



St George's University Hospitals  
NHS Foundation Trust

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# MAIN MENU

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SPRING / SUMMER MENU 2025 (WEEK 1 & 2)







St George's University Hospitals  
NHS Foundation Trust

# OUR CARBON REDUCTION PLEDGE

The NHS has pledged to become the world's first carbon net-zero national health system by 2040. Mitie are proud to support St George's Hospital with our Plan Zero initiative.

Our new carbon reduction menu is designed not only to provide tasty, nutritious dishes but also to do our bit to help tackle the worldwide problem of climate change. This menu has been curated to reflect a growing demand to be more environmentally sympathetic. Reducing impact on the world around us and to protect the planet for future generations.

Our dedicated team of Dietitians have worked closely with Mitie and our supplier Apetito, to create a delicious menu filled with popular choices that are most importantly nutritionally balanced for you, our patients to aid in the best recovery possible. Whilst also considerate to the environmental impact.

Our new hot  
main meal  
options across  
lunch and  
supper have an

**11%**

lower carbon  
footprint than  
our previous  
menu...

**PLAN  
ZERO** 



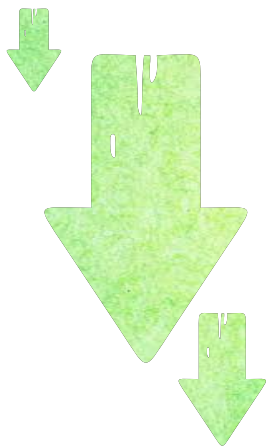
The dietetic team have kept patient favourites on the menu! There is a variety of food on offer catering for meat-based meals and also vegetarian or plant based. The menu has been compiled whilst carefully maintaining compliance with core energy and protein targets for both nutritionally well and nutritionally vulnerable patients.



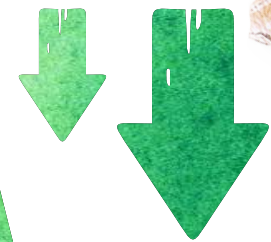
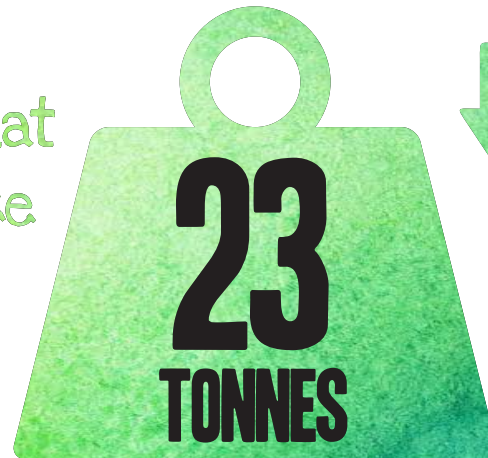




# OUR CARBON REDUCTION PLEDGE



We estimate that  
this will reduce  
our carbon  
footprint  
by over...



... per  
year!

This saves an amount of carbon equivalent to  
planting over **140 TREES** every year or sending  
over **3 BILLION** text messages!

## WHAT YOU CAN EXPECT FROM THE NEW MENU

Beef and lamb dishes have the largest carbon footprint on the menu, so whilst we haven't removed these options from the menu, we have reduced their frequency a little. However, they will still feature on 13 days out of a 14 day cycle for at least one meal per day. Our dietitians have sought other nutritious protein sources such as chicken, pork, lentils and soya.

## LOOK OUT FOR

New to the menu is a Plant based Shepherds Pie, lentils, carrot, onion and swede in a tomato, garlic and herb sauce, topped with potato, sweet potato and carrot mash and a parsley crumb. Rich in protein and a healthy, low carbon option to it's lamb counterpart.

Our new menu – supporting both your recovery and that of our planet.







St George's University Hospitals  
NHS Foundation Trust

# WELCOME TO ST GEORGE'S HOSPITAL MENU



Food and drinks are an important part of your treatment.

While you are unwell you may need more energy and protein to help your recovery.

This menu offers you a choice of meals and snacks. If you have any questions about the food or the meals do not meet your requirements please ask your mealtime host. We hope you enjoy your meals.

## CHOICE

Please select your meal choice from this menu and your ward host will come and take your order. They will ask what size portion you would like- normal or large.

