



St George's University Hospitals
NHS Foundation Trust

SENIOR HEALTH





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%

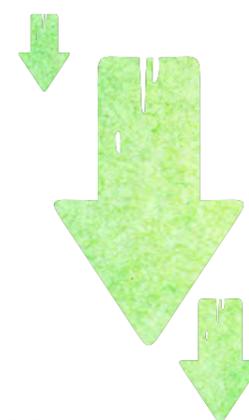
lower carbon footprint than our previous menu...



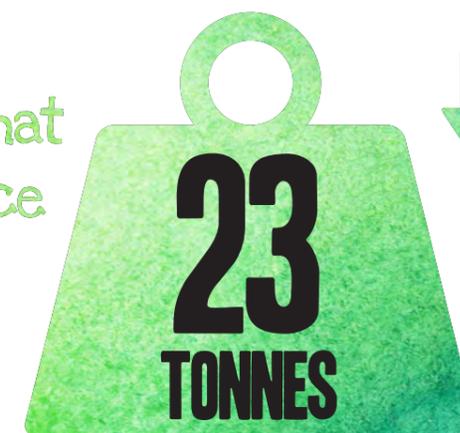
The dietetic team have kept patient favourites on the menu! There is a variety of food on offer catering for meat-based meals and also vegetarian or plant based. The menu has been compiled whilst carefully maintaining compliance with core energy and protein targets for both nutritionally well and nutritionally vulnerable patients.



OUR CARBON REDUCTION PLEDGE



We estimate that this will reduce our carbon footprint by over...



... 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

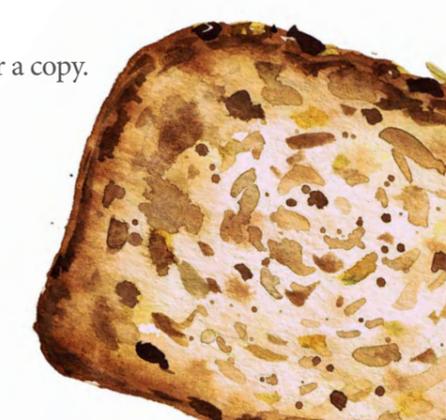
Cultural & Religious

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.





BREAKFAST MENU

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

CEREAL & MILK

- Ready Brek Weetabix
- Corn Flakes Bran Flakes
- Rice Krispies
- Available Milks - please ask
- Skimmed Whole
- Semi Skimmed Soya
- Oat

BREAD OR TOAST

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

- Wholemeal Bread or White Bread (toast available on request)
- Butter
- Sunflower Spread
- Assorted Jams
- Marmalade
- Honey
- Marmite

JUICES

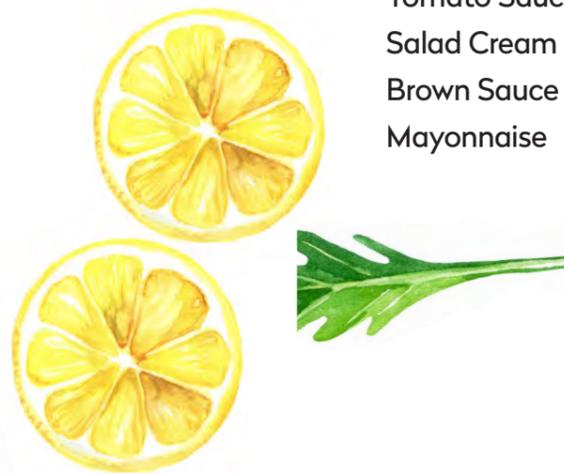
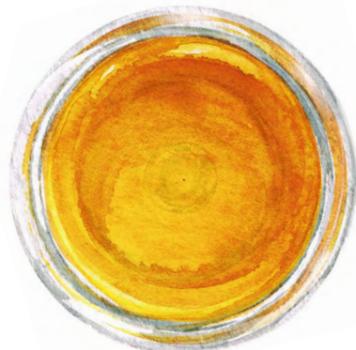
- Orange Juice
- Apple Juice

YOGHURT

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

FRUIT

- Available throughout the day.
- Apple
- Satsuma
- Banana



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

SANDWICHES

- (available on white or brown bread)
- Just Ham
- Just Cheese
- Tuna Mayonnaise
- Egg Mayonnaise
- Chicken Mayonnaise
- Humous & Chickpea
- Gluten Free Egg

