



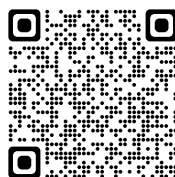
St George's University Hospitals
NHS Foundation Trust

MATERNITY 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)

MAT-AS/SA-25.04-01





YOUR GUIDE TO MEALS IN HOSPITAL

We understand that mealtimes on the maternity ward need to be flexible to suit you and your baby's schedule. This newly formulated menu has been developed to provide you with the flexibility of ordering meals 24 hours a day.



02

To order items on the day menu (between 07:30 to 19:30) please speak to the ward host.

To order items on the 24 hour menu (between 19:30 to 07:30) please speak to a member of staff.

We can offer you our Cultural menu if you require a Kosher, African Caribbean, Halal or Asian Vegetarian meal.

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.

V **Vegetarian** – These meals are available for Vegetarians.

Ⓥ **Vegan** – These meals are available for Vegans.

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

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



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 we can offer the can cater for the following diets:

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

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 available for self service in the communal areas on the ward. Snacks will also be available here, including biscuits, cake, and fresh fruit. If you are unable to serve yourself, please ask a member of the ward staff to assist you.

03



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.



Gluten Free



Vegetarian



Vegan



Easy to Chew



Energy Dense



Healthier Choice



BREAKFAST MENU

If you require a gestational diabetic menu, please ask the ward hostess.

FRUIT JUICE

Orange or Apple



CEREALS

Porridge



Weetabix



Bran Flakes



Corn Flakes



Rice Krispies



Whole Milk



Semi Skimmed Milk



Soya Milk



BREAD OR TOAST

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

04

Wholemeal Bread or White Bread (toast available on request)



Crumpets



Butter



Sunflower Spread



Assorted Jams



Marmalade



YOGHURT

Thick & Creamy Yoghurt



Low Fat Fruit Yoghurt



FRUIT

Apple



Satsuma



Banana



Gluten Free



Vegetarian



Vegan



Easy to Chew



Energy Dense



Healthier Choice



MAIN COURSE - AVAILABLE FOR LUNCH & SUPPER

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

Roast Beef



Slices of roasted British beef slathered in our thick rich gravy, served with golden roast potatoes and a vibrant medley of carrots and sprouts..

Chicken Chow Mein



Cooked egg noodles with pieces of chicken and vegetables in a soy, garlic and ginger sauce.

Chicken Curry



A mild, fruity chicken curry served with a mix of yellow rice, red peppers and peas.

Sausage & Mash

Juicy pork sausages in a rich warming gravy, served with creamy mashed potato and peas.

Fish in Parsley Sauce



Flaky white fish in a velvety parsley sauce served with fried diced potato pieces and a vibrant mix of carrots and green beans.

Quorn & Vegetable Casserole



Quorn pieces and haricot beans in a herby tomato vegetable sauce, served with mashed potato and peas.

Mushroom Stroganoff



Chestnut mushrooms and white mushrooms in a creamy paprika sauce with long grain white rice, peas and parsley.

Sweet Potato & Bean Chilli



Sweet potato, red kidney beans and haricot beans in a mild tomato and chilli sauce, served with white rice seasoned with coriander.

Macaroni Cheese



Served with a mixture of broccoli, peas, carrots and sweetcorn.



05



Gluten Free



Vegetarian



Vegan



Easy to Chew



Energy Dense



Healthier Choice





LIGHTER OPTIONS

SALADS

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 & Bean

Gluten Free Egg



Gluten Free



Vegetarian



Vegan



Easy to Chew



Energy Dense



Healthier Choice





DESSERTS

Sticky Toffee Pudding & Custard



Vanilla Sponge with
Summer Fruit Sauce



Rice Pudding



Raspberry Trifle



Thick & Creamy Yoghurt



Fruit Cocktail



Cheese & Crackers



Selection of Fresh Fruit



07



Gluten Free



Vegetarian



Vegan



Easy to Chew



Energy Dense



Healthier Choice





St George's University Hospitals
NHS Foundation Trust

