



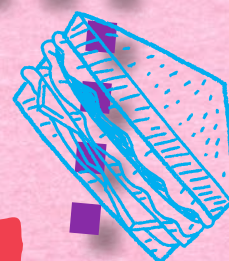
St George's University Hospitals  
NHS Foundation Trust

Check out the kids

# MENU

WELCOME TO OUR TASTY FOOD

Spring / Summer 2025



nutritional & allergen information  
please scan this QR code to access  
the full nutritional and allergen  
information for our menus.



Check it out!

Our full menu range is  
now available online. scan  
the QR code to view.



PAE\_BK-AS/SA-24.11-01



# MENU

WELCOME TO OUR TASTY FOOD

## A GUIDE TO MEALS IN HOSPITAL

Welcome to the Children's Patient menu. Menus available here include: Main Junior menu, Young Persons menu and Paediatric Puree. Available to you are a variety of choices for hot main meals from the available daily section, a dish of the day menu, or jacket potato, sandwiches and snacks. You will also find hot and cold dessert options. Your ward hostess will be able to inform you if it is week 1 or 2. Please discuss meals with your ward hostess, and if you require anything further, please feel free to ask, we have an array of supplementary menus including Allergy Aware, Cultural & Vegan.

### SPECIAL DIETS

- **Diabetes** – the carbohydrate content of all the meals and snacks is available either on the ordering tablet, or the Nutrition and Allergen Folder on each ward. If your child has special dietary requirements, please inform a member of the Ward Staff.

We have a range of Special Dietary Menus including:

- **Free From Menu** – suitable for those who need to avoid any of the 14 main allergens. This menu is suitable those with Coeliac Disease.

### CULTURAL AND VEGAN DIETS

If there is nothing suitable on this menu or your child requires a cultural or vegan meal we can cater for the following diets:

- Vegan
- Asian Vegetarian
- Caribbean and West Indian
- Halal
- Kosher

### MENU CODING

- GF Gluten Free** – Meals have no gluten containing ingredients.
- E Energy Dense** – These are suitable for patients with a poor appetite or increase 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 problems.

### PROTECTED MEAL TIMES

Non-urgent clinical activity stops during meal service times to give your child the opportunity to eat their meal without interruptions.

### NUTRITIONAL AND ALLERGEN INFORMATION

Nutrition and allergen information for the food and drink served at ward level is available via the QR code on the front of this menu. If your child has additional dietary requirements or allergies, please inform a member of the Ward Staff. This will enable us to ensure your child is offered the most appropriate foods.

### SNACKS

Hot and cold drinks will be served throughout the day by the ward hostess. These will include hot and cold drinks, fresh fruits, cakes, sweet & savoury biscuits and ice creams. If your child would like a snack or a drink at any other time please ask any member of the ward team.

- V Vegetarian** – These meals are available for Vegetarians.
- V Vegan** – These meals are available for Vegans.
- ♥ Healthier Choice** – Meals have less fat and salt and desserts have a lower sugar content.
- EF Egg Free** – Made without egg.
- MF Milk Free** – Made without milk.



### 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).





If this menu does not meet your child's needs or they need a special diet. Please ask the host so we can cater specially for you.

## Breakfast

|                        |            |
|------------------------|------------|
| Ready Brek             | V ★ ♥      |
| Cornflakes             | V ★        |
| Rice Krispies          | V ★ ♥      |
| Weetabix               | V ★ ♥      |
| Coco Pops              | V ★        |
| Fresh Fruit            | GF V V ♥   |
| Thick & Creamy Yoghurt | GF V ★ E   |
| Bread/Toast            | V V        |
| Butter                 | GF V ★ E   |
| Spread                 | GF V V ★ ♥ |
| Jam                    | GF V V ★   |
| Honey                  | GF V ★ E   |

## Available Milks - please ask

|              |          |
|--------------|----------|
| Semi Skimmed | GF V ★   |
| Whole        | GF V ★ E |
| Soya         | GF V V ★ |
| Oat          | GF V V ★ |





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## Available at Lunch & Supper

- Beef Lasagne ★ E
- Sliced Roast Chicken in Gravy GF ♥
- Sweet & Sour Chicken GF ♥
- Fishcakes ★ ♥
- Pork Meatballs in a Tomato & Basil Sauce ★ ♥
- Penne Pasta in a Tomato & Basil Sauce V V ★ ♥
- Macaroni Cheese V ★ E
- Moroccan Bean Casserole GF V V ♥

## Sides

- Mashed Potato GF V ★
- White Rice GF V V ★ ♥
- Oven Chips GF V V
- Penne Pasta V V
- Sliced Carrots GF V V ★ ♥
- Peas GF V V ♥
- Sweetcorn GF V V ♥
- Broccoli GF V V ★ ♥
- Baked Beans GF V V ★ ♥

## Finger Foods

- Cheese & Tomato Pizza V
- Chicken Nuggets (halal) E

## Build your own JACKET POTATO with a choice of

- Plain with butter or sunflower spread GF V V ★ ♥
- Grated Cheddar Cheese GF V ★ E
- Baked Beans GF V V ★ ♥
- Tuna Mayonnaise GF ★



E Energy Dense ♥ Healthier Choice V Vegetarian V Vegan





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## Sandwiches

- Just Cheese
- Just Ham
- Egg Mayonnaise
- Tuna Mayonnaise
- Chicken Mayonnaise
- Humous & Chickpea
- Ham & Cheese Panini
- Tuna & Cheese Panini
- BBQ Chicken Panini
- Cheese & Tomato Sauce Panini