Let us you know if you will be off the ward at the mealtime and we can offer alternatives.

## SPECIAL DIETS

Please tell us if you are on a special diet.

This menu includes;

**GF** **Gluten Free** – Meals have no gluten containing ingredients.

**E** **Energy Dense** – These are suitable for patients with a poor appetite or increased energy requirements.

**★** **Easy to Chew** – These dishes are easy to cut and do not require much chewing. Modified texture menus are available if you have swallowing difficulties.

**V** **Vegetarian** – These meals do not contain meat.

**Ⓥ** **Vegan** – These meals do not contain meat or animal by-product.

**♥** **Healthier Choice** – Meals have less fat and salt and desserts have a lower sugar content.

We also have special diet alternative menus and these include:-

### Allergy Aware

- Main meals free from all 14 main allergens.

### Modified Texture

### Vegan

### Cultural & Religious

### Renal

### Chyle Leak

### Finger Food

Please ask your host for a copy.







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# WELCOME TO ST GEORGE'S HOSPITAL MENU

## MEAL TIMES

- Early morning drink
- Breakfast 7.30-8.30am
- Mid morning drink and snack
- Lunch 12.00-1.00pm
- Afternoon drink and snack
- Supper 5.00-6.00pm
- Bedtime drink and snack

Meal times may vary dependent on the ward.

## DRINKS

Drinks are important to keep you hydrated. We offer a selection of hot and cold drinks including tea and coffee. Please ask if you would prefer decaffeinated.

We also offer a selection of fruit and herbal teas, hot or cold milk, hot chocolate, malted milk drinks, squash and water.

If you miss a drink, please ask a member of ward staff to get you one.

You have a water jug beside your bed. Please have glasses of water throughout the day unless advised by your medical team.

## SNACKS

Snacks will be offered with your drinks throughout the day. These will include;

Selection of biscuits and cakes

Fresh Fruit

Yoghurts

Snacks are available for those on special diets, please ask your host.

Special 'diabetic menus' are not required when you are unwell in hospital as you are likely to require more calories & protein to recover. If blood glucose levels are high, doctors & diabetes nurses will consider increasing diabetes medication. Nutrition should not be restricted whilst you are unwell. Options with a heart code on the menu can be encouraged if patients are NOT at risk of malnutrition.



## 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](mailto:dietitian@mitie.com).



## 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.







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# BREAKFAST MENU

A Continental Breakfast is served each day, please choose from cereal, bread, yoghurt and fruit.

## CEREAL & MILK

Ready Brek  
Corn Flakes  
Rice Krispies

Available Milks - please ask

Skimmed  
Semi Skimmed



Weetabix  
Bran Flakes



Whole  
Soya  
Oat



## BREAD OR TOAST

Served with Butter or Spread and a selection of Jams, Marmalade and Honey.

Wholemeal Bread or White Bread (toast available on request)

Butter  
Sunflower Spread  
Assorted Jams



Marmalade  
Honey  
Marmite



## JUICES

Orange Juice  
Apple Juice



## YOGHURT

Thick & Creamy Fruit Yoghurt  
Low Fat Fruit Yoghurt  
Alpro Soya Yoghurt



## FRUIT

Available throughout the day.

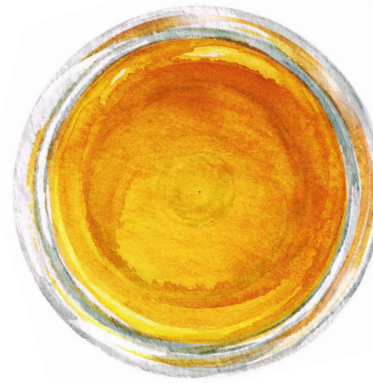
Apple  
Satsuma  
Banana



## BEVERAGES

Available throughout the day, along with sugar and sweetener.

Coffee  
Decaffeinated Coffee  
Tea  
Decaffeinated Tea  
Drinking Chocolate  
Green Tea  
Peppermint Tea  
Chamomile Tea  
Maltd Milk  
Fruit Cordial (No added sugar)







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# AVAILABLE DAILY

## SALADS

Mixed leaves with cucumber and cherry tomatoes.

Please choose a side (potatoes) from the main options of the day.

