



St George's University Hospitals
NHS Foundation Trust

SENIOR HEALTH



SH-AS/SA-25.04-01

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** 

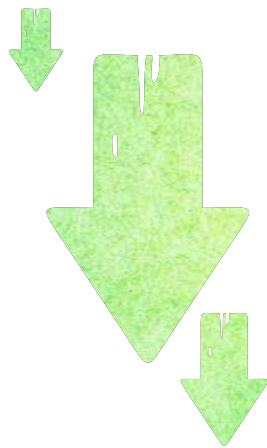


The dietetic team have kept patient favourites on the menu! There is a variety of food on offer catering for meat-based meals and also vegetarian or plant based. The menu has been compiled whilst carefully maintaining compliance with core energy and protein targets for both nutritionally well and nutritionally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

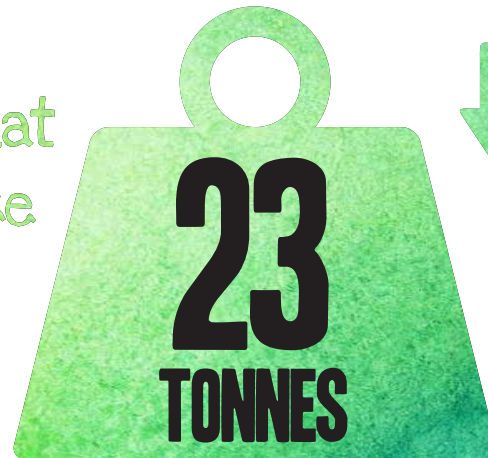




OUR CARBON REDUCTION PLEDGE



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.





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.





St George's University Hospitals
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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.



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.





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

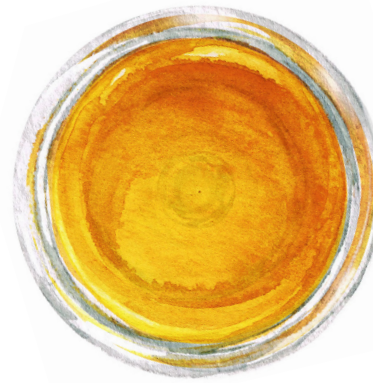
Green Tea

Peppermint Tea

Chamomile Tea

Malted 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

GF V E

GF ♥

GF V

GF V V ♥

SANDWICHES

(available on white or brown bread)

Just Ham

Just Cheese

Tuna Mayonnaise

Egg Mayonnaise

Chicken Mayonnaise

Humous & Chickpea

Gluten Free Egg

V

★ E

V ★ ♥

★ E

V V ♥

GF V

JACKET POTATOES

Plain

With Cheese Portion

With Tuna Mayonnaise Portion

With Beans

GF V V ★ ♥

GF V ★ E

GF ★ E

GF V V ★ ♥

LUNCH ONLY SOUP & SANDWICH

Please choose a sandwich from the list above

Cream of Chicken Soup

Tomato Soup

GF ★ E

GF V ★ E

CONDIMENTS

Salt

Pepper

Vinegar

Tomato Sauce

Salad Cream

Brown Sauce

Mayonnaise

**07**

Gluten Free



Vegetarian



Vegan



Easy to Chew



Energy Dense



Healthier Choice



Finger Food





SENIOR HEALTH

WEEK 1



**NHS****St George's University Hospitals**
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WEEK 1 MONDAY LUNCH

MAIN COURSES

Plant Based Shepherd's Pie

Salmon Crumble

Chicken Breast in Tomato & Basil Sauce

4 Bean Stew

5 Chicken & Stuffing

6 Cottage Pie

Finger Food Omelettes



HOT DESSERTS

Stewed Apple

Clotted Cream Rice Pudding

Custard

Clotted Cream

4 Summer Fruits & Vanilla Puree

5 Custard Pot

6 Summer Fruits & Vanilla Puree



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



WEEK 1 MONDAY DINNER

MAIN COURSES

Pasta in Tomato & Basil Sauce

Baked Vegetable Pie

Minced Beef Hotpot

4 Chicken Casserole

5 Vegetable Tikka Masala

6 Chicken Casserole

Finger Food Chicken Goujons



HOT DESSERTS

Jam Sponge

Semolina

Custard

Clotted Cream

4 Thick & Creamy Yoghurt

5 Chocolate Sponge

6 Thick & Creamy Yoghurt



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?

