

Pictorial menu encyclopedia

NHS

Queen Mary's Hospital

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.

- EC** **EASY TO CHEW** Soft or moist foods that are easier to chew.
- H** **HEALTHIER EATING** Dishes/items that have low total fat, salt and added sugar content, and are suitable as part of a healthy balanced diet.
- E** **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.
- V** **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.
- VG** **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.



Appetisers



Orange juice

H **V** **VG**



Leek and potato soup

EC **E** **V**



Mushroom soup

EC **E** **V**



Red lentil broth

EC **E** **V** **VG**



Tomato and butterbean soup

EC **E** **V** **VG**



Tomato soup

EC **E** **V**



Tomato, pepper and red lentil soup

EC **E** **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



Baked chicken and vegetable pie

E



Bean chilli

H V VG



Beef bolognese with pasta

H



Beef casserole

H



Beef lasagne

EC E



Beef stew and dumplings



Breaded cod

H



Cauliflower cheese

EC V



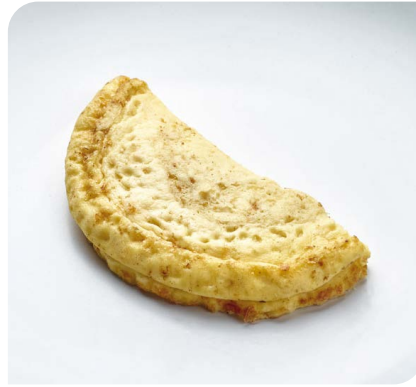
Cauliflower, spinach and lentil curry

H V VG



Cheese and onion pie

EC E V



Cheese and tomato omelettes

EC V



Chicken and sweetcorn bake

H



Chicken and vegetable casserole

H



Chicken breast in tomato and basil sauce

H



Chicken chasseur

H



Chicken curry

EC H



Chicken orange and ginger

EC H



Chicken roast sliced in gravy

H



Chicken tikka masala

H



Chicken, cheese and bacon bake

E



Chilli con carne

H



Cooked sausages



Cottage pie

EC H



Creamy vegetable cheese bake

EC E V



Cumberland pie

EC H



Fish cakes

EC H



Fish in cheese sauce

EC H



Fish pie

EC H



Ham and leek crumble

E



Hunter's chicken

EC H



Katsu curry

E V VG



Lentil bolognaise

EC H V VG



Macaroni cheese

EC E V



Meat free chicken and mushroom style pie

E V VG



Minced beef hotpot

EC H



Minced beef savoury

EC H



Moroccan bean casserole

H V VG



Pasty traditional

E



Penne pasta in tomato and basil sauce

EC H V VG



Plain omelettes

EC V



Plant-based shepherd's pie



Pork and apple casserole

EC H



Potato cheese and leek bake

EC E V



Salmon and broccoli bake

H



Salmon crumble

E



Sausage casserole

E



Sausage roll vegan

E V VG



Sausages in onion gravy



Shepherd's pie

EC



Sliced turkey in gravy

H



Smoked haddock and spinach crumble H



Sweet and sour chicken

H



Tempeh, spinach and sweet potato hotpot

E V VG



