



MAIN MENU





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%

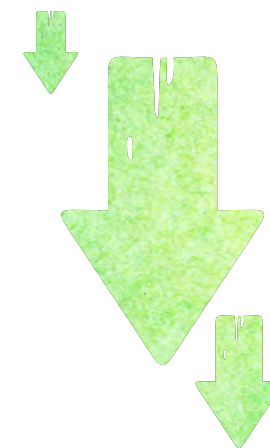
lower carbon
footprint than
our previous
menu...



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...

23 TONNES



... 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.



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.





MAIN MENU

WEEK 1



MONDAY LUNCH

MAIN COURSES

Pasta in Tomato & Basil Sauce
Salmon Crumble
Baked Steak & Mushroom Pie



HOT DESSERTS

Stewed Apple
Clotted Cream Rice Pudding
Custard



SIDES & VEGETABLES

Mashed Potato
Potato Wedges
Cauliflower
Vegetable Medley
Gravy



COLD DESSERTS

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



MONDAY SUPPER

MAIN COURSES

Plant Based Shepherd's Pie
Baked Vegetable Pie
Cottage Pie



HOT DESSERTS

Jam Sponge
Semolina
Custard



SIDES & VEGETABLES

Mashed Potato
Croquette Potatoes
Peas
Sweetcorn
Gravy



COLD DESSERTS

Raspberry Dessert
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?



TUESDAY LUNCH

MAIN COURSES

Cheese & Onion Pie
Tuna Pasta Bake
Chicken Breast in Tomato & Basil Sauce

HOT DESSERTS

Chocolate Chip Sponge
Clotted Cream Rice Pudding
Custard

SIDES & VEGETABLES

Mashed Potato
Sauté Potatoes
Cut Green Beans
Sliced Carrots
Gravy

COLD DESSERTS

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

TUESDAY SUPPER

MAIN COURSES

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

HOT DESSERTS

Mixed Fruit Pie
Chef's Rice Pudding
Custard

SIDES & VEGETABLES

Mashed Potato
White Rice
Peas
Cabbage
Gravy

COLD DESSERTS

Raspberry Dessert
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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Have you asked about our cultural menu?



WEDNESDAY LUNCH

MAIN COURSES

Moroccan Bean Casserole
Macaroni Cheese
Chicken Chasseur

HOT DESSERTS

Apple Pie
Clotted Cream Rice Pudding
Custard

SIDES & VEGETABLES

Mashed Potato
White Rice
Root Vegetable Medley
Cauliflower
Gravy

COLD DESSERTS

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

WEDNESDAY SUPPER

MAIN COURSES

Cauliflower Cheese
Smoked Haddock & Spinach Crumble
Orange & Ginger Chicken

HOT DESSERTS

Spotted Dick
Semolina
Custard

SIDES & VEGETABLES

Mashed Potato
Sauté Potatoes
Sliced Carrots
Broccoli
Gravy

COLD DESSERTS

Raspberry Dessert
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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Have you asked about our cultural menu?





THURSDAY LUNCH

MAIN COURSES

Bean Chilli
Corned Beef Hash
Potato Topped Chicken Pie



HOT DESSERTS

Syrup Sponge
Semolina
Custard



SIDES & VEGETABLES

Mashed Potato
Baby Potatoes
Cut Green Beans
Mashed Root Vegetables
Gravy



COLD DESSERTS

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



THURSDAY SUPPER

MAIN COURSES

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



HOT DESSERTS

Rhubarb Crumble
Chef's Rice Pudding
Custard



SIDES & VEGETABLES

Mashed Potato
Boiled Potatoes
Dauphinoise Potatoes
Sweetcorn
Gravy



COLD DESSERTS

Raspberry Dessert
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?



FRIDAY LUNCH

MAIN COURSES

Chickpea Curry
Beef Lasagne
Breaded Cod



HOT DESSERTS

Sticky Toffee Pudding
Semolina
Custard



SIDES & VEGETABLES

Mashed Potato
Oven Chips
White Rice
Baked Beans
Peas
Gravy



COLD DESSERTS

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



FRIDAY SUPPER

MAIN COURSES

Vegetarian Cottage Pie
Macaroni Cheese
Hunter's Chicken



HOT DESSERTS

Apple Crumble
Chef's Rice Pudding
Custard



SIDES & VEGETABLES

Mashed Potato
Sauté Potatoes
Broccoli
Root Vegetable Medley
Gravy



COLD DESSERTS

Raspberry Dessert
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?