GF Gluten Free V Vegetarian V Vegan Star Easy to Chew E Energy Dense Heart Healthier Choice Finger Food

**NHS****St George's University Hospitals**
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WEEK 1 TUESDAY LUNCH

MAIN COURSES

Katsu Curry
Tuna Pasta Bake
Cottage Pie

4 **Chicken & Potato Pie**

5 **Fish Pie**

6 **Macaroni Cheese**

Chipolatas

SIDES & VEGETABLES

Mashed Potato
Sauté Potatoes
Cut Green Beans
Cauliflower
Gravy

HOT DESSERTS

Chocolate Chip Sponge
Clotted Cream Rice Pudding
Custard
Clotted Cream

4 **Chocolate Sponge**

5 **Summer Fruits & Vanilla Puree**

6 **Jam Sponge**

COLD DESSERTS

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



WEEK 1 TUESDAY DINNER

MAIN COURSES

Lentil & Vegetable Flaky Topped Pie
Chicken Chasseur
Lamb Burger in Minted Gravy

4 **Beef Curry**

5 **Vegetable Lasagne**

6 **Fish in Cheese Sauce**

Fish Goujons

SIDES & VEGETABLES

Mashed Potato
Minted Boiled Potatoes
Spring Vegetable Medley
Mashed Swede
Gravy

HOT DESSERTS

Mixed Fruit Pie
Chef's Rice Pudding
Custard
Clotted Cream

4 **Thick & Creamy Yoghurt**

5 **Thick & Creamy Yoghurt**

6 **Rice Pudding**

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?

**NHS****St George's University Hospitals**
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WEEK 1 WEDNESDAY LUNCH

MAIN COURSES

Moroccan Bean Casserole
Macaroni Cheese
Chicken Korma

4 **Macaroni Cheese**

5 **Cottage Pie**

6 **Chicken Curry**

Chicken Goujons



HOT DESSERTS

Somerset Apple Cake
Clotted Cream Rice Pudding
Custard
Clotted Cream

4 **Thick & Creamy Yoghurt**

5 **Chocolate Sponge**

6 **Thick & Creamy Yoghurt**



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



WEEK 1 WEDNESDAY DINNER

MAIN COURSES

Cauliflower Cheese
Smoked Haddock & Spinach Crumble
Orange & Ginger Chicken

4 **Roast Beef with Mustard Mash**

5 **Lentil Bolognese**

6 **Vegetable Lasagne**

Omelettes



HOT DESSERTS

Spotted Dick
Semolina
Custard
Clotted Cream

4 **Chocolate Sponge**

5 **Chocolate Mousse**

6 **Summer Fruits & Vanilla Puree**



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.

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 Finger Food



**NHS****St George's University Hospitals**
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WEEK 1 THURSDAY LUNCH

MAIN COURSES

Cauliflower & Broccoli Pasta
Corned Beef Hash
Potato Topped Chicken Pie

4 Sweet & Sour Chicken

5 Chicken Curry

6 Cottage Pie

Fish Goujons



HOT DESSERTS

Syrup Sponge
Semolina
Custard
Clotted Cream

4 Custard Pot

5 Chocolate Sponge

6 Thick & Creamy Yoghurt



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



WEEK 1 THURSDAY DINNER

MAIN COURSES

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

4 Roast Lamb

5 Chicken & Stuffing

6 Vegetable Tikka Masala

Chicken Goujons



HOT DESSERTS

Bakewell Tart
Chef's Rice Pudding
Custard
Clotted Cream

4 Thick & Creamy Yoghurt

5 Summer Fruits & Vanilla Puree

6 Jam Sponge



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.

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Have you asked about our cultural menu?



