**

Cauliflower **EC H V VG**

Side salad **H V VG**

## Desserts

*Please choose one option*

### Hot options

Rice pudding **EC H V**

### Cold options

Vanilla ice cream **EC V**

Banana **H V VG**

Easy peel orange **H V VG**

Apple **H V VG**

Thick and creamy yoghurt **EC V**

Peach and pear in juice **V VG**

Chocolate and vanilla mousse **EC V**

Cheese and biscuits **V**

If you require dairy alternatives please ask the catering staff.

# Tuesday lunch

## Appetisers

*Please choose one option*

Orange juice **H** **V** **VG**

## Mains

*Please choose one option*

### Hot dishes

Vegan vegetable gratin **H** **V** **VG**

Sausage casserole **E**

Fish pie **EC** **H**

Gravy **EC** **V** **VG** available on request

## Sides

### Potatoes & breads

*Please choose one option*

Mashed potato **EC** **V**

Croquette potatoes **V** **VG**

Wholemeal or white bread roll **V** **VG**

### Vegetables & side salad

*Please choose two options*

Peas **H** **V** **VG**

Sliced carrots **EC** **H** **V** **VG**

Side salad **H** **V** **VG**

## Desserts

*Please choose one option*

### Hot options

Rice pudding **EC** **H** **V**

Jam sponge **EC** **E** **V**

Custard **EC** **V** available on request

### Cold options

Vanilla ice cream **EC** **V**

Banana **H** **V** **VG**

Easy peel orange **H** **V** **VG**

Apple **H** **V** **VG**

Thick and creamy yoghurt **EC** **V**

Mandarins in juice **V** **VG**

Strawberry and vanilla mousse **EC** **V**

Cheese and biscuits **V**

A range of jacket potatoes, salads and sandwiches are available everyday lunch and evening. See page 20.



# Tuesday evening

## Appetisers

*Please choose one option*

Orange juice **H V VG**

Tomato and butterbean soup **EC E V VG**

+ Wholemeal or white bread roll **V VG**

*Served with butter portion **V** or low fat spread **V VG***

## Mains

*Please choose one option*

### Hot dishes

Vegetarian tikka masala **EC H V**

Beef casserole **H**

## Sides

### Potatoes & breads

*Please choose one option*

Mashed potato **EC V**

White rice **EC H V VG**

Wholemeal or white bread roll **V VG**

### Vegetables & side salad

*Please choose two options*

Baked beans **EC V VG**

Vegetable medley **H V VG**

Side salad **H V VG**

## Desserts

*Please choose one option*

### Hot options

Rice pudding **EC H V**

### Cold options

Vanilla ice cream **EC V**

Banana **H V VG**

Easy peel orange **H V VG**

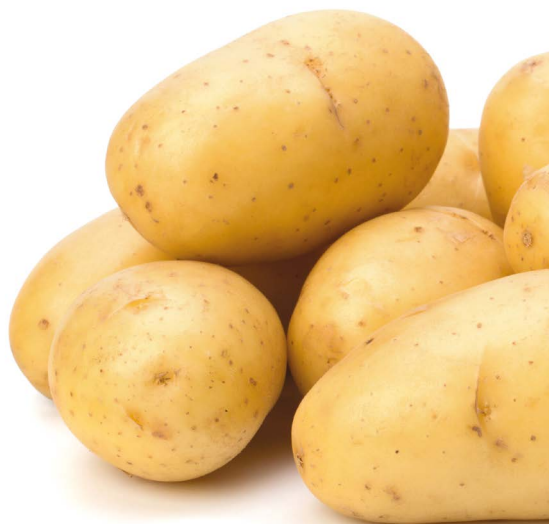
Apple **H V VG**

Thick and creamy yoghurt **EC V**

Mandarins in juice **V VG**

Strawberry and vanilla mousse **EC V**

Cheese and biscuits **V**



If you require dairy alternatives please ask the catering staff.

# Wednesday lunch

## Appetisers

*Please choose one option*

Orange juice   

## Mains

*Please choose one option*

### Hot dishes

Vegetable lasagne  

Plain omelettes  

Chicken curry  

Gravy    available  
on request

## Sides

### Potatoes & breads

*Please choose one option*

Mashed potato  

White rice    

Oven chips  

Wholemeal or white  
bread roll  

### Vegetables & side salad

*Please choose two options*

Broccoli    

Sweetcorn   

Side salad   

## Desserts

*Please choose one option*

### Hot options

Rice pudding   

Summer fruit  
crumble    

Custard   available  
on request

### Cold options

Vanilla ice cream  

Banana   

Easy peel orange   

Apple   

Thick and creamy  
yoghurt  

Peach and pear  
in juice  

Strawberry sundae  

Cheese and biscuits 

A range of jacket potatoes, salads and sandwiches are available everyday lunch and evening. See page 20.