SATURDAY LUNCH

MAIN COURSES

Katsu Curry
Fish Pie
Baked Steak & Potato Pie



HOT DESSERTS

Lemon Flavour Sponge
Chef's Rice Pudding
Custard



SIDES & VEGETABLES

Mashed Potato
White Rice
Sweetcorn
Vegetable Medley
Gravy



COLD DESSERTS

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



SATURDAY SUPPER

MAIN COURSES

Vegetable Lasagne
Chicken & Pasta with Tomatoes & Herbs
Savoury Minced Beef



HOT DESSERTS

Rhubarb Crumble
Clotted Cream Rice Pudding
Custard



SIDES & VEGETABLES

Mashed Potato
Croquette Potatoes
Mixed Vegetables
Cut Green Beans
Gravy



COLD DESSERTS

Raspberry Dessert
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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Have you asked about our cultural menu?



SUNDAY LUNCH

MAIN COURSES

Pasta in Tomato & Basil Sauce
Salmon Crumble
Roast Pork in Gravy



HOT DESSERTS

Apple Sponge
Semolina
Custard



SIDES & VEGETABLES

Mashed Potato
Roast Potatoes
Brussels Sprouts
Mashed Root Vegetables
Gravy



COLD DESSERTS

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



SUNDAY SUPPER

MAIN COURSES

Vegetable Quiche
Fish in Cheese Sauce
Corned Beef Hash



HOT DESSERTS

Pineapple Sponge
Chef's Rice Pudding
Custard



SIDES & VEGETABLES

Mashed Potato
Boiled Potatoes
Mixed Vegetables
Broccoli
Gravy



COLD DESSERTS

Raspberry Dessert
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?





MAIN MENU

WEEK 2



MONDAY LUNCH

MAIN COURSES

Potato, Cheese & Leek Bake
Fish in Cheese Sauce
Tomato & Paprika Chicken



HOT DESSERTS

Stewed Apple
Clotted Cream Rice Pudding
Custard



SIDES & VEGETABLES

Mashed Potato
Potato Wedges
Vegetable Rice
Sweetcorn
Gravy



COLD DESSERTS

Blackcurrant Cheesecake
Chocolate Mousse
Ginger Cake
Thick & Creamy Yoghurt
Fruit Cocktail
Selection of Fresh Fruit
Cheese & Crackers



MONDAY SUPPER

MAIN COURSES

Baked Vegetable Pie
Orange & Ginger Chicken
Pasta Carbonara



HOT DESSERTS

Jam Sponge
Chef's Rice Pudding
Custard



SIDES & VEGETABLES

Mashed Potato
Vegetable Rice
Vegetable Medley
Cauliflower
Gravy



COLD DESSERTS

Blackcurrant Cheesecake
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?






TUESDAY LUNCH






MAIN COURSES

- Vegetable Quiche 
Fishcakes 
Chicken Breast in Tomato & Basil Sauce 






HOT DESSERTS

- Chocolate Chip Sponge 
Semolina 
Custard 

SIDES & VEGETABLES




- Mashed Potato 
Croquette Potatoes 
Broccoli 
Brussels Sprouts 
Gravy 

COLD DESSERTS

- Blackcurrant Cheesecake 
Chocolate Mousse 
Ginger Cake 
Thick & Creamy Yoghurt 
Fruit Cocktail 
Selection of Fresh Fruit 
Cheese & Crackers 

TUESDAY SUPPER






MAIN COURSES

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








HOT DESSERTS

- Mixed Fruit Pie 
Chef's Rice Pudding 
Custard 

SIDES & VEGETABLES

- Mashed Potato 
Sauté Potato 
Mixed Vegetables 
Dauphinoise Potatoes 
Gravy 

COLD DESSERTS

- Blackcurrant Cheesecake 
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?



WEDNESDAY LUNCH






MAIN COURSES

- Potato, Cheese & Leek Bake 
Chilli Con Carne 
Chicken Curry 




HOT DESSERTS

- Apple Crumble 
Clotted Cream Rice Pudding 
Custard 

SIDES & VEGETABLES




- Mashed Potato 
White Rice 
Peas 
Spring Vegetable Medley 
Gravy 

COLD DESSERTS

- Blackcurrant Cheesecake 
Chocolate Mousse 
Ginger Cake 
Thick & Creamy Yoghurt 
Fruit Cocktail 
Selection of Fresh Fruit 
Cheese & Crackers 

WEDNESDAY SUPPER






MAIN COURSES

- Bean Chilli 
Potato Topped Chicken Pie 
Pork Meatballs in Tomato & Herb Sauce 





HOT DESSERTS

- Spotted Dick 
Semolina 
Custard 

SIDES & VEGETABLES

- Mashed Potato 
Penne Pasta 
Sweetcorn 
Mashed Root Vegetables 
Gravy 

COLD DESSERTS

- Blackcurrant Cheesecake 
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?