**NHS****St George's University Hospitals**
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WEEK 1 FRIDAY LUNCH

MAIN COURSES

Plain Omelette
Beef Lasagne
Breaded Cod

4 **Fisherman's Pie**

5 **Fish Pie**

6 **Fish in Cheese Sauce**

Fish Goujons

SIDES & VEGETABLES

Mashed Potato
Oven Chips
Baked Beans
Peas
Gravy



HOT DESSERTS

Sticky Toffee Pudding
Semolina
Custard
Clotted Cream

4 **Rice Pudding**

5 **Rice Pudding**

6 **Summer Fruits & Vanilla Puree**



COLD DESSERTS

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



WEEK 1 FRIDAY DINNER

MAIN COURSES

Vegetarian Cottage Pie
Macaroni Cheese
Hunter's Chicken

4 **Lentil Bolognese**

5 **Cottage Pie**

6 **Chicken in Tomato & Basil Sauce**

Omelettes

SIDES & VEGETABLES

Mashed Potato
Sauté Potatoes
Broccoli
Spring Vegetable Medley
Gravy



HOT DESSERTS

Apple Crumble
Chef's Rice Pudding
Custard
Clotted Cream

4 **Summer Fruits & Vanilla Puree**

5 **Thick & Creamy Yoghurt**

6 **Rice Pudding**



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 Finger Food

**NHS****St George's University Hospitals**
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WEEK 1 SATURDAY LUNCH

MAIN COURSES

Pasta in Tomato & Basil Sauce

Fish Pie

Suet Pastry Topped Steak & Potato Pie

4 **Bean Stew**5 **Vegetable Lasagne**6 **Chicken Curry** **Chipolatas**

V V ★ ♥

GF ★ ♥

E

GF V ♥

V

GF

♥

HOT DESSERTS

Lemon Flavour Sponge

Chef's Rice Pudding

Custard

Clotted Cream

4 **Chocolate Mousse**5 **Rice Pudding**6 **Jam Sponge**

V ★ E

GF V ★

GF V ★

GF V ★ E

GF V

GF V

V

SIDES & VEGETABLES

Mashed Potato

Potato Wedges

Sweetcorn

Vegetable Medley

Gravy

GF V ★

GF V V

GF V V ♥

GF V V ♥

V ★

COLD DESSERTS

Strawberry Trifle

Chocolate Mousse

Ginger Cake

Thick & Creamy Yoghurt

Fruit Cocktail

Selection of Fresh Fruit

Cheese & Crackers

V ★

GF V ★

V ★

GF V ★

GF V V ★ ♥

GF V V ♥

V

WEEK 1 SATURDAY DINNER

MAIN COURSES

Vegetable Lasagne

Chicken & Pasta with Tomatoes & Herbs

Savoury Minced Beef

4 **Lentil Bolognese**5 **Chicken Curry**6 **Macaroni Cheese** **Chicken Goujons**