# Wednesday evening

## Appetisers

*Please choose one option*

Orange juice **H V VG**

Mushroom soup **EC E V**

+ Wholemeal or white bread roll **V VG**

*Served with butter portion **V** or low fat spread **V VG***

## Mains

*Please choose one option*

### Hot dishes

Lentil bolognese **EC H V VG**

Fish in cheese sauce **EC H**

## Sides

### Potatoes & breads

*Please choose one option*

Mashed potato **EC V**

Penne pasta **V VG**

Wholemeal or white bread roll **V VG**

### Vegetables & side salad

*Please choose two options*

Peas **H V VG**

Sliced carrots **EC H V VG**

Side salad **H V VG**

## Desserts

*Please choose one option*

### Hot options

Rice pudding **EC H V**

### Cold options

Vanilla ice cream **EC V**

Banana **H V VG**

Easy peel orange **H V VG**

Apple **H V VG**

Thick and creamy yoghurt **EC V**

Peach and pear in juice **V VG**

Strawberry sundae **EC V**

Cheese and biscuits **V**



If you require dairy alternatives please ask the catering staff.

# Thursday lunch

## Appetisers

Please choose one option

Orange juice **H V VG**

## Mains

Please choose one option

### Hot dishes

Vegetarian cottage pie **EC H V**

Chicken and sweetcorn bake **H**

Salmon crumble **E**

Gravy **EC V VG** available on request

## Sides

### Potatoes & breads

Please choose one option

Mashed potato **EC V**

Baked potato wedges **V VG**

Wholemeal or white bread roll **V VG**

### Vegetables & side salad

Please choose two options

Mixed vegetables **H V VG**

Broccoli **EC H V VG**

Side salad **H V VG**

## Desserts

Please choose one option

### Hot options

Rice pudding **EC H V**

Lemon flavoured sponge **EC E V**

Custard **EC V** available on request

### Cold options

Vanilla ice cream **EC V**

Banana **H V VG**

Easy peel orange **H V VG**

Apple **H V VG**

Thick and creamy yoghurt **EC V**

Mandarins in juice **V VG**

Chocolate and vanilla mousse **EC V**

Cheese and biscuits **V**



A range of jacket potatoes, salads and sandwiches are available everyday lunch and evening. See page 20.



# Thursday evening

## Appetisers

*Please choose one option*

Orange juice **H V VG**

Red lentil broth **EC E V VG**

+ Wholemeal or white bread roll **V VG**

*Served with butter portion **V** or low fat spread **V VG***

## Mains

*Please choose one option*

### Hot dishes

Macaroni cheese **EC E V**

Minced beef hotpot **EC H**

*Gravy **EC V VG** available on request*

## Sides

### Potatoes & breads

*Please choose one option*

Mashed potato **EC V**

White rice **EC H V VG**

Wholemeal or white bread roll **V VG**

### Vegetables & side salad

*Please choose two options*

Sweetcorn **H V VG**

Cauliflower **EC H V VG**

Side salad **H V VG**

## Desserts

*Please choose one option*

### Hot options

Rice pudding **EC H V**

### Cold options

Vanilla ice cream **EC V**

Banana **H V VG**

Easy peel orange **H V VG**

Apple **H V VG**

Thick and creamy yoghurt **EC V**

Mandarins in juice **V VG**

Chocolate and vanilla mousse **EC V**

Cheese and biscuits **V**

If you require dairy alternatives please ask the catering staff.

# Friday lunch

## Appetisers

*Please choose one option*

Orange juice   

## Mains

*Please choose one option*

### Hot dishes

Tempeh, spinach  
and sweet potato  
hotpot   

Pork and apple  
casserole  

Breaded cod 

*Gravy    available  
on request*

## Sides

### Potatoes & breads

*Please choose one option*

Mashed potato  

White rice    

Oven chips  

Wholemeal or white  
bread roll  

### Vegetables & side salad

*Please choose two options*

Mushy peas   

Sliced carrots    

Side salad   

## Desserts

*Please choose one option*

### Hot options

Rice pudding   

Somerset apple  
cake   

*Custard   available  
on request*

### Cold options

Vanilla ice cream  

Banana   

Easy peel orange   

Apple   

Thick and creamy  
yoghurt  

Peach and pear  
in juice  

Strawberry and  
vanilla mousse  

Cheese and biscuits 

A range of jacket potatoes, salads and sandwiches are available everyday lunch and evening. See page 20.