JACKET POTATOES

- Plain
- With Cheese Portion
- With Tuna Mayonnaise Portion
- With Beans

LUNCH ONLY SOUP & SANDWICH

- Please choose a sandwich from the list above
- Cream of Chicken Soup
- Tomato Soup

CONDIMENTS

- Salt
- Pepper
- Vinegar
- Tomato Sauce
- Salad Cream
- Brown Sauce
- Mayonnaise





SENIOR HEALTH

WEEK 1



WEEK 1 MONDAY LUNCH

MAIN COURSES

- Plant Based Shepherd's Pie
- Salmon Crumble
- Baked Steak & Mushroom Pie

- 4 Bean Stew
- 5 Chicken & Stuffing
- 6 Cottage Pie
- Finger Food Omelettes

SIDES & VEGETABLES

- Mashed Potato
- Potato Wedges
- Cauliflower
- Vegetable Medley
- Gravy

- V V ★ ♥
- E
- E
- GF V V ♥
- ♥
- GF V

HOT DESSERTS

- Stewed Apple
- Clotted Cream Rice Pudding
- Custard
- Clotted Cream

- 4 Summer Fruits & Vanilla Puree
- 5 Custard Pot
- 6 Summer Fruits & Vanilla Puree

- GF V V ★
- GF V ★ E
- GF V ★
- GF V ★ E
- V E
- GF V
- V E

COLD DESSERTS

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

- GF V ★
- GF V V
- GF V V ★ ♥
- GF V V ♥
- V ★

- V ★
- GF V ★
- V ★
- GF V ★
- GF V V ★ ♥
- GF V V ♥
- V

WEEK 1 MONDAY DINNER

MAIN COURSES

- Pasta in Tomato & Basil Sauce
- Baked Vegetable Pie
- Cottage Pie

- 4 Chicken Casserole
- 5 Vegetable Tikka Masala
- 6 Chicken Casserole
- Finger Food Chicken Goujons

SIDES & VEGETABLES

- Mashed Potato
- Croquette Potatoes
- Peas
- Sweetcorn
- Gravy

- V V ★ ♥
- V E
- GF ★ ♥
- GF
- GF V E
- GF ♥

HOT DESSERTS

- Jam Sponge
- Semolina
- Custard
- Clotted Cream

- 4 Thick & Creamy Yoghurt
- 5 Chocolate Sponge
- 6 Thick & Creamy Yoghurt

- V ★ E
- V ★
- GF V ★
- GF V ★ E
- GF V
- V E
- GF V

COLD DESSERTS

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

- GF V ★
- GF V V
- GF V V ♥
- GF V V ♥
- V ★

- V ★
- GF V ★
- V ★
- GF V ★
- GF V V ★ ♥
- GF V V ♥
- V

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?



WEEK 1 SATURDAY LUNCH

MAIN COURSES

Katsu Curry
Fish Pie
Baked Steak & Potato Pie

4 Bean Stew
5 Vegetable Lasagne
6 Chicken Curry
Finger Food Chipolatas

HOT DESSERTS

V V E
GF ★ ♥
E
GF V ♥
V
GF

Lemon Flavour Sponge
Chef's Rice Pudding
Custard
Clotted Cream

4 Chocolate Mousse
5 Rice Pudding
6 Jam Sponge

V ★ E
GF V ★
GF V ★
GF V ★ E
GF V
GF V
V

SIDES & VEGETABLES

Mashed Potato
Potato Wedges
Sweetcorn
Vegetable Medley
Gravy

GF V ★
GF V V
GF V V ♥
GF V V ♥
V ★

COLD DESSERTS

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

V ★
GF V ★
V ★
GF V ★
GF V ★
GF V V ★ ♥
GF V V ♥
V

WEEK 1 SATURDAY DINNER

MAIN COURSES

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

4 Lentil Bolognese
5 Chicken Curry
6 Macaroni Cheese
Finger Food Chicken Goujons

HOT DESSERTS

V E
♥
GF ★ ♥
V E
GF
V

Rhubarb Crumble
Clotted Cream Rice Pudding
Custard
Clotted Cream

4 Chocolate Sponge
5 Rice Pudding
6 Summer Fruits & Vanilla Puree

V V ★ E
GF V ★ E
GF V ★
GF V ★ E
V E
GF V
V E

SIDES & VEGETABLES

Mashed Potato
Croquette Potatoes
Mixed Vegetables
Cut Green Beans
Gravy

GF V ★
GF V V
GF V V ★ ♥
GF V V ♥
V ★

COLD DESSERTS

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

V ★
GF V ★
V ★
GF V ★
GF V ★
GF V V ★ ♥
GF V V ♥
V

Available Daily: jacket potato, sandwiches & salads – please see page 7 for choices.

