



St George's University Hospitals
NHS Foundation Trust

ALLERGY AWARE MENU

There are gluten free options on the Main Menu, please ask Ward Staff for a copy.
Nutrition and allergen information is available at Ward Level, please speak with Ward Staff.



BREAKFAST

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

Gluten Free Porridge Oats

Crisp Puffed Rice

Gluten Free Bread

Jam

Marmalade

Honey

AVAILABLE MILKS - PLEASE ASK

Semi-Skimmed Milk

Whole Milk

Soya Milk

Oat Milk



LUNCH & SUPPER

Please choose a Hot Main and Dessert.

Please note the hot main meals are free from all 14 main allergens, therefore do not contain Gluten, Milk, Egg, Fish, Tree Nuts, Peanuts, Celery, Soya, Lupin, Mustard, Sesame, Mollusc, Crustacea or Sulphites.

Chicken, Bacon & Thyme Hotpot
Served with mashed carrot & swede, broccoli, green beans and peas.

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

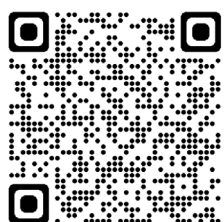
Chilli Con Carne
Minced beef, kidney beans and peppers in a chilli tomato sauce with vegetable rice.

Cottage Pie
Tender minced beef and carrots in a warming tomato gravy with a creamy mashed potato topping, served with thyme infused carrots and swede.

Pork in Gravy
Pork in gravy with roast potatoes, carrots and peas.

Butterbean & Cauliflower Curry
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.

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



NUTRITIONAL & ALLERGEN INFORMATION
Please scan this QR code to access the full nutritional and allergen information for our menus.

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Energy Dense Healthier Choice Easy to Chew Vegetarian Vegan Gluten Free Egg Free Milk Free





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JACKET POTATO

Plain with Butter or Vegan Spread    

Grated Cheddar Cheese     

Tuna Mayonnaise   

Baked Beans       

DESSERTS


Stewed Apple & Custard   

Rice Pudding (hot)    

Fresh Fruit
- Apple, Banana, Satsuma       

Jelly
- Strawberry or Orange      

Thick & Creamy Yoghurt    


Fresh Fruit Bags       

SNACKS

You will be offered snacks between meals.

Vegetable Sticks     

Dark Chocolate Rice Cake     

Cheese & Crackers   

Vanilla Ice Cream    

Crisps    

Fresh Fruit      

Fresh Fruit Bags        

