



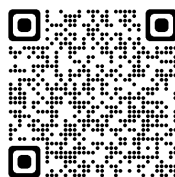
St George's University Hospitals
NHS Foundation Trust

RUTH MYLES WARD MENU



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.



SPRING/SUMMER MENU 2025 (WEEK 1 & 2)

RM/FN-AS/SA-25.04-01





YOUR GUIDE TO MEALS IN HOSPITAL

Welcome to the Ruth Myles Patient menu. Available to you are a variety of choices for hot main meals from the available daily section, chef's dish of the day, or light bites. Cold sandwich options are also available at the back of the booklet, where 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 your 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, Finger Food & Vegan.

POOR APPETITE

When you are unwell, you may need more calories and protein to get better, yet you may not feel like eating, so we have included lighter and smaller meals on the menu. Please tell the ward staff if you have lost weight and are not managing your meals.

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 you have 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 you require a cultural or vegan meal, please request one of the following menus:

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

MENU CODING

GF Gluten Free – Meals have no gluten containing ingredients.

V Vegetarian – These meals are available for Vegetarians.

V Vegan – These meals are available for Vegans.

PROTECTED MEAL TIMES

Non-urgent clinical activity stops during meal service times to give you the opportunity to eat your 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 you have additional dietary requirements or allergies, please inform a member of the Ward Staff. This will enable us to ensure you are offered the most appropriate foods.

SNACKS

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

★ 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.

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

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



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.






















AVAILABLE DAILY

BREAKFAST











A Continental Breakfast is served each day, please choose from the below.

- Ready Brek     
- Cornflakes  
- Rice Krispies   
- Weetabix    
- Bran Flakes   
- Toast/Bread  
- Crumpets 
- Jam    
- Marmite    
- Marmalade    
- Honey   
- Fresh Fruits    

AVAILABLE MILKS - PLEASE ASK

- Skimmed   
- Semi-Skimmed Milk   
- Whole Milk    
- Soya Milk    
- Oat Milk    

YOGHURT

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



Gluten Free



Vegetarian



Vegan



Easy to Chew



Energy Dense



Healthier Choice





WEEK ONE

Please choose a hot meal, followed by a hot or cold dessert.

LUNCH & SUPPER

Roast Chicken in Gravy GF ♥

Steam roast chicken in gravy with roast potatoes, mashed carrot and peas.

Steak & Kidney Pie E

Served with mashed potato, mashed carrot and green beans.

Cottage Pie GF ♥

Served with carrots and peas.

Fish & Chips ♥

Breaded fish, served with peas.

Bangers & Mash ★

Pork sausages in gravy with mashed potato and peas.

Mushroom, Leek & West Country Cheddar Bake GF V E

A tasty mushroom, leek and Cheddar bake, served with broccoli and red cabbage with apple.

West Country Cheddar Macaroni Cheese V ★ E

Macaroni pasta in a West Country Cheddar and ripened hard cheese sauce topped with Regato crumb; with carrots and green beans.

Butterbean & Cauliflower Curry GF V V E

A hearty dish of creamy butterbeans, tender cauliflower florets and potato chunks in a lightly spiced tomato curry sauce served with a side of fluffy yellow rice.

LIGHT BITES

Chicken Soup GF ★ E

Cheese & Potato Bake (mini meal) GF V ★ E

Tomato & Lentil Soup GF V ★ E



Gluten Free



Vegetarian



Vegan



Easy to Chew



Energy Dense



Healthier Choice








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CHEF'S DISH OF THE DAY

MONDAY

LUNCH


Penne Pasta in Tomato & Basil Sauce   
Served with potato wedges and vegetable medley.

SUPPER



Plant Based Shepherd's Pie    
Served with mashed potato and garden peas.

TUESDAY

LUNCH


Tuna Pasta Bake 
Served with sauté potatoes and green beans.

SUPPER



Lamb Burger in Minted Gravy  
Served with minted boiled potatoes and spring vegetables.

WEDNESDAY

LUNCH




Chicken Korma  
Served with white rice.

SUPPER




Cauliflower Cheese  
Served with roast potatoes and broccoli.

THURSDAY

LUNCH

Corned Beef Hash   
Served with mashed potatoes and green beans.

SUPPER



Cheesy Garlic Chicken Bake   
Served with boiled potatoes and sweetcorn.

FRIDAY

LUNCH

Breaded Cod 
Served with chips and garden peas.

SUPPER

Macaroni Cheese  
Served with broccoli and spring vegetables.

SATURDAY

LUNCH



Fish Pie   
Served with potato wedges and vegetable medley.

SUPPER



Vegetable Lasagne 
Served with mixed vegetables.

SUNDAY

LUNCH

Roast Pork in Gravy  
Served with roast potatoes and mashed root vegetables.

SUPPER

Vegetable Quiche  
Served with boiled potatoes and mixed vegetables.



Gluten Free



Vegetarian



Vegan



Easy to Chew



Energy Dense



Healthier Choice



WEEK TWO

Please choose a hot meal, followed by a hot or cold dessert.

LUNCH & SUPPER

Beef Lasagne

A ragu of beef, tomatoes and herbs layered with soft pasta and a Cheddar cheese sauce.

Chilli Con Carne

Minced beef, kidney beans and peppers in a chilli tomato sauce with vegetable rice.

Chicken Curry with Rice

Tender pieces of chicken in a mildly spiced curry sauce.
Served with fluffy white rice.

Fish & Chips

Breaded fish, served with peas.

Salmon & Broccoli Supreme

Served with mashed potato, carrots and peas.

Cheese, Onion, Leek & Potato Bake

Diced potatoes, leeks and onions in cheese sauce.
Served with green beans and mashed root vegetables.

