

Menu

Week 3



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.



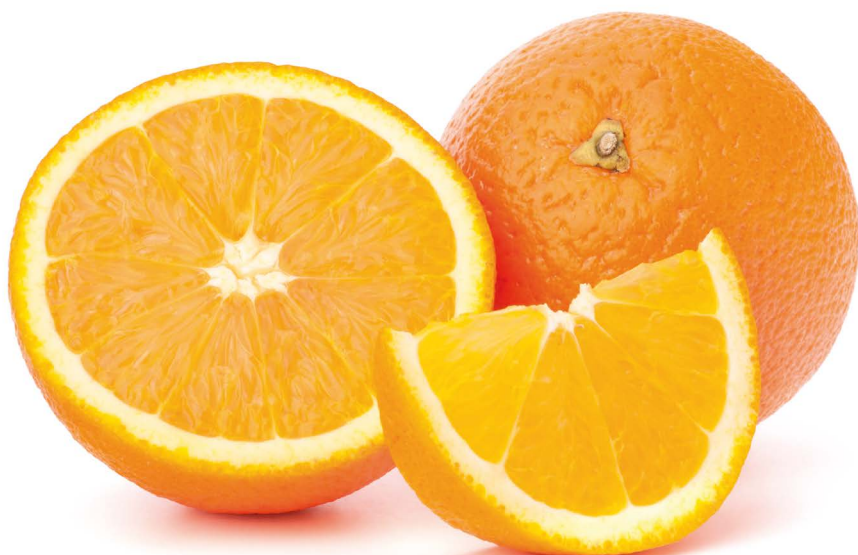
VEGETARIAN Suitable for lacto-ovo vegetarians where milk, egg and their products are consumed but excludes all meat, poultry, fish and ingredients or products derived from these e.g. gelatine and rennet.



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.



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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   

Mains

Please choose one option

Hot dishes

Vegetarian cottage pie   

Sausages in onion gravy

Salmon crumble 

Gravy    available on request

Sides

Potatoes & breads

Please choose one option

Mashed potato  

Sauté potatoes  

Wholemeal or white bread roll  

Vegetables & side salad

Please choose two options

Sliced carrots    

Cut green beans   

Side salad   

Desserts

Please choose one option

Hot options

Rice pudding   

Apple crumble    

Custard   available on request

Cold options

Vanilla ice cream  

Banana   

Easy peel orange   

Apple   

Thick and creamy yoghurt  

Peach and pear in juice  

Chocolate and vanilla mousse  

Cheese and biscuits 

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

Meat free chicken and mushroom style pie **E V VG**

Beef casserole **EC 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

Cabbage **H V VG**

Mashed swede **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

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

Cooked sausages

Tuna pasta bake **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**

Baked beans **EC** **V** **VG**

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

Desserts

Please choose one option

Hot options

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

Chocolate chip 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**

Pasty traditional **E**

*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

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

Sausage roll vegan   

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

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

Fish pie **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

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   

Mains

Please choose one option

Hot dishes

Cheese and onion pie   

Smoked haddock and spinach crumble 

Pork and apple casserole  

Gravy    available on request

Sides

Potatoes & breads

Please choose one option

Mashed potato  

Baked potato wedges  

Wholemeal or white bread roll  

Vegetables & side salad

Please choose two options

Mixed vegetables   

Broccoli    

Side salad   

Desserts

Please choose one option

Hot options

Rice pudding   

Ginger pudding with orange sauce   

Custard   available on request

Cold options

Vanilla ice cream  

Banana   

Easy peel orange   

Apple   

Thick and creamy yoghurt  

Mandarins in juice  

Chocolate and vanilla mousse  

Cheese and biscuits 

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

Cauliflower cheese **EC V**

Sweet and sour chicken **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**

Brussels sprouts **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

Plant-based shepherd's pie    

Ham and leek crumble 

Breaded cod 

Gravy    available on request

Sides

Potatoes & breads

Please choose one option

Mashed potato  

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   

Lemon flavoured sponge   

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

Moroccan bean casserole **H V VG**

Baked chicken and vegetable pie **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

Cauliflower **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

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

Chicken chasseur **H**

Beef stew and dumplings

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

Broccoli **EC** **H** **V** **VG**

Mixed vegetables **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

Vegan vegetable gratin **H V VG**

Fish pie **EC H**

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

Sides

Potatoes & breads

Please choose one option

Mashed potato **EC V**

Oven chips **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

Bean chilli **H** **V** **VG**

Sliced turkey in gravy **H**

Shepherd's pie **EC**

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

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**

Apricot 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***

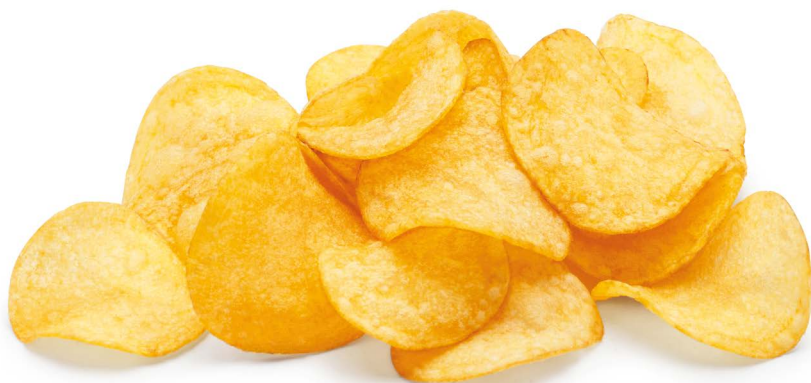
Mature cheddar **V**

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.