V E

♥

GF ★ ♥

V E

GF

V

HOT DESSERTS

Rhubarb Crumble

Clotted Cream Rice Pudding

Custard

Clotted Cream

4 **Chocolate Sponge**5 **Rice Pudding**6 **Summer Fruits & Vanilla Puree**

V V ★ E

GF V ★ E

GF V ★

GF V ★ E

V E

GF V

V E

SIDES & VEGETABLES

Mashed Potato

Croquette Potatoes

Mixed Vegetables

Cabbage

Gravy

GF V ★

GF V V

GF V V ★ ♥

GF V V ♥

V ★

COLD DESSERTS

Strawberry Trifle

Chocolate Mousse

Ginger Cake

Thick & Creamy Yoghurt

Fruit Cocktail

Selection of Fresh Fruit

Cheese & Crackers

V ★

GF V ★

V ★

GF V ★

GF V V ★ ♥

GF V V ♥

V

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

WEEK 1 SUNDAY LUNCH

MAIN COURSES

Cheese & Onion Pie
Beef Stew & Dumplings
Roast Pork in Gravy

4 Roast Beef with Mustard Mash

5 Chicken Casserole

6 Vegetable Lasagne

Omelettes

SIDES & VEGETABLES

Mashed Potato
Roast Potatoes
Cut Green Beans
Mashed Root Vegetables
Gravy

V ★ E

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GF ♥

V E

GF V

HOT DESSERTS

Apple Sponge
Semolina
Custard
Clotted Cream

4 Summer Fruits & Vanilla Puree

5 Custard Pot

6 Thick & Creamy Yoghurt

V ★ E

V ★

GF V ★

GF V ★ E

V E

GF V

GF V

COLD DESSERTS

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

V ★

GF V ★

V ★

GF V ★

GF V V ★ ♥

GF V V ♥

V

WEEK 1 SUNDAY DINNER

MAIN COURSES

Vegetable Quiche
Fish in Cheese Sauce
Corned Beef Hash

4 Beef Curry

5 Lentil Bolognese

6 Cottage Pie

Fish Goujons

SIDES & VEGETABLES

Mashed Potato
Boiled Potatoes
Mixed Vegetables
Broccoli
Gravy

V E

GF ★ ♥

GF ★ E

GF

GF V ♥

♥

♥

HOT DESSERTS

Summer Fruit Crumble
Chef's Rice Pudding
Custard
Clotted Cream

4 Rice Pudding

5 Thick & Creamy Yoghurt

6 Summer Fruits & Vanilla Puree

V V ★ E

GF V ★

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V E

COLD DESSERTS

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

V ★

GF V ★

V ★

GF V ★

GF V V ★ ♥

GF V V ♥

V

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 Finger Food



SENIOR HEALTH

WEEK 2



**NHS****St George's University Hospitals**
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WEEK 2 MONDAY LUNCH

MAIN COURSES

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

4 Sweet & Sour Chicken

5 Cottage Pie

6 Macaroni Cheese

Omelettes

V V E

★ ♥

GF ♥

E

GF

V

GF V

HOT DESSERTS

Stewed Apple
Clotted Cream Rice Pudding
Custard
Clotted Cream

4 Chocolate Sponge

5 Summer Fruits & Vanilla Puree

6 Jam Sponge

GF V V ★

GF V ★ E

GF V ★

GF V ★ E

V E

V E

V

SIDES & VEGETABLES

Mashed Potato
Potato Wedges
Mixed Vegetables
Sweetcorn
Gravy

GF V ★

GF V V

GF V V ♥

GF V V ♥

V ★

COLD DESSERTS

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

V ★

GF V ★

V ★

GF V ★

GF V V ★ ♥

GF V V ♥

V

WEEK 2 MONDAY DINNER

MAIN COURSES

Baked Vegetable Pie
Orange & Ginger Chicken
Pasta Carbonara

4 Macaroni Cheese

5 Vegetable Tikka Masala

6 Chicken in Tomato & Basil Sauce

Chicken Goujons

V E

GF ★ ♥

★ E

V E

GF V E

GF ♥

HOT DESSERTS

Jam Sponge
Chef's Rice Pudding
Custard
Clotted Cream

4 Chocolate Mousse

5 Rice Pudding

6 Custard Pot

V ★ E

GF V ★

GF V ★

GF V ★ E

GF V

GF V

GF V

SIDES & VEGETABLES

Mashed Potato
Croquette Potatoes
Vegetable Medley
Cauliflower
Gravy

GF V ★

GF V V

GF V V ★ ♥

GF V V ★ ♥

V ★

COLD DESSERTS

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

V ★

GF V ★

V ★

GF V ★

GF V V ★ ♥

GF V V ♥

V

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 Finger Food





WEEK 2 TUESDAY LUNCH

MAIN COURSES

Vegetable Quiche
Fish in Cheese Sauce
Tomato & Paprika Chicken

- 4 Fisherman's Pie
- 5 Vegetable Lasagne
- 6 Chicken Curry
- Chipolatas

SIDES & VEGETABLES

Mashed Potato
Wholegrain Rice
Broccoli
Cabbage
Gravy



HOT DESSERTS

Chocolate Chip Sponge
Semolina
Custard
Clotted Cream

- 4 Summer Fruits & Vanilla Puree
- 5 Chocolate Sponge
- 6 Rice Pudding

COLD DESSERTS

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

WEEK 2 TUESDAY DINNER

MAIN COURSES

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

- 4 Lentil Bolognese
- 5 Chicken Casserole
- 6 Fish in Cheese Sauce
-  Fish Goujons

SIDES & VEGETABLES

Mashed Potato
Sauté Potato
Mixed Vegetables
Minted Summer Vegetables
Gravy

HOT DESSERTS

Mixed Fruit Pie
Chef's Rice Pudding
Custard
Clotted Cream

- 4 Thick & Creamy Yoghurt
- 5 Chocolate Mousse
- 6 Thick & Creamy Yoghurt

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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WEEK 2 WEDNESDAY LUNCH