West Country Cheddar Macaroni Cheese

Macaroni pasta in a West Country Cheddar and ripened hard cheese sauce topped with Regato crumb; with carrots and green beans.

Provençale Vegetable Bake

Courgette, haricot beans and peppers in tomato sauce topped with sauté potatoes, with green beans, peas and broccoli.

LIGHT BITES

Corned Beef Hash (mini meal)

Chicken Soup

Tomato & Lentil Soup



Gluten Free



Vegetarian



Vegan



Easy to Chew



Energy Dense



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CHEF'S DISH OF THE DAY

MONDAY

LUNCH

Tomato & Paprika Chicken 

Served with mashed potatoes and mixed vegetables.

SUPPER

Pasta Carbonara   

Served with vegetable medley.



TUESDAY

LUNCH

Chicken Breast in Tomato & Basil Sauce 

Served with mashed potatoes and broccoli.

SUPPER

Shepherd's Pie  

Served with sauté potatoes and minted summer vegetables.

WEDNESDAY

LUNCH

Chicken Tikka Masala 

Served with white rice.

SUPPER

Pork Meatballs in Tomato Sauce  

Served with penne pasta and sweetcorn.

THURSDAY

LUNCH

Vegetable Lasagne  

Served with mixed vegetables.


SUPPER

Tuna Pasta Bake 

Served with sliced carrots and mixed vegetables.

FRIDAY

LUNCH

Breaded Cod 

Served with chips and mushy peas.

SUPPER

Sausages in Onion Gravy

Served with mashed potatoes and broccoli.

SATURDAY

LUNCH

Moroccan Bean Casserole   

Served with wholegrain rice.

SUPPER

Fish Pie   

Served with baby potatoes and vegetable medley.

SUNDAY

LUNCH

Roast Chicken Breast in Gravy 

Served with roast potatoes, broccoli and
mashed root vegetables.

SUPPER

Cauliflower Cheese    

Served with garden peas and mashed swede.



Gluten Free



Vegetarian



Vegan



Easy to Chew



Energy Dense



Healthier Choice



AVAILABLE DAILY

Please choose either a Sandwich, followed by a hot or cold dessert.

SANDWICHES

Just Ham

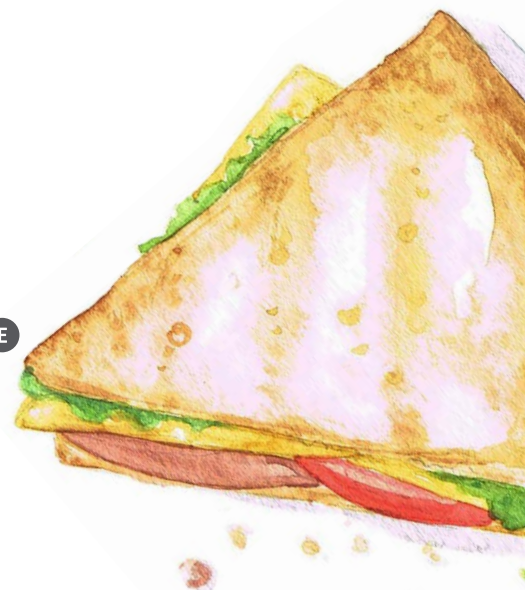
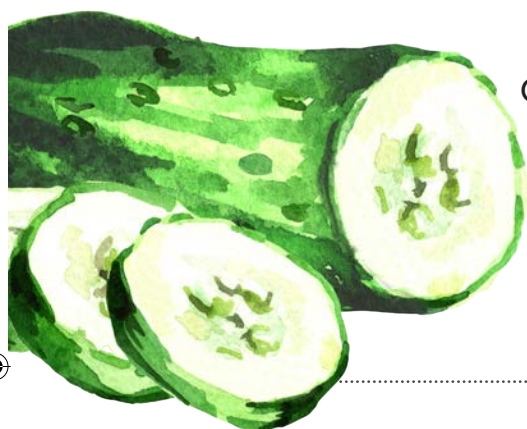
Just Cheese

Tuna Mayonnaise with Cucumber

Egg Mayonnaise

Chicken Mayonnaise with Sweetcorn

Humous & Chickpea



DESSERTS WEEK 1

Vanilla Sponge
with Summer Fruit Sauce

Plum & Cherry Crumble

Rice Pudding

Strawberry Cheesecake

Thick & Creamy Yoghurt

Fruit Cocktail

Cheese & Crackers

Selection of Fresh Fruit

DESSERTS WEEK 2

Apple Crumble

Sticky Toffee Pudding & Custard

Rice Pudding

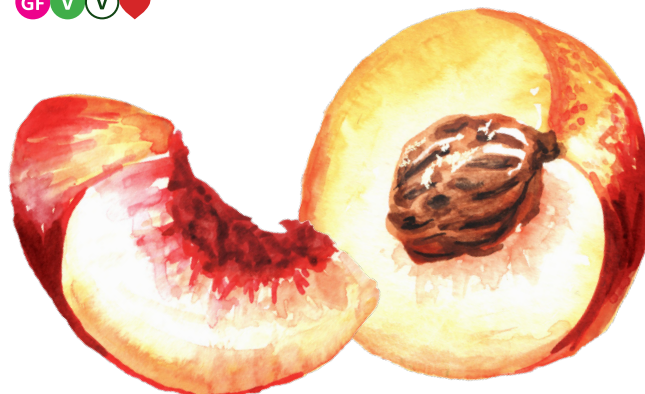
Raspberry Cheesecake

Thick & Creamy Yoghurt

Fruit Cocktail

Cheese & Crackers

Selection of Fresh Fruit



Gluten Free



Vegetarian



Vegan



Easy to Chew



Energy Dense



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