## HOT Desserts

- Chocolate Chip Sponge
- Apple Crumble
- Rice Pudding (Hot)
- Hot Custard

## COLD Desserts

- Banana or Satsuma
- Apple
- Custard Pot (cold)
- Jelly
- Strawberry or Orange
- Thick & Creamy Yoghurt
- Apple & Grape Bags
- Vanilla Ice Cream

## SNACKS

- Carrot Sticks
- Cucumber Sticks
- Grated Mixed Cheese
- Cheddar Cheese Stick
- Fresh Fruit Bags
- Banana
- Apple
- Strawberry Milkshake
- Chocolate Milkshake
- Cream Crackers
- Toast - White or Brown
- Blueberry Muffin
- Ginger Cake Slice
- Vanilla Cake Slice
- Milk Chocolate Cookie
- Pom Bears Original
- Flavour Crisps
- Dark Chocolate Rice Cake
- Vanilla Ice Cream
- Organic PiP Ice Lolly



Gluten Free Easy to Chew Milk Free Egg Free





# MENU

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Please choose your sides and vegetables from the Main Menu, or maybe a salad or jacket potato!


## DISH of

### WEEK ONE


#### Monday

Salmon Crumble 

#### Tuesday

Tuna Pasta Bake 


#### Wednesday

Chicken Korma 

#### Thursday

Potato Topped Chicken Pie   



#### Friday

Breaded Cod 

#### Saturday

Fish Pie   

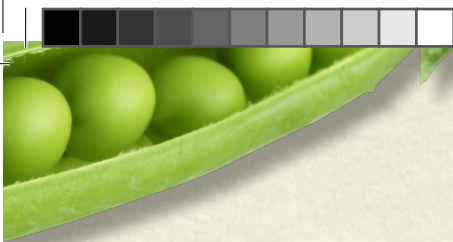
#### Sunday

Roast Pork in Gravy  

 Energy Dense  Healthier Choice  Vegetarian  Vegan  Gluten Free  Easy to Chew









# #LUNCH the DAY

## WEEK TWO



**Monday**

Lentil & Vegetable Flaky Topped Pie   



**Tuesday**

Vegetable Quiche  


**Wednesday**

Chicken Tikka Masala  

**Thursday**

Vegetable Lasagne  

**Friday**

Breaded Cod 

**Saturday**

Thai Green Chicken Curry  

**Sunday**

Potato Cheese & Leek Bake    





## THE YOUNG PERSONS STREET FOOD

THE BELOW CHOICES ARE AVAILABLE TO YOUNG PEOPLE,  
IN ADDITION TO THE MAIN CHILDREN'S MENU

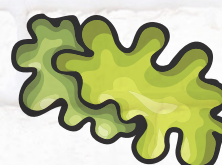
# Main Dishes

## HOT BOXES

- Jerk Chicken served with Rice & Peas **E**
- Provençale Vegetable Bake **GF** **V** **V** **♥**
- Chicken, Bacon & Thyme Hotpot **GF** **♥**
- Chilli Con Carne served with Vegetable Rice **GF** **♥**

## SUPER *Salads*

- Avocado, Sweet Potato & Tomato Salad **GF** **V** **V** **♥**
- Roast Chicken Salad **GF** **♥**
- Boiled Egg Salad **GF** **V** **♥**
- Mixed Cheese Salad **GF** **V**



**E** Energy Dense    **♥** Healthier Choice    **V** Vegetarian    **V** Vegan



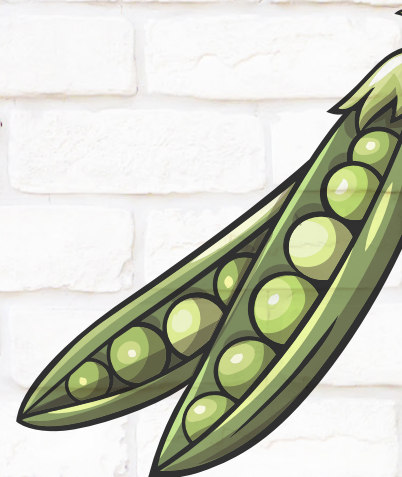


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# Snacks



## SMOOTH SOUPS

Cream of Chicken

GF ★ E

Tomato

GF V ★ E

## PANINIS

Ham & Cheese Panini

E

Tuna Melt Panini

E

BBQ Chicken Panini

Cheddar Cheese & Pizza Sauce Panini

V



# Desserts

Sticky Toffee Pudding & Custard

V ★ E

Ginger Cake Slice

V

Chocolate Mousse

GF V ★

Strawberry Trifle

V



Gluten Free



Egg Free



Milk Free







# YOUNG PEOPLE'S MODIFIED TEXTURE MENU

The below choices are suitable for young people who have been diagnosed with dysphagia, advised to be on a modified texture diet by a Speech & Language Therapist, or require a softer meal option due to age or swallowing difficulty.

All meals are also procured from a Halal Certified supplier



## MAIN COURSE

### 4 PUREE

Macaroni Cheese 

Beef Sausage & Mash

Fish & Chips

Cottage Pie   

 Energy Dense

 Healthier Choice

 Vegetarian

 Vegan





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# YOUNG PEOPLE'S MODIFIED TEXTURE MENU

## MAIN COURSE

### 5 MINCED & MOIST

Chicken Curry 

Cottage Pie  

Beef Bolognese  

Vegetable Casserole  

### 6 SOFT & BITE-SIZED

Chicken Curry  

Cottage Pie 

Beef Bolognese 

Vegetable Tikka Masala 

 Gluten Free

 Egg Free

 Milk Free





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