MAIN COURSES

Potato Cheese & Leek Bake
Chilli Con Carne
Chicken Tikka Masala

4 Roast Beef with Mustard Mash

5 Chicken Curry

6 Cottage Pie

Chicken Goujons



HOT DESSERTS

Somerset Apple Cake
Clotted Cream Rice Pudding
Custard
Clotted Cream



4 Rice Pudding

5 Summer Fruits & Vanilla Puree

6 Rice Pudding



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



WEEK 2 WEDNESDAY DINNER

MAIN COURSES

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

4 Bean Stew

5 Vegetable Lasagne

6 Vegetable Casserole

Omelettes



HOT DESSERTS

Spotted Dick
Semolina
Custard
Clotted Cream

4 Chocolate Mousse

5 Custard Pot

6 Summer Fruits & Vanilla Puree



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 Finger Food



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WEEK 2 THURSDAY LUNCH

MAIN COURSES

Cauliflower & Broccoli Pasta
Chicken Chasseur
Baked Steak & Mushroom Pie

- 4 **Chicken & Potato Pie**
5 **Chicken & Stuffing**
6 **Chicken in Tomato & Basil Sauce**
Finger Food **Chipolatas**

SIDES & VEGETABLES

Mashed Potato
Minted Boiled Potatoes
Mixed Vegetables
Cut Green Beans
Gravy

HOT DESSERTS

Syrup Sponge
Clotted Cream Rice Pudding
Custard
Clotted Cream

- 4 **Summer Fruits & Vanilla Puree**
5 **Rice Pudding**
6 **Jam Sponge**

COLD DESSERTS

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

WEEK 2 THURSDAY DINNER

MAIN COURSES

Katsu Curry
Vegetarian Cottage Pie
Tuna Pasta Bake

- 4 **Roast Lamb**
5 **Cottage Pie**
6 **Vegetable Lasagne**
Finger Food **Chicken Goujons**

SIDES & VEGETABLES

Mashed Potato
Sauté Potato
Cabbage
Sliced Carrots
Gravy

HOT DESSERTS

Bakewell Tart
Chef's Rice Pudding
Custard
Clotted Cream

- 4 **Thick & Creamy Yoghurt**
5 **Thick & Creamy Yoghurt**
6 **Rice Pudding**

COLD DESSERTS

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

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WEEK 2 FRIDAY LUNCH

MAIN COURSES

Macaroni Cheese
Chicken Curry
Breaded Cod

4 Fisherman's Pie

5 Fish Pie

6 Fish in Cheese Sauce

Finger Food Fish Goujons

SIDES & VEGETABLES

Mashed Potato
Oven Chips
Mushy Peas
Garden Peas
Gravy



HOT DESSERTS

Sticky Toffee Pudding
Semolina
Custard
Clotted Cream

4 Chocolate Sponge

5 Chocolate Mousse

6 Rice Pudding



COLD DESSERTS

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

WEEK 2 FRIDAY DINNER

MAIN COURSES

Cheese & Onion Quiche
Sausages in Onion Gravy
Cottage Pie

4 Chicken Casserole

5 Chicken Casserole

6 Vegetable Tikka Masala

Finger Food Omelettes

SIDES & VEGETABLES

Mashed Potato
Baby Potatoes
Cauliflower
Broccoli
Gravy



HOT DESSERTS

Apple Crumble
Chef's Rice Pudding
Custard
Clotted Cream

4 Chocolate Mousse

5 Summer Fruits & Vanilla Puree

6 Thick & Creamy Yoghurt



COLD DESSERTS

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

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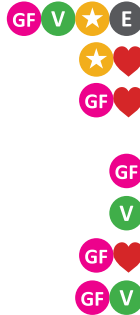


WEEK 2 SUNDAY LUNCH

MAIN COURSES

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

- 4 Roast Lamb
- 5 Vegetable Lasagne
- 6 Chicken Casserole
-  Omelettes



HOT DESSERTS

Apple Sponge
Semolina
Custard
Clotted Cream

- 4 Chocolate Mousse
- 5 Chocolate Mousse
- 6 Thick & Creamy Yoghurt



SIDES & VEGETABLES

- Mashed Potato
- Roast Potatoes
- Broccoli
- Mashed Root Vegetables
- Gravy



COLD DESSERTS

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



WEEK 2 SUNDAY DINNER

MAIN COURSES

Cauliflower Cheese
Beef Bolognese with Pasta
Baked Chicken & Vegetable Pie

- 4 Bean Stew
- 5 Chicken Curry
- 6 Cottage Pie
-  Fish Goujons



HOT DESSERTS

Summer Fruit Crumble
Chef's Rice Pudding
Custard
Clotted Cream

- 4 Summer Fruits & Vanilla Puree
- 5 Rice Pudding
- 6 Rice Pudding



SIDES & VEGETABLES

Mashed Potato
Boiled Potatoes
Peas
Mashed Swede
Gravy



COLD DESSERTS

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



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