# Friday evening

## Appetisers

*Please choose one option*

Orange juice **H V VG**

Vegetable soup **EC E V VG**

+ Wholemeal or white bread roll **V VG**

*Served with butter portion **V** or low fat spread **V VG***

## Mains

*Please choose one option*

### Hot dishes

Katsu curry **E V VG**

Hunter's chicken **EC H**

*Gravy **EC V VG** available on request*

## Sides

### Potatoes & breads

*Please choose one option*

Mashed potato **EC V**

White rice **EC H V VG**

Wholemeal or white bread roll **V VG**

### Vegetables & side salad

*Please choose two options*

Brussels sprouts **EC H V VG**

Minted summer vegetables **V VG**

Side salad **H V VG**

## Desserts

*Please choose one option*

### Hot options

Rice pudding **EC H V**

### Cold options

Vanilla ice cream **EC V**

Banana **H V VG**

Easy peel orange **H V VG**

Apple **H V VG**

Thick and creamy yoghurt **EC V**

Peach and pear in juice **V VG**

Strawberry and vanilla mousse **EC V**

Cheese and biscuits **V**



If you require dairy alternatives please ask the catering staff.

# Saturday lunch

## Appetisers

Please choose one option

Orange juice **H V VG**

## Mains

Please choose one option

### Hot dishes

Potato cheese and leek bake **EC E V**

Chicken chasseur **H**

Beef bolognese with pasta **H**

Gravy **EC V VG** available on request

## Sides

### Potatoes & breads

Please choose one option

Mashed potato **EC V**

Sauté potatoes **V VG**

White rice **EC H V VG**

Wholemeal or white bread roll **V VG**

### Vegetables & side salad

Please choose two options

Mixed vegetables **H V VG**

Broccoli **EC H V VG**

Side salad **H V VG**

## Desserts

Please choose one option

### Hot options

Rice pudding **EC H V**

Syrup sponge **EC E V**

Custard **EC V** available on request

### Cold options

Vanilla ice cream **EC V**

Banana **H V VG**

Easy peel orange **H V VG**

Apple **H V VG**

Thick and creamy yoghurt **EC V**

Mandarins in juice **V VG**

Strawberry trifle **EC V**

Cheese and biscuits **V**

A range of jacket potatoes, salads and sandwiches are available everyday lunch and evening. See page 20.



# Saturday evening

## Appetisers

*Please choose one option*

Orange juice **H V VG**

Tomato, pepper and red lentil soup **EC E V VG**

+ Wholemeal or white bread roll **V VG**

*Served with butter portion **V** or low fat spread **V VG***

## Mains

*Please choose one option*

### Hot dishes

Cauliflower, spinach and lentil curry **H V VG**

Shepherd's pie **EC**

*Gravy **EC V VG** available on request*

## Sides

### Potatoes & breads

*Please choose one option*

Oven chips **V VG**

White rice **EC H V VG**

Wholemeal or white bread roll **V VG**

### Vegetables & side salad

*Please choose two options*

Baked beans **EC V VG**

Peas **H V VG**

Side salad **H V VG**

## Desserts

*Please choose one option*

### Hot options

Rice pudding **EC H V**

### Cold options

Vanilla ice cream **EC V**

Banana **H V VG**

Easy peel orange **H V VG**

Apple **H V VG**

Thick and creamy yoghurt **EC V**

Mandarins in juice **V VG**

Strawberry trifle **EC V**

Cheese and biscuits **V**



If you require dairy alternatives please ask the catering staff.

# Sunday lunch

## Appetisers

Please choose one option

Orange juice **H** **V** **VG**

## Mains

Please choose one option

### Hot dishes

Tomato, lentil and sweet potato crumble **E** **V** **VG**

Chicken roast sliced in gravy **H**

Cheese and tomato omelettes **EC** **V**

Gravy **EC** **V** **VG** available on request

## Sides

### Potatoes & breads

Please choose one option

Mashed potato **EC** **V**

Roast potatoes **V** **VG**

Wholemeal or white bread roll **V** **VG**

### Vegetables & side salad

Please choose two options

Peas **H** **V** **VG**

Mashed root vegetables **EC** **H** **V** **VG**

Side salad **H** **V** **VG**

## Desserts

Please choose one option

### Hot options

Rice pudding **EC** **H** **V**

Apple crumble **EC** **E** **V** **VG**

Custard **EC** **V** available on request

### Cold options

Vanilla ice cream **EC** **V**

Banana **H** **V** **VG**

Easy peel orange **H** **V** **VG**

Apple **H** **V** **VG**

Thick and creamy yoghurt **EC** **V**

Peach and pear in juice **V** **VG**

Chocolate and vanilla mousse **EC** **V**

Cheese and biscuits **V**



A range of jacket potatoes, salads and sandwiches are available everyday lunch and evening. See page 20.