THURSDAY LUNCH

MAIN COURSES

Vegetable Lasagne
Chicken Chasseur
Cottage Pie



HOT DESSERTS

Syrup Sponge
Clotted Cream Rice Pudding
Custard



SIDES & VEGETABLES

Mashed Potato
Dauphinoise Potatoes
Mixed Vegetables
Cut Green Beans
Gravy



COLD DESSERTS

Blackcurrant Cheesecake
Chocolate Mousse
Ginger Cake
Thick & Creamy Yoghurt
Fruit Cocktail
Selection of Fresh Fruit
Cheese & Crackers



THURSDAY SUPPER

MAIN COURSES

Katsu Curry
Vegetarian Cottage Pie
Tuna Pasta Bake



HOT DESSERTS

Bakewell Tart
Chef's Rice Pudding
Custard



SIDES & VEGETABLES

Mashed Potato
White Rice
Peas
Sliced Carrots
Gravy



COLD DESSERTS

Blackcurrant Cheesecake
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?

FRIDAY LUNCH

MAIN COURSES

Macaroni Cheese
Chicken Tikka Masala
Breaded Cod



HOT DESSERTS

Sticky Toffee Pudding
Semolina
Custard



SIDES & VEGETABLES

White Rice
Oven Chips
Mushy Peas
Garden Peas
Gravy



COLD DESSERTS

Blackcurrant Cheesecake
Chocolate Mousse
Ginger Cake
Thick & Creamy Yoghurt
Fruit Cocktail
Selection of Fresh Fruit
Cheese & Crackers



FRIDAY SUPPER

MAIN COURSES

Cheese & Onion Quiche
Pork & Apple Casserole
Minced Beef Hotpot



HOT DESSERTS

Apple Pie
Chef's Rice Pudding
Custard



SIDES & VEGETABLES

Mashed Potato
Baby Potatoes
Cauliflower
Broccoli
Gravy



COLD DESSERTS

Blackcurrant Cheesecake
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?





SATURDAY LUNCH

MAIN COURSES

Moroccan Bean Casserole
Baked Chicken & Ham Pie
Beef Lasagne



HOT DESSERTS

Lemon Flavour Sponge
Semolina
Custard



SIDES & VEGETABLES

Mashed Potato
Potato Wedges
Sliced Carrots
Cut Green Beans
Gravy



COLD DESSERTS

Blackcurrant Cheesecake
Chocolate Mousse
Ginger Cake
Thick & Creamy Yoghurt
Fruit Cocktail
Selection of Fresh Fruit
Cheese & Crackers



SATURDAY SUPPER

MAIN COURSES

Potato, Cheese & Leek Bake
Tomato & Paprika Chicken
Fish Pie



HOT DESSERTS

Rhubarb Crumble
Clotted Cream Rice Pudding
Custard



SIDES & VEGETABLES

Mashed Potato
Baby Potatoes
Vegetable Medley
Baked Beans
Gravy



COLD DESSERTS

Blackcurrant Cheesecake
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?



SUNDAY LUNCH

MAIN COURSES

Lentil & Vegetable Flaky Topped Pie
Salmon & Broccoli Bake
Roast Chicken Breast in Gravy



HOT DESSERTS

Apple Sponge
Semolina
Custard



SIDES & VEGETABLES

Mashed Potato
Roast Potatoes
Broccoli
Mashed Root Vegetables
Gravy



COLD DESSERTS

Blackcurrant Cheesecake
Chocolate Mousse
Ginger Cake
Thick & Creamy Yoghurt
Fruit Cocktail
Selection of Fresh Fruit
Cheese & Crackers



SUNDAY SUPPER

MAIN COURSES

Cauliflower Cheese
Beef Bolognese with Pasta
Baked Chicken & Vegetable Pie



HOT DESSERTS

Pineapple Sponge
Chef's Rice Pudding
Custard



SIDES & VEGETABLES

Mashed Potato
Boiled Potatoes
Peas
Brussels Sprouts
Gravy



COLD DESSERTS

Blackcurrant Cheesecake
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.

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