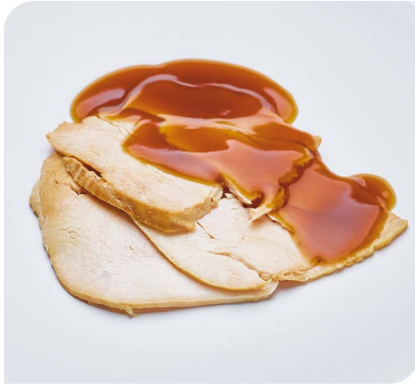
Tomato, lentil and sweet potato crumble

E V VG



Tuna pasta bake

H



Turkey sliced in gravy

H



Vegan root vegetable pie

E V VG



Vegan thai red curry

H V VG



Vegan vegetable gratin

H V VG



Vegetable lasagne

E V



Vegetable quiche

E V



Vegetarian cottage pie

EC H V



Vegetarian tikka masala

EC H V



Gravy

EC V VG

Salads



Beetroot falafel
and houmous

E **V** **VG**



Cheese

E **V**



Chicken



Egg

V



Ham



Plain tuna

Jacket potatoes



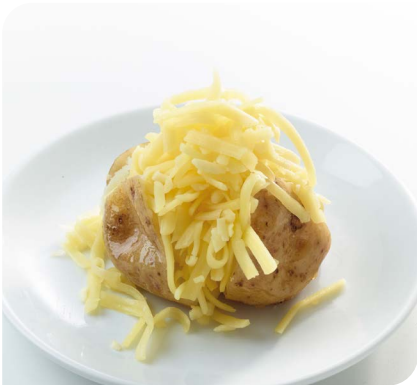
Baked beans

H V



Butter

V



Grated cheese

E V



Plain tuna

H

Sandwiches

Served with side salad and crisps **V VG**



British ham on white or granary



Chicken on white or wholemeal



Chunky egg mayonnaise on white or wholemeal

V



Mature cheddar on white or wholemeal

V



Tuna mayonnaise on white or wholemeal

H

Sides

Potatoes & breads



Baby potatoes

EC H V VG



Baked potato wedges

V VG



Croquette potatoes

V VG



Mashed potato

EC V



Oven chips

V VG



Penne pasta

V VG



Roast potatoes

V VG



Sauté potatoes

V VG



White rice

EC H V VG



Wholemeal or
white bread roll

V VG

Vegetables & side salad



Baked beans

EC V VG



Broccoli

EC H V VG



Brussels sprouts

EC H V VG



Cabbage

H V VG



Cauliflower

EC H V VG



Cut green beans

H V VG



Mashed root vegetables

EC H V VG



Mashed swede

EC H V VG



Minted summer vegetables

V VG



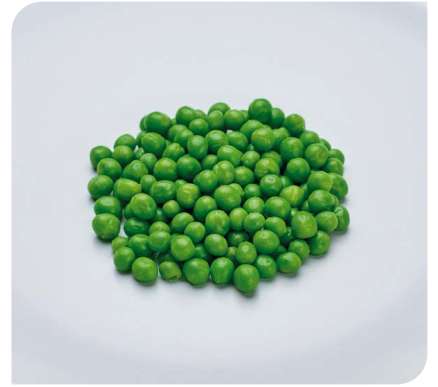
Mixed vegetables

H V VG



Mushy peas

EC V VG



Peas

H V VG



Side salad

H V VG



Sliced carrots

EC H V VG



Sweetcorn

H V VG



Vegetable medley

H V VG

Desserts

Hot options



Apple crumble

EC E V VG



Apple sponge

EC E V



Apricot crumble

EC E V VG



Chocolate chip sponge

EC E V



Ginger pudding with
orange sauce

EC E V VG



Jam sponge

EC E V



Lemon flavoured sponge

EC E V



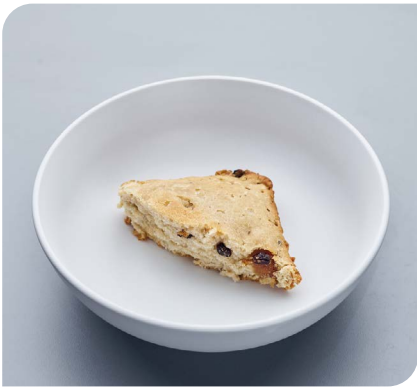
Rice pudding

EC H V



Somerset apple cake

EC E V



Spotted dick

E V



Sticky toffee pudding

EC E V



Summer fruit crumble

EC E V VG



Syrup sponge

EC E V



Custard

EC V

Cold options



Apple

H V VG



Banana

H V VG



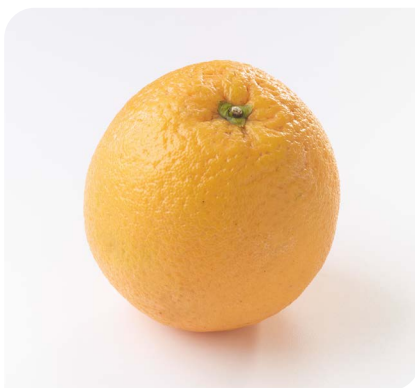
Cheese and biscuits

V



Chocolate and vanilla mousse

EC V



Easy peel orange

H V VG



Mandarins in juice

V VG



Peach and pear in juice

V VG



Strawberry and vanilla mousse

EC V



Strawberry sundae

EC V



Strawberry trifle

EC V



Thick and creamy
yoghurt

EC V



Vanilla ice cream

EC V