Cheese Salad

Chicken Salad

Egg Salad

Avocado, Sweet Potato & Tomato Salad



## SANDWICHES

(available on white or brown bread)

Just Ham

Just Cheese

Tuna Mayonnaise

Egg Mayonnaise

Chicken Mayonnaise

Humous & Chickpea

Gluten Free Egg



## JACKET POTATOES

Plain

With Cheese Portion

With Tuna Mayonnaise Portion

With Beans



## LUNCH ONLY SOUP & SANDWICH

Please choose a sandwich from the list above

Cream of Chicken Soup

Tomato Soup



## CONDIMENTS

Salt

Pepper

Vinegar

Tomato Sauce

Salad Cream

Brown Sauce

Mayonnaise







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# MAIN MENU

## WEEK 1

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# MONDAY LUNCH

## MAIN COURSES

Plant Based Shepherd's Pie



Salmon Crumble



Chicken Breast in Tomato & Basil Sauce



## HOT DESSERTS

Stewed Apple



Clotted Cream Rice Pudding



Custard



## SIDES & VEGETABLES

Mashed Potato



Potato Wedges



Sliced Carrots



Vegetable Medley



Gravy



## COLD DESSERTS

Strawberry Trifle



Chocolate Mousse



Ginger Cake



Thick & Creamy Yoghurt



Fruit Cocktail



Selection of Fresh Fruit



Cheese & Crackers



# MONDAY SUPPER

## MAIN COURSES

Pasta in Tomato & Basil Sauce



Baked Vegetable Pie



Minced Beef Hotpot



## HOT DESSERTS

Jam Sponge



Semolina



Custard



## SIDES & VEGETABLES

Mashed Potato



Croquette Potatoes



Peas



Sweetcorn



Gravy



## COLD DESSERTS

Strawberry Trifle



Chocolate Mousse



Ginger Cake



Thick & Creamy Yoghurt



Fruit Cocktail



Selection of Fresh Fruit



Cheese & Crackers



Available Daily: jacket potato, sandwiches & salads – please see page 7 for choices.

Please ask your ward host if you would like to change your portion size.

Have you asked about our cultural menu?

Gluten Free Vegetarian Vegan Easy to Chew Energy Dense Healthier Choice





St George's University Hospitals  
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## TUESDAY LUNCH

### MAIN COURSES

Katsu Curry

Tuna Pasta Bake

Cottage Pie



### HOT DESSERTS

Chocolate Chip Sponge

Clotted Cream Rice Pudding

Custard



### SIDES & VEGETABLES

Mashed Potato

Sauté Potatoes

Cut Green Beans

Cauliflower

Gravy



### COLD DESSERTS

Strawberry Trifle

Chocolate Mousse

Ginger Cake

Thick & Creamy Yoghurt

Fruit Cocktail

Selection of Fresh Fruit

Cheese & Crackers



## TUESDAY SUPPER

### MAIN COURSES

Lentil & Vegetable Flaky Topped Pie

Chicken Chasseur

Lamb Burger in Minted Gravy



### HOT DESSERTS

Mixed Fruit Pie

Chef's Rice Pudding

Custard



### SIDES & VEGETABLES

Mashed Potato

Minted Boiled Potatoes

Spring Vegetable Medley

Mashed Swede

Gravy



### COLD DESSERTS

Strawberry Trifle

Chocolate Mousse

Ginger Cake

Thick & Creamy Yoghurt

Fruit Cocktail

Selection of Fresh Fruit

Cheese & Crackers



Available Daily: jacket potato, sandwiches & salads – please see page 7 for choices.

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Have you asked about our cultural menu?