# Sunday evening

## Appetisers

*Please choose one option*

Orange juice **H V VG**

Leek and potato  
soup **EC E V**

+ Wholemeal or white  
bread roll **V VG**

*Served with butter portion **V**  
or low fat spread **V VG***

## Mains

*Please choose one option*

### Hot dishes

Creamy vegetable  
cheese bake **EC E V**

Chicken orange  
and ginger **EC H**

*Gravy **EC V VG** available  
on request*

## Sides

### Potatoes & breads

*Please choose one option*

Mashed potato **EC V**

White rice **EC H V VG**

Wholemeal or white  
bread roll **V VG**

### Vegetables & side salad

*Please choose two options*

Cut green beans **H V VG**

Sweetcorn **H V VG**

Side salad **H V VG**

## Desserts

*Please choose one option*

### Hot options

Rice pudding **EC H V**

### Cold options

Vanilla ice cream **EC V**

Banana **H V VG**

Easy peel orange **H V VG**

Apple **H V VG**

Thick and creamy  
yoghurt **EC V**

Peach and pear  
in juice **V VG**

Chocolate and vanilla  
mousse **EC V**

Cheese and biscuits **V**

If you require dairy  
alternatives please  
ask the catering staff.

## Jacket potatoes

*Available everyday lunch and evening*

Butter **V**

Grated cheese **E V**

Baked beans **H V**

Plain tuna **H**

## Salads

*Available everyday lunch and evening*

Cheese **E V**

Chicken

Egg **V**

Ham

Plain tuna

Beetroot falafel and houmous **E V VG**

## Sandwiches

*Available everyday lunch and evening*

*Available on white or wholemeal unless stated otherwise. Served with side salad and crisps **V VG***

Mature cheddar **V**

Chunky egg mayonnaise **V**

British ham on white or granary

Tuna mayonnaise **H**

Chicken





# Missed a meal?

## Snack box

If you have missed a meal and would like a snack box please inform a member of the nursing staff, you can choose from the following items:

Orange juice **H V VG**

Apple juice **H V VG**

*Choice of sandwich on white or wholemeal.  
Gluten free available on request.*

Cheese **E V**

Chicken **H**

Egg **E V**

Ham

Tuna **H**

Houmous and falafel on granary **H V**

*Plus any two items from the list below:*

Fresh fruit **H V VG**

Packet of crisps **V**

Thick and creamy yoghurt **EC V**

Mini pack of biscuits **V**

Madeira cake **V**

Cheese and biscuits **E V**



If you would like to see the Catering Manager please ask a member of ward staff who will be happy to make the arrangements for you.

# Need extra help at mealtimes?

All staff are committed to ensuring your stay is as comfortable and trouble free as possible. If at any time you need extra help please let a member of the nursing staff know, for example:

- Assistance choosing a suitable meal for your dietary requirements
- Help cutting up your food
- Extra support or assistance with feeding

## Food brought in from home

Relatives and/or friends are discouraged from bringing in temperature sensitive food to the hospital, as it is difficult to ensure the safety of products not provided by the Trust. Temperature sensitive food items to be stored at or below 5°C and above 3°C. Where there are extenuating circumstances, for relatives and or friends to bring temperature-sensitive food to the hospital for patients, the food item must be:

- a) marked with the patient's name
- b) date labelled (date the meal was bought to the hospital)
- c) content labelled, an indication of the meal content
- d) stored within the ward patient food fridge

In any event temperature sensitive food brought in by relatives and or friends must be discarded after a 24-hour period. Patients, relatives and friends must note the hospital staff are not authorised to reheat patient meals brought in by patients, relatives or friends.



# Clean hands policy

We encourage all patients to wash their hands before eating. Please ask a member of staff if you need any assistance. A hand wipe will also be provided on your meal tray.

# Your feedback is important to us

Happy or not please let us know

If the dining service does not meet your expectations please do not hesitate to speak to your ward nurse. It is also helpful to learn which meals you enjoyed and to hear from you when you think we are doing well. During your stay we will ask if you would like to complete a short survey about your experience. Your feedback is important to us so that we continually review and improve the catering services for everyone.



