



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...

PLAN ZERO



OUR CARBON REDUCTION PLEDGE



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 its 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 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.

(V) Vegan – These meals do not contain meat or animal by-product.

Heart 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.





BREAKFAST MENU

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

CEREAL & MILK

Ready Brek
Corn Flakes
Rice Krispies
Available Milks - please ask
Skimmed
Semi Skimmed

Weetabix
Bran Flakes
Whole Soya Oat

GF V V E
V V
GF V V E
GF V V E
GF V V E

BREAD OR TOAST

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

Wholemeal Bread V V H or White Bread V V (toast available on request)

Butter
Sunflower Spread
Assorted Jams

Marmalade
Honey
Marmite

BEVERAGES

Orange Juice
Apple Juice

V V E
V V H
V V E

YOGHURT

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

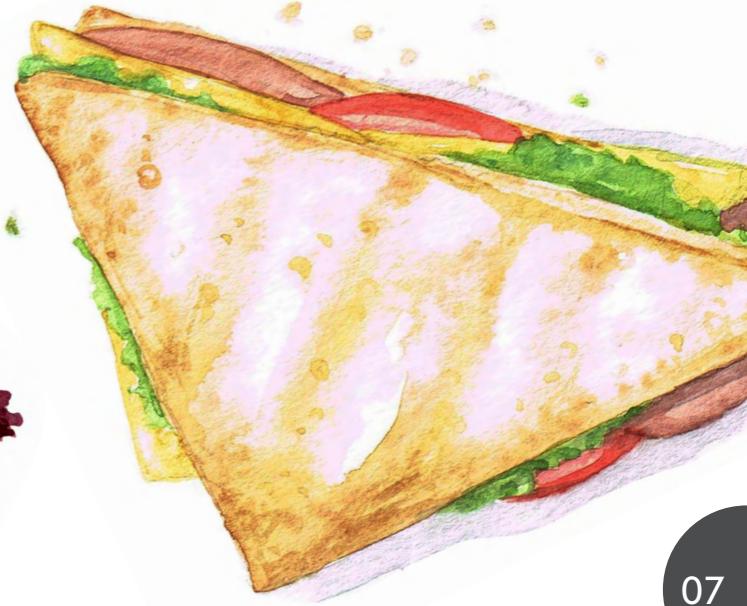
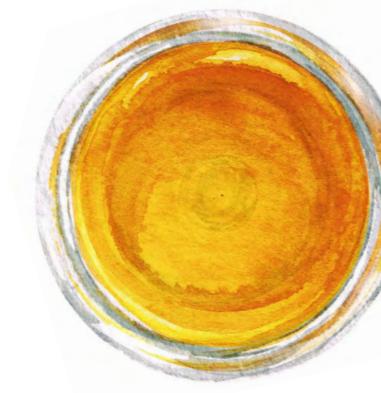
GF V V
GF V V
GF V V

FRUIT

Available throughout the day.

Apple
Satsuma
Banana

V V H
V V H
V V E



AVAILABLE DAILY

SALADS

Mixed leaves with cucumber and cherry tomatoes.

Please choose a side (potatoes) from the main options of the day.

Cheese Salad
Chicken Salad
Egg Salad
Avocado, Sweet Potato & Tomato Salad

GF V E
GF H
GF V
GF V V H

SANDWICHES

(available on white or brown bread)

Just Ham
Just Cheese
Tuna Mayonnaise
Egg Mayonnaise
Chicken Mayonnaise
Humous & Chickpea
Gluten Free Egg

V
★ E
V ★ H
★ E
V V H
GF V

JACKET POTATOES

Plain
With Cheese Portion
With Tuna Mayonnaise Portion
With Beans

GF V V E
GF V ★ E
GF ★ E
GF V V H

LUNCH ONLY SOUP & SANDWICH

Please choose a sandwich from the list above

Cream of Chicken Soup
Tomato Soup

GF ★ E
GF V ★ E

CONDIMENTS

Salt
Pepper
Vinegar
Tomato Sauce
Salad Cream
Brown Sauce
Mayonnaise



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

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

SIDES & VEGETABLES

- Mashed Potato
- Sauté Potatoes
- Cut Green Beans
- Sliced Carrots
- Gravy

HOT DESSERTS

- Chocolate Chip Sponge
- Clotted Cream Rice Pudding
- Custard

COLD DESSERTS

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

MAIN COURSES

- Moroccan Bean Casserole
- Macaroni Cheese
- Chicken Chasseur

SIDES & VEGETABLES

- Mashed Potato
- White Rice
- Root Vegetable Medley
- Cauliflower
- Gravy

HOT DESSERTS

- Apple Pie
- Clotted Cream Rice Pudding
- Custard

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

SIDES & VEGETABLES

- Mashed Potato
- White Rice
- Peas
- Cabbage
- Gravy

HOT DESSERTS

- Mixed Fruit Pie
- Chef's Rice Pudding
- Custard

COLD DESSERTS

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

MAIN COURSES

- Cauliflower Cheese
- Smoked Haddock & Spinach Crumble
- Orange & Ginger Chicken

SIDES & VEGETABLES

- Mashed Potato
- Sauté Potatoes
- Sliced Carrots
- Broccoli
- Gravy

HOT DESSERTS

- Spotted Dick
- Semolina
- Custard

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?