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## WEDNESDAY LUNCH

### MAIN COURSES

Moroccan Bean Casserole  
Macaroni Cheese  
Chicken Korma



### HOT DESSERTS

Somerset Apple Cake  
Clotted Cream Rice Pudding  
Custard



### SIDES & VEGETABLES

Mashed Potato  
White Rice  
Peas  
Cauliflower  
Gravy



### COLD DESSERTS

Strawberry Trifle  
Chocolate Mousse  
Ginger Cake  
Thick & Creamy Yoghurt  
Fruit Cocktail  
Selection of Fresh Fruit  
Cheese & Crackers



## WEDNESDAY SUPPER

### MAIN COURSES

Cauliflower Cheese  
Smoked Haddock & Spinach Crumble  
Orange & Ginger Chicken



### HOT DESSERTS

Spotted Dick  
Semolina  
Custard



### SIDES & VEGETABLES

Mashed Potato  
Hash Browns  
Sliced Carrots  
Broccoli  
Gravy



### COLD DESSERTS

Strawberry Trifle  
Chocolate Mousse  
Ginger Cake  
Thick & Creamy Yoghurt  
Fruit Cocktail  
Selection of Fresh Fruit  
Cheese & Crackers



Available Daily: jacket potato, sandwiches & salads – please see page 7 for choices.

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Have you asked about our cultural menu?

Gluten Free Vegetarian Vegan Easy to Chew Energy Dense Healthier Choice





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## THURSDAY LUNCH

### MAIN COURSES

Cauliflower & Broccoli Pasta  
Corned Beef Hash  
Potato Topped Chicken Pie



### HOT DESSERTS

Syrup Sponge  
Semolina  
Custard



### SIDES & VEGETABLES

Mashed Potato  
Baby Potatoes  
Cut Green Beans  
Cabbage  
Gravy



### COLD DESSERTS

Strawberry Trifle  
Chocolate Mousse  
Ginger Cake  
Thick & Creamy Yoghurt  
Fruit Cocktail  
Selection of Fresh Fruit  
Cheese & Crackers



## THURSDAY SUPPER

### MAIN COURSES

Plant Based Shepherd's Pie  
Fish Pie  
Cheesy Garlic Chicken Bake



### HOT DESSERTS

Bakewell Tart  
Chef's Rice Pudding  
Custard



### SIDES & VEGETABLES

Mashed Potato  
Boiled Potatoes  
Minted Summer Vegetables  
Sweetcorn  
Gravy



### COLD DESSERTS

Strawberry Trifle  
Chocolate Mousse  
Ginger Cake  
Thick & Creamy Yoghurt  
Fruit Cocktail  
Selection of Fresh Fruit  
Cheese & Crackers



Available Daily: jacket potato, sandwiches & salads – please see page 7 for choices.

Please ask your ward host if you would like to change your portion size.

Have you asked about our cultural menu?



## FRIDAY LUNCH

### MAIN COURSES

Plain Omelette  
Beef Lasagne  
Breaded Cod



### HOT DESSERTS

Sticky Toffee Pudding  
Semolina  
Custard



### SIDES & VEGETABLES

Mashed Potato  
Oven Chips  
Baked Beans  
Peas  
Gravy



### COLD DESSERTS

Strawberry Trifle  
Chocolate Mousse  
Ginger Cake  
Thick & Creamy Yoghurt  
Fruit Cocktail  
Selection of Fresh Fruit  
Cheese & Crackers



## FRIDAY SUPPER

### MAIN COURSES

Vegetarian Cottage Pie  
Macaroni Cheese  
Hunter's Chicken



### HOT DESSERTS

Apple Crumble  
Chef's Rice Pudding  
Custard



### SIDES & VEGETABLES

Mashed Potato  
Sauté Potatoes  
Broccoli  
Spring Vegetable Medley  
Gravy



### COLD DESSERTS

Strawberry Trifle  
Chocolate Mousse  
Ginger Cake  
Thick & Creamy Yoghurt  
Fruit Cocktail  
Selection of Fresh Fruit  
Cheese & Crackers



Available Daily: jacket potato, sandwiches & salads – please see page 7 for choices.

Please ask your ward host if you would like to change your portion size.

Have you asked about our cultural menu?