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Have you asked about our cultural menu?

WEEK 1 SUNDAY LUNCH

MAIN COURSES

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

4 Roast Beef with Mustard Mash
5 Chicken Casserole
6 Vegetable Lasagne
Finger Food Omelettes

V V ★ ♥
E
GF ♥
E
GF ♥
V E
GF V

HOT DESSERTS

Apple Sponge
Semolina
Custard
Clotted Cream

4 Summer Fruits & Vanilla Puree
5 Custard Pot
6 Thick & Creamy Yoghurt

V ★ E
V ★
GF V ★
GF V ★ E
V E
GF V
GF V

SIDES & VEGETABLES

Mashed Potato
Roast Potatoes
Brussels Sprouts
Mashed Root Vegetables
Gravy

GF V ★
GF V V
GF V V ♥
GF V V ★ ♥
V ★

COLD DESSERTS

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

V ★
GF V ★
V ★
GF V ★
GF V ★
GF V V ★ ♥
GF V V ♥
V

WEEK 1 SUNDAY DINNER

MAIN COURSES

Vegetable Quiche
Fish in Cheese Sauce
Corned Beef Hash

4 Beef Curry
5 Lentil Bolognese
6 Cottage Pie
Finger Food Fish Goujons

V E
GF ★ ♥
GF ★ E
GF
GF V ♥
♥
♥

HOT DESSERTS

Pineapple Sponge
Chef's Rice Pudding
Custard
Clotted Cream

4 Rice Pudding
5 Thick & Creamy Yoghurt
6 Summer Fruits & Vanilla Puree

V ★ E
GF V ★
GF V ★
GF V ★ E
GF V
GF V
V E

SIDES & VEGETABLES

Mashed Potato
Boiled Potatoes
Mixed Vegetables
Broccoli
Gravy

GF V ★
GF V V ★
GF V V ♥
GF V V ★ ♥
V ★

COLD DESSERTS

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

V ★
GF V ★
V ★
GF V ★
GF V ★
GF V V ★ ♥
GF V V ♥
V

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?





SENIOR HEALTH

WEEK 2



WEEK 2 MONDAY LUNCH

MAIN COURSES

- Potato, Cheese & Leek Bake
- Fish in Cheese Sauce
- Chicken Breast in Tomato & Basil Sauce



4 Sweet & Sour Chicken



5 Cottage Pie



6 Macaroni Cheese



🍴 Omelettes



SIDES & VEGETABLES

- Mashed Potato
- Potato Wedges
- Vegetable Rice
- Sweetcorn
- Gravy



HOT DESSERTS

- Stewed Apple
- Clotted Cream Rice Pudding
- Custard
- Clotted Cream



4 Chocolate Sponge



5 Summer Fruits & Vanilla Puree



6 Jam Sponge



COLD DESSERTS

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



WEEK 2 MONDAY DINNER

MAIN COURSES

- Baked Vegetable Pie
- Orange & Ginger Chicken
- Pasta Carbonara



4 Macaroni Cheese



5 Vegetable Tikka Masala



6 Chicken in Tomato & Basil Sauce



🍴 Chicken Goujons



SIDES & VEGETABLES

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



HOT DESSERTS

- Jam Sponge
- Chef's Rice Pudding
- Custard
- Clotted Cream



4 Chocolate Mousse



5 Rice Pudding



6 Custard Pot



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?