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

- Bean Chilli
- Corned Beef Hash
- Potato Topped Chicken Pie

SIDES & VEGETABLES

- Mashed Potato
- Baby Potatoes
- Cut Green Beans
- Mashed Root Vegetables
- Gravy

HOT DESSERTS

- Syrup Sponge
- Semolina
- Custard

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

SIDES & VEGETABLES

- Mashed Potato
- Boiled Potatoes
- Dauphinoise Potatoes
- Sweetcorn
- Gravy

HOT DESSERTS

- Rhubarb Crumble
- Chef's Rice Pudding
- Custard

COLD DESSERTS

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



FRIDAY LUNCH

MAIN COURSES

- Chickpea Curry
- Beef Lasagne
- Breaded Cod

SIDES & VEGETABLES

- Mashed Potato
- Oven Chips
- White Rice
- Baked Beans
- Peas
- Gravy

HOT DESSERTS

- Sticky Toffee Pudding
- Semolina
- Custard

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

SIDES & VEGETABLES

- Mashed Potato
- Sauté Potatoes
- Broccoli
- Root Vegetable Medley
- Gravy

HOT DESSERTS

- Apple Crumble
- Chef's Rice Pudding
- Custard

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?



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

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.

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

- Vegetable Quiche
- Fishcakes
- Chicken Breast in Tomato & Basil Sauce

SIDES & VEGETABLES

- Mashed Potato
- Croquette Potatoes
- Broccoli
- Brussels Sprouts
- Gravy

HOT DESSERTS

- Chocolate Chip Sponge
- Semolina
- Custard

COLD DESSERTS

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



WEDNESDAY LUNCH

MAIN COURSES

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

SIDES & VEGETABLES

- Mashed Potato
- White Rice
- Peas
- Spring Vegetable Medley
- Gravy

HOT DESSERTS

- Apple Crumble
- Clotted Cream Rice Pudding
- Custard

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

SIDES & VEGETABLES

- Mashed Potato
- Sauté Potato
- Mixed Vegetables
- Dauphinoise Potatoes
- Gravy

HOT DESSERTS

- Mixed Fruit Pie
- Chef's Rice Pudding
- Custard

COLD DESSERTS

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

MAIN COURSES

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

SIDES & VEGETABLES

- Mashed Potato
- Penne Pasta
- Sweetcorn
- Mashed Root Vegetables
- Gravy

HOT DESSERTS

- Spotted Dick
- Semolina
- Custard

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?



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

SIDES & VEGETABLES

- Mashed Potato
- Dauphinoise Potatoes
- Mixed Vegetables
- Cut Green Beans
- Gravy

HOT DESSERTS

- Syrup Sponge
- Clotted Cream Rice Pudding
- Custard

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

SIDES & VEGETABLES

- Mashed Potato
- White Rice
- Peas
- Sliced Carrots
- Gravy

HOT DESSERTS

- Bakewell Tart
- Chef's Rice Pudding
- Custard

COLD DESSERTS

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

FRIDAY LUNCH

MAIN COURSES

- Macaroni Cheese
- Chicken Tikka Masala
- Breaded Cod

SIDES & VEGETABLES

- White Rice
- Oven Chips
- Mushy Peas
- Garden Peas
- Gravy

HOT DESSERTS

- Sticky Toffee Pudding
- Semolina
- Custard

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

SIDES & VEGETABLES

- Mashed Potato
- Baby Potatoes
- Cauliflower
- Broccoli
- Gravy

HOT DESSERTS

- Apple Pie
- Chef's Rice Pudding
- Custard

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?



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

SIDES & VEGETABLES

- Mashed Potato
- Potato Wedges
- Sliced Carrots
- Cut Green Beans
- Gravy

HOT DESSERTS

- Lemon Flavour Sponge
- Semolina
- Custard



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

SIDES & VEGETABLES

- Mashed Potato
- Baby Potatoes
- Vegetable Medley
- Baked Beans
- Gravy

HOT DESSERTS

- Rhubarb Crumble
- Clotted Cream Rice Pudding
- Custard



COLD DESSERTS

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



SUNDAY LUNCH

MAIN COURSES

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



SIDES & VEGETABLES

- Mashed Potato
- Roast Potatoes
- Broccoli
- Mashed Root Vegetables
- Gravy



HOT DESSERTS

- Apple Sponge
- Semolina
- Custard



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 Bolognaisse with Pasta
- Baked Chicken & Vegetable Pie



SIDES & VEGETABLES

- Mashed Potato
- Boiled Potatoes
- Peas
- Brussels Sprouts
- Gravy



HOT DESSERTS

- Pineapple Sponge
- Chef's Rice Pudding
- Custard



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?



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?





NHS

St George's University Hospitals
NHS Foundation Trust