## SATURDAY LUNCH

### MAIN COURSES

Pasta in Tomato & Basil Sauce



Fish Pie



Suet Pastry Topped Steak & Potato Pie



### HOT DESSERTS

Lemon Flavour Sponge



Chef's Rice Pudding



Custard



### SIDES & VEGETABLES

Mashed Potato



Potato Wedges



Sweetcorn



Vegetable Medley



Gravy



### COLD DESSERTS

Strawberry Trifle



Chocolate Mousse



Ginger Cake



Thick & Creamy Yoghurt



Fruit Cocktail



Selection of Fresh Fruit



Cheese & Crackers



## SATURDAY SUPPER

### MAIN COURSES

Vegetable Lasagne



Chicken & Pasta with Tomatoes & Herbs



Savoury Minced Beef



### HOT DESSERTS

Rhubarb Crumble



Clotted Cream Rice Pudding



Custard



### SIDES & VEGETABLES

Mashed Potato



Croquette Potatoes



Mixed Vegetables



Cabbage



Gravy



### COLD DESSERTS

Strawberry Trifle



Chocolate Mousse



Ginger Cake



Thick & Creamy Yoghurt



Fruit Cocktail



Selection of Fresh Fruit



Cheese & Crackers



Available Daily: jacket potato, sandwiches & salads – please see page 7 for choices.

Please ask your ward host if you would like to change your portion size.

Have you asked about our cultural menu?





St George's University Hospitals  
NHS Foundation Trust

# SUNDAY LUNCH

## MAIN COURSES

Cheese & Onion Pie

Beef Stew & Dumplings

Roast Pork in Gravy



## HOT DESSERTS

Apple Sponge

Semolina

Custard



## SIDES & VEGETABLES

Mashed Potato

Roast Potatoes

Cut Green Beans

Mashed Root Vegetables

Gravy



## COLD DESSERTS

Strawberry Trifle

Chocolate Mousse

Ginger Cake

Thick & Creamy Yoghurt

Fruit Cocktail

Selection of Fresh Fruit

Cheese & Crackers



# SUNDAY SUPPER

## MAIN COURSES

Vegetable Quiche

Fish in Cheese Sauce

Corned Beef Hash



## HOT DESSERTS

Summer Fruit Crumble

Chef's Rice Pudding

Custard



## SIDES & VEGETABLES

Mashed Potato

Boiled Potatoes

Mixed Vegetables

Broccoli

Gravy



## COLD DESSERTS

Strawberry Trifle

Chocolate Mousse

Ginger Cake

Thick & Creamy Yoghurt

Fruit Cocktail

Selection of Fresh Fruit

Cheese & Crackers



Available Daily: jacket potato, sandwiches & salads – please see page 7 for choices.

Please ask your ward host if you would like to change your portion size.

Have you asked about our cultural menu?



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Gluten Free



Vegetarian



Vegan



Easy to Chew



Energy Dense



Healthier Choice







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# MAIN MENU

## WEEK 2

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# MONDAY LUNCH






## MAIN COURSES

- Lentil & Vegetable Flaky Topped Pie   
Fishcakes   
Chicken Breast in Tomato & Basil Sauce 

## HOT DESSERTS

- Stewed Apple   
Clotted Cream Rice Pudding   
Custard 

## SIDES & VEGETABLES




- Mashed Potato   
Potato Wedges   
Mixed Vegetables   
Sweetcorn   
Gravy 

## COLD DESSERTS


- Raspberry Trifle   
Strawberry Mousse   
Ginger Cake   
Thick & Creamy Yoghurt   
Fruit Cocktail   
Selection of Fresh Fruit   
Cheese & Crackers 

# MONDAY SUPPER






## MAIN COURSES

- Baked Vegetable Pie   
Orange & Ginger Chicken   
Pasta Carbonara 

## HOT DESSERTS

- Jam Sponge   
Chef's Rice Pudding   
Custard 

## SIDES & VEGETABLES

- Mashed Potato   
Croquette Potatoes   
Vegetable Medley   
Cauliflower   
Gravy 

## COLD DESSERTS

- Raspberry Trifle   
Strawberry Mousse   
Ginger Cake   
Thick & Creamy Yoghurt   
Fruit Cocktail   
Selection of Fresh Fruit   
Cheese & Crackers 

Available Daily: jacket potato, sandwiches & salads – please see page 7 for choices.

Please ask your ward host if you would like to change your portion size.

Have you asked about our cultural menu?