WEEK 2 TUESDAY LUNCH

MAIN COURSES

- Vegetable Quiche
- Fishcakes
- Tomato & Paprika Chicken

- 4 Fisherman's Pie
- 5 Vegetable Lasagne
- 6 Chicken Curry
- Chipolatas

SIDES & VEGETABLES

- Mashed Potato
- Wholegrain Rice
- Broccoli
- Brussels Sprouts
- Gravy

HOT DESSERTS

- Chocolate Chip Sponge
- Semolina
- Custard
- Clotted Cream

- 4 Summer Fruits & Vanilla Puree
- 5 Chocolate Sponge
- 6 Rice Pudding

COLD DESSERTS

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



WEEK 2 TUESDAY DINNER

MAIN COURSES

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

- 4 Lentil Bolognese
- 5 Chicken Casserole
- 6 Fish in Cheese Sauce
- Fish Goujons

SIDES & VEGETABLES

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

HOT DESSERTS

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

- 4 Thick & Creamy Yoghurt
- 5 Chocolate Mousse
- 6 Thick & Creamy Yoghurt

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?



WEEK 2 WEDNESDAY LUNCH

MAIN COURSES

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

- 4 Roast Beef with Mustard Mash
- 5 Chicken Curry
- 6 Cottage Pie
- Chicken Goujons

SIDES & VEGETABLES

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

HOT DESSERTS

- Apple Crumble
- Clotted Cream Rice Pudding
- Custard
- Clotted Cream

- 4 Rice Pudding
- 5 Summer Fruits & Vanilla Puree
- 6 Rice Pudding

COLD DESSERTS

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



WEEK 2 WEDNESDAY DINNER

MAIN COURSES

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

- 4 Bean Stew
- 5 Vegetable Lasagne
- 6 Vegetable Casserole
- Omelettes

SIDES & VEGETABLES

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

HOT DESSERTS

- Spotted Dick
- Semolina
- Custard
- Clotted Cream

- 4 Chocolate Mousse
- 5 Custard Pot
- 6 Summer Fruits & Vanilla Puree

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?





WEEK 2 THURSDAY LUNCH

MAIN COURSES

Vegetable Lasagne
Chicken Chasseur
Cottage Pie

- 4 Chicken & Potato Pie
- 5 Chicken & Stuffing
- 6 Chicken in Tomato & Basil Sauce
- Finger Food Chipolatas

SIDES & VEGETABLES

Mashed Potato
Dauphinoise Potatoes
Mixed Vegetables
Cut Green Beans
Gravy

HOT DESSERTS

Syrup Sponge
Clotted Cream Rice Pudding
Custard
Clotted Cream

- 4 Summer Fruits & Vanilla Puree
- 5 Rice Pudding
- 6 Jam Sponge

COLD DESSERTS

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



WEEK 2 THURSDAY DINNER

MAIN COURSES

Katsu Curry
Vegetarian Cottage Pie
Tuna Pasta Bake

- 4 Roast Lamb
- 5 Cottage Pie
- 6 Vegetable Lasagne
- Finger Food Chicken Goujons

SIDES & VEGETABLES

Mashed Potato
White Rice
Peas
Sliced Carrots
Gravy

HOT DESSERTS

Bakewell Tart
Chef's Rice Pudding
Custard
Clotted Cream

- 4 Thick & Creamy Yoghurt
- 5 Thick & Creamy Yoghurt
- 6 Rice Pudding

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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WEEK 2 FRIDAY LUNCH

MAIN COURSES

Macaroni Cheese
Chicken Curry
Breaded Cod

- 4 Fisherman's Pie
- 5 Fish Pie
- 6 Fish in Cheese Sauce
- Finger Food Fish Goujons

SIDES & VEGETABLES

Mashed Potato
White Rice
Mushy Peas
Garden Peas
Gravy

HOT DESSERTS

Sticky Toffee Pudding
Semolina
Custard
Clotted Cream

- 4 Chocolate Sponge
- 5 Chocolate Mousse
- 6 Rice Pudding

COLD DESSERTS

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



WEEK 2 FRIDAY DINNER

MAIN COURSES

Cheese & Onion Quiche
Pork & Apple Casserole
Minced Beef Hotpot

- 4 Chicken Casserole
- 5 Chicken Casserole
- 6 Vegetable Tikka Masala
- Finger Food Omelettes

SIDES & VEGETABLES

Mashed Potato
Baby Potatoes
Cauliflower
Broccoli
Gravy

HOT DESSERTS

Apple Pie
Chef's Rice Pudding
Custard
Clotted Cream

- 4 Chocolate Mousse
- 5 Summer Fruits & Vanilla Puree
- 6 Thick & Creamy Yoghurt

COLD DESSERTS

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



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