 Gluten Free  Vegetarian  Vegan  Easy to Chew  Energy Dense  Healthier Choice





St George's University Hospitals  
NHS Foundation Trust

## TUESDAY LUNCH

### MAIN COURSES

Vegetable Quiche  
Fish in Cheese Sauce  
Tomato & Paprika Chicken



### HOT DESSERTS

Chocolate Chip Sponge  
Semolina  
Custard



### SIDES & VEGETABLES

Mashed Potato  
Wholegrain Rice  
Broccoli  
Cabbage  
Gravy



### COLD DESSERTS

Raspberry Trifle  
Strawberry Mousse  
Ginger Cake  
Thick & Creamy Yoghurt  
Fruit Cocktail  
Selection of Fresh Fruit  
Cheese & Crackers



## TUESDAY SUPPER

### MAIN COURSES

Pasta in a Tomato & Basil Sauce  
Shepherd's Pie  
Salmon Crumble



### HOT DESSERTS

Mixed Fruit Pie  
Chef's Rice Pudding  
Custard



### SIDES & VEGETABLES

Mashed Potato  
Sauté Potato  
Mixed Vegetables  
Minted Summer Vegetables  
Gravy



### COLD DESSERTS

Raspberry Trifle  
Strawberry Mousse  
Ginger Cake  
Thick & Creamy Yoghurt  
Fruit Cocktail  
Selection of Fresh Fruit  
Cheese & Crackers



Available Daily: jacket potato, sandwiches & salads – please see page 7 for choices.

Please ask your ward host if you would like to change your portion size.

Have you asked about our cultural menu?





St George's University Hospitals  
NHS Foundation Trust

## WEDNESDAY LUNCH

### MAIN COURSES

Potato Cheese & Leek Bake  
Chilli Con Carne  
Chicken Tikka Masala



### HOT DESSERTS

Somerset Apple Cake  
Clotted Cream Rice Pudding  
Custard



### SIDES & VEGETABLES

Mashed Potato  
White Rice  
Peas  
Spring Vegetable Medley  
Gravy



### COLD DESSERTS

Raspberry Trifle  
Strawberry Mousse  
Ginger Cake  
Thick & Creamy Yoghurt  
Fruit Cocktail  
Selection of Fresh Fruit  
Cheese & Crackers



## WEDNESDAY SUPPER

### MAIN COURSES

Vegetable Lasagne  
Potato Topped Chicken Pie  
Pork Meatballs in Tomato & Herb Sauce



### HOT DESSERTS

Spotted Dick  
Semolina  
Custard



### SIDES & VEGETABLES

Mashed Potato  
Penne Pasta  
Sweetcorn  
Mashed Root Vegetables  
Gravy



### COLD DESSERTS

Raspberry Trifle  
Strawberry Mousse  
Ginger Cake  
Thick & Creamy Yoghurt  
Fruit Cocktail  
Selection of Fresh Fruit  
Cheese & Crackers



Available Daily: jacket potato, sandwiches & salads – please see page 7 for choices.

Please ask your ward host if you would like to change your portion size.

Have you asked about our cultural menu?

GF Gluten Free V Vegetarian V Vegan ★ Easy to Chew E Energy Dense ♥ Healthier Choice





St George's University Hospitals  
NHS Foundation Trust

## THURSDAY LUNCH

### MAIN COURSES

Cauliflower & Broccoli Pasta  
Chicken Chasseur  
Baked Steak & Mushroom Pie



### HOT DESSERTS

Syrup Sponge  
Clotted Cream Rice Pudding  
Custard



### SIDES & VEGETABLES

Mashed Potato  
Minted Boiled Potatoes  
Mixed Vegetables  
Cut Green Beans  
Gravy



### COLD DESSERTS

Raspberry Trifle  
Strawberry Mousse  
Ginger Cake  
Thick & Creamy Yoghurt  
Fruit Cocktail  
Selection of Fresh Fruit  
Cheese & Crackers



## THURSDAY SUPPER

### MAIN COURSES

Katsu Curry  
Vegetarian Cottage Pie  
Tuna Pasta Bake



### HOT DESSERTS

Bakewell Tart  
Chef's Rice Pudding  
Custard



### SIDES & VEGETABLES

Mashed Potato  
Sauté Potatoes  
Cabbage  
Sliced Carrots  
Gravy



### COLD DESSERTS

Raspberry Trifle  
Strawberry Mousse  
Ginger Cake  
Thick & Creamy Yoghurt  
Fruit Cocktail  
Selection of Fresh Fruit  
Cheese & Crackers



Available Daily: jacket potato, sandwiches & salads – please see page 7 for choices.

Please ask your ward host if you would like to change your portion size.

Have you asked about our cultural menu?



## FRIDAY LUNCH

### MAIN COURSES

Macaroni Cheese  
Chicken Curry  
Breaded Cod



### SIDES & VEGETABLES

Mashed Potato  
Oven Chips  
Mushy Peas  
Garden Peas  
Gravy



### HOT DESSERTS

Sticky Toffee Pudding  
Semolina  
Custard



### COLD DESSERTS

Raspberry Trifle  
Strawberry Mousse  
Ginger Cake  
Thick & Creamy Yoghurt  
Fruit Cocktail  
Selection of Fresh Fruit  
Cheese & Crackers



## FRIDAY SUPPER

### MAIN COURSES

Cheese & Onion Quiche  
Sausages In Onion Gravy  
Cottage Pie



### SIDES & VEGETABLES

Mashed Potato  
Baby Potatoes  
Cauliflower  
Broccoli  
Gravy



### HOT DESSERTS

Apple Crumble  
Chef's Rice Pudding  
Custard



### COLD DESSERTS

Raspberry Trifle  
Strawberry Mousse  
Ginger Cake  
Thick & Creamy Yoghurt  
Fruit Cocktail  
Selection of Fresh Fruit  
Cheese & Crackers



Available Daily: jacket potato, sandwiches & salads – please see page 7 for choices.

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## SATURDAY LUNCH

### MAIN COURSES

Moroccan Bean Casserole  
Thai Green Chicken Curry  
Beef Lasagne



### HOT DESSERTS

Lemon Flavour Sponge  
Semolina  
Custard



### SIDES & VEGETABLES

Mashed Potato  
Wholegrain Rice  
Sliced Carrots  
Cut Green Beans  
Gravy



### COLD DESSERTS

Raspberry Trifle  
Strawberry Mousse  
Ginger Cake  
Thick & Creamy Yoghurt  
Fruit Cocktail  
Selection of Fresh Fruit  
Cheese & Crackers



## SATURDAY SUPPER

### MAIN COURSES

Pasta in Tomato & Basil Sauce  
Cheesy Garlic Chicken Bake  
Fish Pie



### HOT DESSERTS

Rhubarb Crumble  
Clotted Cream Rice Pudding  
Custard



### SIDES & VEGETABLES

Mashed Potato  
Baby Potatoes  
Vegetable Medley  
Baked Beans  
Gravy



### COLD DESSERTS

Raspberry Trifle  
Strawberry Mousse  
Ginger Cake  
Thick & Creamy Yoghurt  
Fruit Cocktail  
Selection of Fresh Fruit  
Cheese & Crackers



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# SUNDAY LUNCH

## MAIN COURSES

Potato, Cheese & Leek Bake  
Fishcakes  
Roast Chicken Breast in Gravy



## SIDES & VEGETABLES

Mashed Potato  
Roast Potatoes  
Broccoli  
Mashed Root Vegetables  
Gravy



## HOT DESSERTS

Apple Sponge  
Semolina  
Custard



## COLD DESSERTS

Raspberry Trifle  
Strawberry Mousse  
Ginger Cake  
Thick & Creamy Yoghurt  
Fruit Cocktail  
Selection of Fresh Fruit  
Cheese & Crackers



# SUNDAY SUPPER

## MAIN COURSES

Cauliflower Cheese  
Beef Bolognaise with Pasta  
Baked Chicken & Vegetable Pie



## SIDES & VEGETABLES

Mashed Potato  
Boiled Potatoes  
Peas  
Mashed Swede  
Gravy



## HOT DESSERTS

Summer Fruit Crumble  
Chef's Rice Pudding  
Custard



## COLD DESSERTS

Raspberry Trifle  
Strawberry Mousse  
Ginger Cake  
Thick & Creamy Yoghurt  
Fruit Cocktail  
Selection of Fresh Fruit  
Cheese & Crackers



Available Daily: jacket potato, sandwiches & salads – please see page 7 for choices.

Please ask your ward host if you would like to change your portion size.

Have you asked about our cultural menu?



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**GF** Gluten Free   **V** Vegetarian   **V** Vegan   **★** Easy to Chew   **E** Energy Dense   **♥** Healthier Choice





**St George's University Hospitals**  
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